

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 9

JUNE 15, 1931

Number 1

## Commencement

Commencement exercises were held in the Hoyt Sherman Auditorium, May 29, 1931. A large audience of friends and relatives attended the graduation of the class of forty-two seniors.

The processional was played by Mrs. J. A. Van Arsdale as the class marched to the platform. Rev. J. B. Henry, a brother of Dr. Stephen C. Henry of the graduating class, gave the invocation. Following a vocal solo by Mr. Tyne Buck, accompanied by Mrs. Van Arsdale, the Reverend E. G. Williams, pastor of Westminster Presbyterian Church of Des Moines, delivered the Commencement address. Rev. Williams told the seniors to make their life a sacrament of service. "All attainments lose their power", he said, "unless they are shared with others."

Dean J. P. Schwartz presented the class to President C. W. Johnson for the conferring of degrees. Benediction was read by Rev. Henry.

Class of May, 29, 1931:

John B. Baldi, Roy Dale Bennett, Homer D. Cate, Remi Joseph A. Chretien, Ira L. Christy, William Kent Crittenden, Michael R. Cronen, Selmer J. Dahl, J. Nicholas Gill, Clarence Ira Gordon, Clarence A. Granberg, Bjarne Heian, Stephen C. Henry, Robert Kenneth Homan, Millard J. Hydeman, J. Allen Johnson, Harry E. Kale, Harold R. Kinney, Harlow Lachmiller, Ralph Wilbur Lathrop, Elmer J. Lee, Walter Louis Madson, Harold Douglas Meyer, William Kenneth Moore, Curtis Milton Parkinson, James Bradford Parks, Russell James Patterson, Donald G. Perry, Stanley C. Pettit, Loyal W. Peterson, Clayton Andrew Reeves, Albert Everett Reynolds, O. Charles Riceli, Hosea H. Rockwell, Orville Everette Rose, Henry Floyd Scatterday, Harold Arthur Somers, Lawrence P. St. Amant, Fredrick Knowlton Stewart, Richard Noble Stritmatter, Barton A. Treat, and Khatching Yazarian.

## Michigan State Board Appointment

Dr. J. P. Woods of Birmingham, Michigan, has been appointed to the Michigan State Board of Examiners in Osteopathy by Gov. Brucker. Doctor Woods succeeds Dr. O. O. Snedeker of Detroit, and his term is for a period of five years.

## I. T. S. Wins Track Meet

The great Pan-Hellenic Interfraternity Track Meet was held as per schedule on May 15 at the Valley Junction High School Field.

The outcome of the meet was in doubt until the last events were staged. After all was over and the points tabulated, the Iota Tau Sigma was declared winner. The cup, emblematic of the track championship, was presented to Captain Gill of the winning team at the Senior Day Assembly.

The event which proved to be the hit of the day was the married men's 50-yard dash. Each of the contestants was in perfect condition and the time was a little less than a minute. Robert Homan won this event with Dick Stritmatter and Nick Gill following closely behind.

Phi Sigma Gamma was second and the Atlas Club third. Verne Dierdorff of the Atlas Club was individual high point man.

## Atlas Club Wins Golf Tourney

After several weeks of play the Atlas Club emerged victorious in the annual Interfraternity Golf Tournament sponsored by Sigma Sigma Phi.

Iota Tau Sigma finished a close second and Phi Sigma Gamma was third.

A beautiful new trophy was presented this year; the old cup having been won two consecutive years and becoming the permanent possession of the Atlas Club. Captain Campbell of the winning team, received the trophy at the Senior Day Assembly. This cup will become the property of the fraternity first winning it two times.

## New Record in O. B. Clinic

Tuesday, May 26, was a banner day in the O. B. Clinic. On this day there were six deliveries made within a period of twelve hours. This betters the record of nine in twenty-four hours, made during the National Osteopathic Convention in 1929. The deliveries were all uneventful, except for the somewhat hectic moments on the part of the office force in attempting to get six complete crews lined up at the same time.

## Pearson Heads State Association

The following men were elected to the various offices during the thirty-third convention of the Iowa Society of Osteopathic Physicians and Surgeons:

Dr. R. R. Pearson of Muscatine, president; Dr. Paul Parks of Des Moines, vice-president; Dr. Paul O. French of Cedar Rapids, secretary-treasurer and editor of the Iowa Osteopathic Bulletin; Drs. A. W. Clow of Washington, Della B. Caldwell of Des Moines, and C. M. Proctor of Ames, were chosen as delegates to the national convention in Seattle.

## Convention Banquet

The annual banquet of the Iowa State Osteopathic Association was held at the Kirkwood Hotel, Wednesday, May 13, at 6:30 P. M.

Miss Ava Johnson, of Still College, had charge of the decorations and program.

Reservations were made for 125. The banquet hall was beautifully decorated with spring flowers and this motif was followed through in the table decorations and placement cards.

Between courses entertainment was provided by Millard Hydeman, tenor, Robert Forbes, trombonist, and Dr. Halladay's Hungry Five, an old-time German Band. All taking part in this entertainment were students at Still College.

Dr. H. J. Marshall acted as toastmaster. The speakers of the evening were: Dr. J. K. Johnson, retiring president; Dr. C. N. Stryker, Sioux City; Dr. C. W. Johnson, President of Still College; Dr. Charles Still, Kirksville, Mo.; and Dr. R. R. Pearson, incoming president of the Association.

Following the lectures, Dr. Halladay showed his famous slides of early days in the Osteopathic profession. These were once the property of Dr. Bill Smith, the first professor of Anatomy in the first school of Osteopathy. Dr. Charlie Still "reminisced" on each slide and made this presentation most instructive as well as entertaining.

## Visitors at the College

Dr. Frank Wilson, Dayton, Ohio.  
Dr. R. E. Dorwart, Denver, Colorado.  
Dr. R. B. Kinter, Rapid City, South Dakota.

## Senior Day, May 22nd

The band started proceedings with the march "Gloria."

Larry St. Amant acted as master of ceremonies in a very efficient manner. His first act was the introduction of the Senior Class.

The band then played Victor Herbert's "March of the Toys" and "Shoutin' Liza", in which each trombone player tries to out-blow the others.

Robert Homan presented the trophies won during the past semester. The Sigma Sigma Phi Baseball and Golf Cups were presented to the Atlas Club. The Pan-Hellenic Track Trophy was given to the Iota Tau Sigma, and the Tennis Award to the Atlas Club.

Larry St. Amant next introduced the "Two Black Dots." These two colored lads presented piano novelties, blues singing, and tap dancing, as only the colored folks can.

President Scatterday of the Senior Class presented a framed picture of Dr. John M. Woods and a picture of the graduating class to the school.

St. Amant again returned to the title role and introduced Miss Palmer, vocalist, and Miss Bender, pianist, to the assembly. Miss Palmer sang "Gotta Have You", "I Wanna Sing About You", and "I Wanna Be Around My Baby All the Time." The last tune was evidently meant for one of our handsome clarinet players.

The following awards were made by Dean J. P. Schwartz:  
General Clinic: F. K. St.

S. C. Pettit, S. C. Henry, C. I. Gordon, J. N. Gill, J. A. R. Chretien, R. K. Homan, E. J. Lee, H. D. Meyer, L. P. St. Amant, O. E. Rose, K. Yzarian, H. Kale and C. M. Parkinson.

Obstetrics: H. D. Meyer, J. N. Gill, S. C. Pettit, C. M. Parkinson, R. W. Lathrop, C. A. Reeves, K. Yzarian, R. K. Homan, E. J. Lee, S. C. Henry, O. E. Rose, and R. N. Stritmatter.

(Continued on page 3)

## Letters Received

The following persons wrote to the office during the past month:

Dr. Theodore Rickenbacker, Seattle, Wash.  
Dr. George F. Ganger, Rush Springs, Oklahoma.  
Dr. H. J. Johnson, Westphalia, Kansas.  
Dr. Lee Lindblom, Wichita, Kansas.  
Mrs. Z. A. Innes, Chicago, Illinois.

## DES MOINES STILL COLLEGE FACULTY



C. W. JOHNSON, B. Sc., D. O.  
President  
\* \* \*

**DR. C. W. JOHNSON** is a graduate of Iowa State College and holds the degree of Bachelor of Science from that institution. He graduated from the S. S. Still College of Osteopathy, Des Moines, Iowa, in 1900 and has been a member of the faculty of the college for twenty-five years.

Dr. Johnson teaches classes in Nervous Physiology, Nervous and Mental Diseases, Psychiatry, and Gynecology, and has charge of the Gynecological and Nervous and Mental Clinics.

He has been president of the college since 1926 and, prior to that, was dean.



L. L. FACTO, D. O.  
\* \* \*

**FOLLOWING** his graduation from Kidden Junior College, Kidden, Mo., Lonnie L. Facto entered the American School of Osteopathy, Kirksville. Later he transferred to Des Moines Still College and graduated in 1926. He served a year on the staff of the London Osteopathic Clinic, London, England, after which he returned to this country. He has been a faculty member of D. M. S. C. O. for two years.

Dr. Facto teaches classes in Biology, Embryology, and Physical Diagnosis, and has charge of the General Clinic and Out-Patient Department.

Meeting what must be is half commanding it.

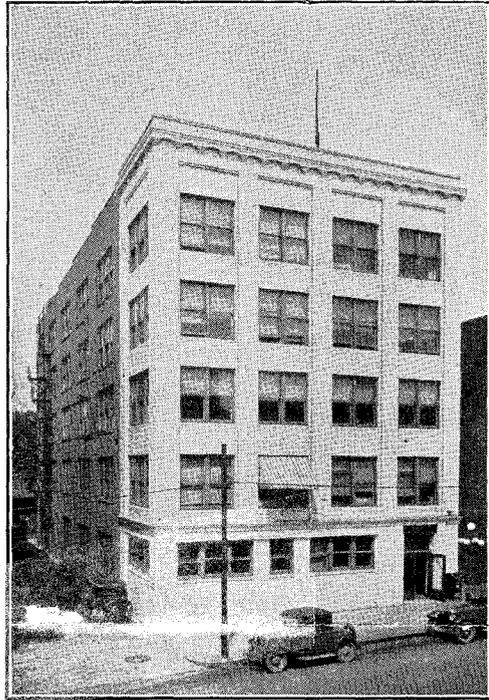
### Stillonian Day Program, May 15th

Stillonian Day Assembly opened with the stirring "Iowa Corn Song" played by the band. This number was met with cheers from the Iowans and boos from the Ohioans.

M. J. Schwartz, publisher of the Yearbook, had charge of the program and introduced Mayor Parker Crouch of Des Moines as the first speaker. Mayor Crouch spoke on "What Is Our Destination?" The Mayor urged us to "do the very best you can today and thus lay the foundation for a greater and nobler tomorrow." He closed a very worthwhile and interesting lecture with Wiggan's admonition—"Bring the

Lieutenant spoke on "Disarmament." He said, "The doctrine of disarmament now being spread by a number of well educated and well meaning idealists is insidious. You would not fight fire by scrapping fire-fighting apparatus or teaching children to never, in case of fire, aid in combating it. It is the same with war; causes of war are in existence today; other nations will not disarm and for the United States to do so would be suicide." Lieut. Van Cleve gave as the main causes of war the following: International jealousy, territorial expansion, economics, and national honor. The Lieutenant further stated that the United States is, literally, hated by the other nations of the entire world. He said that hatred

### Des Moines Still College of Osteopathy



The building is of steel and concrete construction, five stories high, with walls and foundation planned for two additional. Alleys on three sides provide adequate light, and there is an available floor space of 29,000 square feet.

Visitors are always welcome and inquiries gladly answered.

best thought forward." We all greatly appreciate having had the mayor of Des Moines with us.

A trio of girls from the American Institute of Business next entertained. The girls presented the popular tunes "Ninety-Nine Out of a Hundred", "One Little Rain Drop Doesn't Make a Shower", and "Falling In Love Again." These numbers were cleverly arranged and enjoyed by all.

The band was next with two numbers, "Ninety-Nine Out of a Hundred" and "Anchors Aweigh."

Mr. Schwartz then introduced the second speaker, Lieut. Van Cleve of the U. S. Navy. The

Still College was founded in 1898 by Dr. S. S. Still and his wife, Dr. Ella Still, together with a group who foresaw the need for an Osteopathic College in a city where the clinical material would be unlimited.

During the summer of 1927 the college moved to the present building, located at 720-722 Sixth Ave. This site is on the west side of the main north and south highway through the city upon which travel three street car lines, West Ninth, Highland Park, and Oak Park. This location is but three blocks from the heart of the business district, thus making the building easily accessible for both patients and the students.

against us was rampant in the Phillipines, Japan, European Nations, and even in Cuba and Panama. "Pacifism with Preparedness" should be our motto. Lieut. Van Cleve closed by urging all to support the C. M. T. C. which, he stated, was a real builder of men and provided the best training possible.

Dean J. P. Schwartz, of Still College, was presented with a copy of the Stillonian as a gift of Mr. M. J. Schwartz to the College. Copies were next presented to President C. W. Johnson and Henry Scatterday, President of the Senior Class, after which the book was distributed to its subscribers.



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

**DR. JOHN P. SCHWARTZ**, graduated from the American School of Osteopathy, Kirksville, Mo., in 1919. He has been a member of the faculty of D. M. S. C. O. for twelve years. He has taken numerous P. G. courses in surgery in the larger clinics throughout the United States.

Dr. Schwartz teaches classes in Surgery, Proctology, and Urology, has charge of Surgical Clinics, and is President and Surgeon-in-Chief of Des Moines General Hospital.

He has been dean of the college since 1926.



H. J. MARSHALL, D. O.  
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**DR. HARRY J. MARSHALL** graduated from the College of Osteopathic Physicians and Surgeons, Los Angeles, Cal., in 1914. Following graduation he took Post Graduate courses under Drs. Ruddy and Goodfellow. He has been on the faculty of D. M. S. C. O. for five years.

Dr. Marshall teaches Eye, Ear, Nose and Throat in the college and has charge of the clinics of this department. He is also head of the Eye, Ear, Nose and Throat department at Des Moines General Hospital.

Dr. Marshall has appeared as instructor with the Denver Post-graduate College and the Mercy Hospital Polyclinic and Post-graduate College of St. Joseph, Missouri.

DES MOINES STILL COLLEGE FACULTY



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

**D**R. BEVERIDGE is a graduate of the Babcock School of Pharmacy, holding the degree of Graduate Pharmacist. He graduated from D. M. S. C. O. in 1925 and has been a member of the faculty for two years.

Dr. Beveridge teaches classes in Supplementary Therapeutics, Pharmacology, Anesthesia, and Narcotics, and Osteopathic Technique.



H. V. HALLADAY, D. O.

**F**OLLOWING two years at Kirksville State Teachers College, H. V. Halladay entered the American School of Osteopathy, Kirksville, Mo., and graduated in 1916. Following his graduation he served a surgical internship in the A. S. O. Hospital, after which he took P. G. work in the Children's Hospital, Boston, Mass. He has been a member of the faculty of D. M. S. C. O. for six and one-half years.

Dr. Halladay teaches classes in Anatomy and Orthopedics, has charge of Dissection Laboratories, and the Orthopedic and Athletic Clinics. He has written a text-book on "Applied Anatomy of the Spine" and "Practical Anatomy and Laboratory Guide." "Virge" also directs the college band and is faculty advisor of the Log Book.

Wisely and slow; they stumble that run fast.

Senior Day Awards

(Continued from Page 1)  
 Proctology: R. N. Strittmatter.  
 Anatomy: J. B. Baldi, H. Kinney, E. J. Lee, L. Peterson, S. C. Pettit, C. M. Parkinson, J. N. Gill, H. D. Cate, M. R. Cronin, and J. A. R. Chretien.

Sigma Sigma Phi Award for Scholarship: John Baldi.

Sigma Sigma Phi Award for Service: Lawrence St. Amant.

Dr. Marshall's Trophy for Hospital Service: Stanley Pettit.

Dr. Halladay then awarded the Des Moines Club Certificates for Efficient Service to: Larry St. Amant, H. D. Meyer, J. B.

Baldi, H. Kale, W. K. Moore, E. J. Lee, and J. A. R. Chretien.

The next musical number was the "Hungry Five" led by Herr Dr. Halladay in his various make-ups. "Virge" is winning a reputation as the successor to Lon Chaney as the "man of a thousand faces."

Jud Koch and Bud Hall gave two vocal duets, "Mississippi Mud" and a medley of "Somebody Loves Me" and "Harvest Moon", which were well done and received great applause.

The Senior Day program then closed with two numbers by the band: "St. Louis Blues" and "New Colonial" March.



R. B. BACHMAN, D. O.

**F**OLLOWING a two-year general course at Des Moines University, Robert B. Bachman entered D. M. S. C. O. and graduated in 1916. After his graduation he took a course in Surgery under Dr. S. S. Taylor. He has been a member of the faculty for fourteen years.

Dr. Bachman teaches classes in Obstetrics, has charge of the Obstetrical Clinic, and is head Obstetrician at the Des Moines General Hospital.

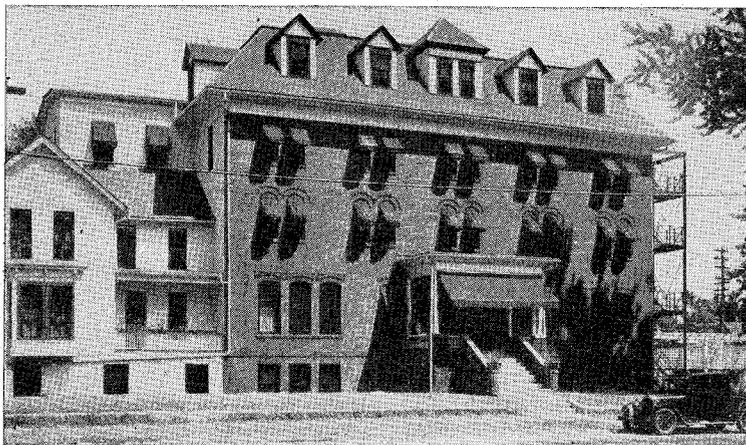


J. M. WOODS, D. O.

**F**OLLOWING a General Science Course in the University of Nebraska, John M. Woods entered the American School of Osteopathy in Kirksville, later transferred to D. M. S. C. O., and graduated in 1923. He has been a member of the faculty of this college for nine years.

Dr. Woods teaches classes in Pathology I, II and III, and Osteopathic Therapeutics I and II.

Des Moines General Hospital



Des Moines General Hospital has been functioning as an Osteopathic institution since 1910. It is a five story building and will accommodate seventy-five patients. It is situated two blocks from the Iowa State Capitol Building and one-half block from the State Historical Building. One minute street car service to all parts of the city may be had one block from the hospital.

The students of Des Moines Still College enjoy the advantage of an extensive hospital

clinic which is under strict Osteopathic management.

The staff of the hospital is:

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

Dr. H. J. Marshall, Secretary and Eye, Ear, Nose and Throat.

Dr. J. L. Schwartz, Treasurer and Proctology.

Dr. B. L. Cash, X-Ray, Physiotherapy, Laboratories.

Mrs. Sara L. Schwartz, Superintendent.

Miss Campbell, Superintendent of Nurses.

The Log Book

The Official Publication of ...  
 DES MOINES STILL COLLEGE  
 OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor....H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

Greetings!

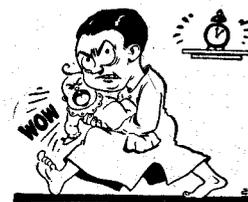
In this, the first issue of a new volume of the Log Book, the new editor wishes to greet the many readers. He hopes that the field members and all others

interested in this paper will feel free to send contributions and comments throughout the year. It is only through such cooperation that this publication can be made to serve its intended purpose, that of supplying facts and news to the student body, the members of the profession, and our many friends, in the most efficient manner possible.

The editor's ambition is to make the Log Book even better than it has been in the past and he pledges every effort to the attainment of that goal. All efforts will be well repaid if this paper serves, during the coming year, to bring to someone the truths of Osteopathy or to interest someone in choosing Osteopathy as a profession.

—J. ROBERT FORBES.

Birth



Born to Dr. and Mrs. Carl B. Gephart, Dayton, Ohio, a daughter, Martha Lou, on May 29, 1931.

### What Is This Golf?

Golf is a form of work made expensive enough for a man to enjoy it. It is physical and mental exertion made attractive by the fact that you have to dress for it in a \$200,000 clubhouse.

Golf is what letter carrying, ditch digging and carpet beating would be if those tasks had to be performed on the same hot afternoon in short pants and colored socks by gouty-looking gentlemen who required a different implement for every mood.

Golf is the simplest looking game in the world when you decide to take it up and the toughest looking after you have been at it ten or twelve years.

It is probably the only known game a man can play as long as a quarter of a century and then discover that it was two deep for him in the first place.

The game is played on carefully selected grass with little white balls and as many clubs as the player can afford. The balls

cost from 75 cents to \$25.00 and it is possible to support a family of ten people (all adults) for five months on the money represented by the balls lost by some golfers in a single afternoon.

A golf course has eighteen holes, seventeen of which are unnecessary and put in to make the game harder. A "hole" is a tin cup in the center of a green. A "green" is a small parcel of grass costing about \$1.98 a blade and usually located between a brook and a couple of apple trees or a lot of "unfinished excavation."

The idea is to get the golf ball from a given point into each of the eighteen cups in the fewest strokes and the greatest number of woods.

The ball must not be thrown, pushed or carried. It must be propelled by almost \$200 worth of curious looking implements, especially designed to provoke the owner.

Each implement has a specific purpose and ultimately some

golfers get to know what that purpose is. They are the exceptions.

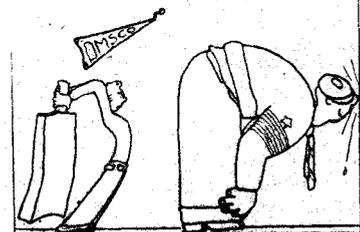
After each hole has been completed the golfer counts his strokes. Then he subtracts six and says: "Made that in five. That's one above par. Shall we play for fifty cents on the next hole, too, Ed?"

After the final, or eighteenth hole, the golfer adds up his score and stops when he has reached eighty-seven. He then has a swim, a pint of gin, sings "Sweet Adeline" with six or eight other liars and calls it the end of a perfect day.—(M.L.S.)

"Consider that health is a thing to be attended to continually as the very highest of all temporal things. There is no kind of achievement equal to perfect health. What, to it, are nuggets or millions?"—Carlyle.

In the life of Pepys the washing of feet was such an event that he recorded it as having occurred to him on May 30, 1663.

### FRATERNITY NOTES



Owing to the length of other articles in this issue it was necessary to omit the fraternity notes. They will, however, reappear next month.

A short historical sketch of each of the organizations will be printed in the July issue of the Log Book. It is hoped in this manner to acquaint the prospective student with the opportunities offered at Still for Fraternity or Sorority affiliation.

Des Moines Still College of Osteopathy is very fortunate in having all the major undergraduate organizations of the Osteopathic profession represented upon her campus.

### Views Within The Hospital

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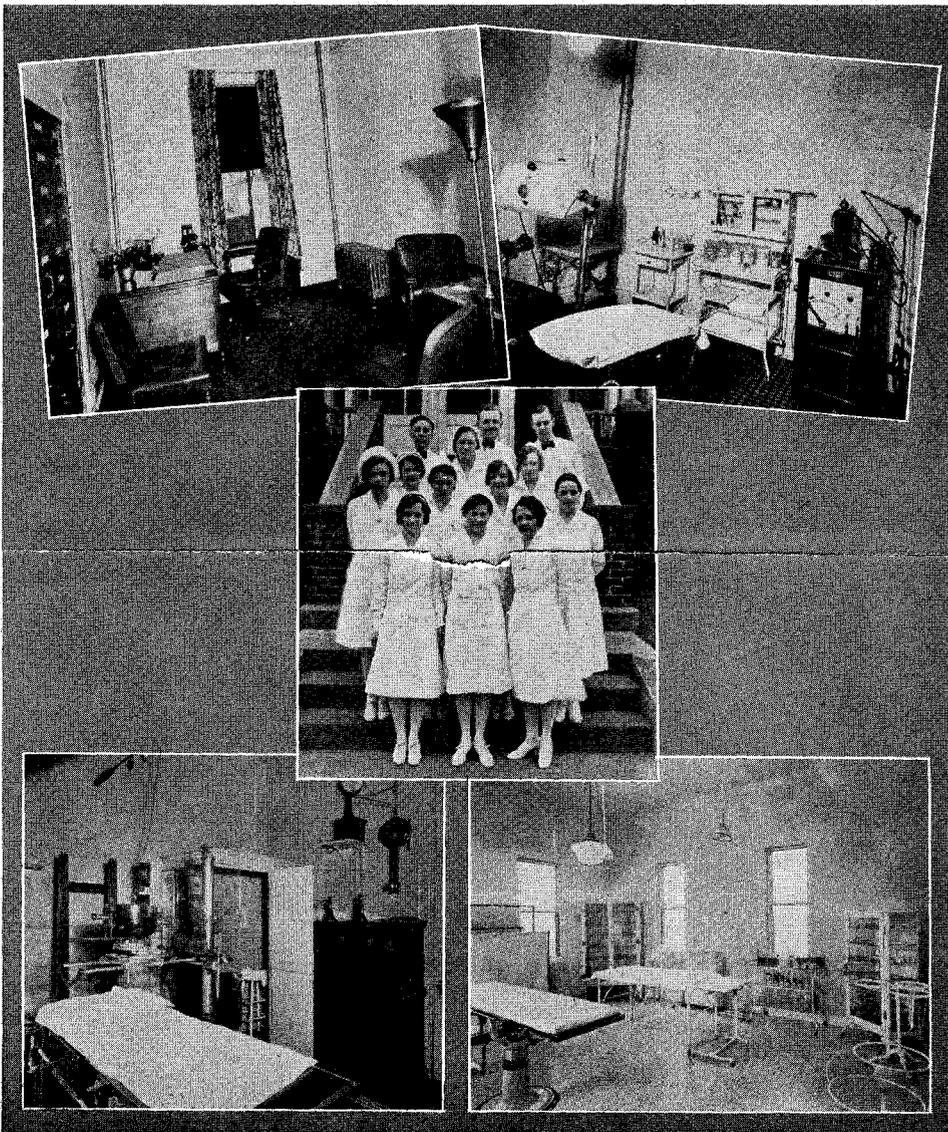
THE operating room of Des Moines General Hospital is furnished with modern apparatus and instruments. Students attending surgical clinics are accommodated in an amphitheatre where the college clinical surgery is done. Many major operations are viewed and as high as ninety-six minor surgical cases have been operated in one day.

The clinical laboratory is fully equipped. All chemical and bacteriological tests are made. Basal metabolism, microtomic tissue specimens, and all function tests are carried out.

The hospital has the best X-Ray equipment available. All types of roentgenology are practiced, from the most delicate to the most heavy types. This department of Des Moines General Hospital has gained a national reputation for the efficiency and high standard of its work.

The hospital owns \$10,000 worth of radium. Many conditions formerly hopeless or amenable only to surgery are now handled painlessly and without inconvenience to the patient.

The cooperation between the school and the hospital makes it possible for the student to become adequately acquainted with hospital methods and enables him to feel at ease in the operating room.



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JULY 15, 1931

Number 2

## President Johnson Honored by A. O. A.

### Radio Station Champions Osteopathic Clinic

April 23, 1931, Mr. Wright Gadge, manager of W M B C of Detroit, began to make personal broadcasts of from ten to twenty minutes each during the "Buckley Radio Hour" aggressively fighting for Osteopathy and impending legislation in Michigan. Mr. Gadge is doing this solely and entirely because he believes in Dr. Walter Gillmore and the work being done in the Gillmore Clinic, which is now being sponsored by W M B C. Mr. Gadge stated in no uncertain terms that although those who received something for nothing were always the first to find fault, over four thousand persons had registered in the clinic and the first complaint had yet to be heard.

This is probably the first time in the history of Osteopathy that any great radio station or public organ has championed the Osteopathic cause entirely on a basis of appreciation of what some of our professional members have and are accomplishing.

### O. & O. L. Society Meet

Dr. A. G. Walmsley, Bethlehem, Pa., announces that the sessions of the American Osteopathic Society of Ophthalmology and Otolaryngology will be held at the Olympic Hotel, Seattle, on July 29th to August 1st, inclusive.

Drs. C. C. Reid, T. J. Ruddy, J. D. Edwards, C. P. Snyder, T. R. Thornburn, H. J. Marshall, and others, will appear on the programs.

Those interested in these Academy Conferences are urged to get in touch with Dr. Ernest A. Johnson, 3701 Broad St., Philadelphia, Pa., Sec'y.-Treas. of the Society.

### Marriage Announcement

Mr. and Mrs. Eugene B. Frank announce the marriage of their daughter, Kathleen, to Dr. M. Wayne Myers, on Saturday, the 27th of June, at Sioux Falls, So. Dakota. Dr. Myers graduated from D.M.S.C.O. in the class of June, 1929.

We extend our congratulations to Dr. and Mrs. Myers and wish them success and happiness in the years to come.

### Iowa State Board

Dr. D. E. Hannan, Perry, Ia., Secretary of the Iowa State Board of Osteopathic Examiners, announced that a total of fifty wrote the Iowa State Board examinations June 1, 2, and 3. Of this number, thirty-seven wrote the regular examination, thirty-three passing and two failing. Ten wrote the Sophomore Board and all passed. Three Doctors took the Major Surgery examination and all passed.

### Paresis Cure Asserted

Indianapolis, Ind.—Details of how a large number of victims of paresis are being cured by malarial fever inoculation have been disclosed by Dr. Max Bahr, superintendent of the Central State Hospital for the insane. Out of 240 patients treated since this method was first introduced, 29 per cent have been totally cured and discharged from the institution.

Complete cure of paresis can be anticipated only when treatment is instituted in the early stages of the disease. A large percentage of the patients were received and treated after they had reached the second or third stages of the disease, thus accounting for the large number not recovering. Dr. Bahr stated, however, that in a majority of the cases a halting of the disease was noted.

In most cases improvement is apparent four to six weeks after treatment is begun and the patient is kept ill of malaria as long as such treatment is regarded necessary. The malaria is treated with quinine.

One theory underlying the treatment is that the malaria produces a fever that destroys effects of paresis. Another is that certain tissues aided in rebuilding by the plasmodium malariae. Experimentation with the malarial treatment was taken up after accidental discovery that persons afflicted with paresis were improved after an attack of malaria.

An electrical device which artificially raises a person's temperature to any degree desired is to be placed in the hospital. With this device Dr. Bahr hopes to determine whether or not the fever is alone responsible for the cure.

### \$200,000 Willed For Osteopathic Hospital

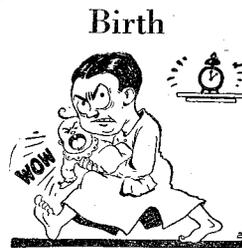
Cleveland, Ohio.—The late Mrs. Stevenson Burke, Cleveland patron of the arts, bequeathed \$200,000 to Drs. C. V. Kerr and G. L. Johnson for the construction of such Osteopathic Clinics or Hospital as these Osteopathic Physicians or their survivors shall establish.

Mrs. Burke was one of Cleveland's leading citizens and it is hoped that this bequest will be instrumental in interesting other philanthropists in Osteopathy and disclose to them the fact that this profession is as worthy of their aid and support as is Medicine.

### Medical Care, \$1 a Week

Four hundred New York physicians have formed a guild which will furnish all phases of medical care for a flat sum of \$1.00 per week. The group, working as a medical clinic, will advertise in newspapers and magazines but will not use individual names so as to remain in keeping with the ethics of the profession.

All proceeds will be divided equally among the physicians making up the guild.



Born to Dr. and Mrs. Alfred Holt Lee, Allegan, Michigan, a daughter, Jacqueline Kay, June 24, 1931.

### Visits College

Dr. George Loftus, who has finished an internship at Mercy Hospital, St. Joseph, Mo., has been visiting at the college.

Dr. Loftus contemplates remaining here for the summer, in order that he may take a Post-Graduate course in Obstetrics.

### Still Executive to Speak At Convention

Dr. C. W. Johnson, President of D.M.S.C.O., has been singularly honored by the National Association by having been selected to deliver the Memorial Address at the Convention in Seattle. This address will be delivered before the public as well as those attending the convention.

It is through the medium of this address that the National Convention makes its contact with the public and only the foremost speakers of the profession are chosen to deliver the oration upon this occasion. We, who are familiar with Dr. Johnson's thorough knowledge of Osteopathy and his forceful delivery of speech, know that his address will be one of the highlights of the 1931 convention.

President Johnson is also to appear in the discussions at several of the section meetings during the convention.

### Minnesota District Meet

The Northern District Convention of the Minnesota Osteopathic Association was held at Little Falls, June 19 and 20. The highlights of the convention were the Minor Surgery and Varicose Vein Clinics.

The next convention will be held in Red Wing in October. Dr. A. M. Hackleman is the President, Dr. C. J. Rounds is the Secretary, and Dr. Martha G. Nortner of Minneapolis, is chairman of the program committee.

### Location Announcement

Drs. Frank W. Paul and Louis Myron Monger, Osteopathic Physicians and Surgeons, announce the opening of their offices in the Medical Arts Building, 5800 W. Fort Street, Campbell, Mich.

We congratulate the Doctors and wish them the greatest of success in their practice.

Dr. Monger graduated from D.M.S.C.O. in the class of June, 1930, and has just completed a year internship at the Detroit Osteopathic Hospital.

## DES MOINES STILL COLLEGE FACULTY



AVA L. JOHNSON,  
B. Sc., B. H. Ec., M. Sc.

Miss Johnson holds three degrees from Iowa State College, Bachelor of Science, Bachelor of H. Economics, and Master of Science. She has taken extensive research work under Carlson of the University of Chicago, Burtin-Opitz of Columbia U., and Elwyn of the College of Physicians and Surgeons of New York City. Besides her total of eight years on the D. M. S. C. O. faculty, she has held professorships at the Clark College of Concentration, New York City, The Pratt Institute, Brooklyn N. Y., Des Moines University, and Iowa State College. At present she also has classes at the Des Moines College of Pharmacy.

Miss Johnson conducts classes in Dietetics and Hygiene, Histology, Physiology, and Bacteriology.



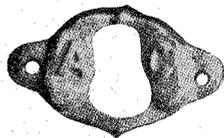
C. F. SPRING, B. Sc., D. O.

Dr. Spring is a graduate of Iowa State College, holding the degree of B. Sc. He graduated from the S. S. Still College of Osteopathy in 1902 and completed a post-graduate course in D.M.S.C.O. in 1921. He has been a member of the faculty for 22 years. Besides his D. O. degree, Dr. Spring is a registered optometrist.

The Doctor teaches classes in History and Theory, Principles and Technique, and Symptomatology.

### Atlas Club

J. R. Forbes



The Atlas Club, the first Osteopathic Fraternity, was formed at the American College of Osteopathy, Kirksville, Mo., on December 10, 1898. There are now chapters at each of the recognized Osteopathic Colleges. The Grand Chapter publishes the "Atlas Bulletin," the colors are red and white, and the flower is the red carnation.

Xiphoid Chapter is located at 1725 Sixth avenue, on the main North and South thoroughfare of the city, with the Oak and Highland Park street car lines passing the house and providing six-minute service to all parts of the city. Breakfast and evening meals are served during the school year. There were 39 active members during the year just passed. Drs. Halladay, J. P. Schwartz, J. L. Schwartz, Woods, Marshall, Fisher, and Bachman of the college faculty are members of the Atlas Club. The "Xiphoid Bulletin" is published by the chapter for its alumni.

Xiphoid Chapter of Atlas is anxious to be of assistance to any prospective student and welcomes the opportunity to be of service to anyone writing us.

Dr. Orville Rose is keeping himself busy these summer months. He took charge of the practice of Dr. J. H. Hansel, Ames, Iowa, during the first two weeks of June and now has the practice of Dr. D. E. Hannan, Perry, Iowa, for the month of July.

Louis Aldus of Ferndale, Mich. is staying at the house this summer while he is engaged in playground work for the City of Des Moines. Mr. Aldus plans to enter D.M.S.C.O. this fall.

Bro. and Mrs. Larry Boatman and Bros. Twadell and Basore are staying at the house. Bro. Kessler makes his appearance quite often but spends most of his time in or around the Methodist Hospital, for, we fear, feminine reasons.

We were pleased to hear of the election of Bro. Glenn Fisher to the faculty of the College and take this opportunity to congratulate him and wish him success in his new position.

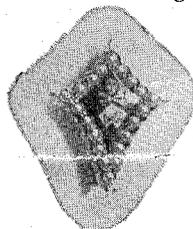
### Blue and White Club

During the past year a group of the Jewish students organized themselves into the "Blue and White Club." The success of this organization has prompted its members to apply for a

charter in Lambda Omicron Gamma, a national Jewish Osteopathic Fraternity. Plans call for the establishment of Gamma Chapter of this fraternity at D.M.S.C.O. early in the fall.

The school welcomes this new organization and we know that in the near future the local chapter will be one of the leading groups in this fraternity.

### Delta Omega



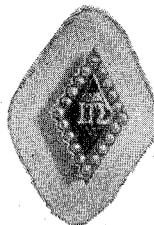
Delta Omega Sorority was founded at the American School of Osteopathy, Kirksville, Mo., in 1909. There are four active chapters. The national publication is the "Alpha," the colors are green and gold, and the flower is the yellow chrysanthemum.

Beta Chapter is located at D.M.S.C.O. The alumni of the chapter is organized and entertains the actives in joint meeting each month during the school year. This group, together with the honorary members made up of wives of the faculty members, aids the active group in all ways. The close association with the Kirksville society with the Kirksville Chapter is a source of enjoyment and mutual instruction. Dr. Mary Golden of the College faculty is a member of Delta Omega.

Delta Omega Beta welcomes all girls who may be considering Osteopathy as a profession and will be glad to aid all who may get in touch with us.

### Iota Tau Sigma

Judd Koch



The history of Osteopathic Greek Letter Fraternities began when a group of male students attracted the attention of the college by organizing a Greek Letter society or fraternity, namely Iota Tau Sigma. This was May 12, 1903, at the Kirksville College of Osteopathy, Kirksville, Mo. Since that period six chapters have been added to the mother chapter. There is a

(Continued on page 3)



F. A. PARISI, B. Sc., M. B.

Professor Parisi is a graduate of Colgate University and received his B. Sc. degree in 1921. Following this he attended Harvard Medical College and received the degree of M. B. from that institution in 1925. He has a certificate in science from Boston University and has taken special work in Pathology under Dr. Gray at the Connecticut State Hospital.

The Professor has been a member of the faculty of D.M.S.C.O. for one year and, previous to that, taught in the College of St. Teresa, the Middlesex College of Medicine and Surgery, and the Massachusetts College of Osteopathy.

Prof. Parisi conducts classes in Laboratory Diagnosis and is the Director of Laboratories of the College.



GLENN FISHER, B. A., B. Sc.

Following his graduation from Penn College with the degree of B. A., Professor Fisher attended Iowa State University where he received the degree of B. Sc. He holds an Iowa State Teacher's Class A Certificate and has had three years' teaching experience in Chemistry. He takes his place upon the faculty of D.M.S.C.O. this fall.

Professor Fisher will have charge of classes in Inorganic and Organic Chemistry.

He is at present pursuing a course which will lead to his M. Sc. degree.

# The Log Book

The Official Publication of ...  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

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

Editor.....J. Robert Forbes

Osteopathy Without Limitation

## Editorial

On page 414 of the June issue of the Journal of the A.O.A. there appears a paragraph entitled "They Are Only Beginning to Fight." This is a reprint of an Associated Press dispatch in which Dr. Franklin H. Martin, M. D., director-general of the American College of Surgeons, was quoted as announcing a nation-wide fight to end medical and surgical "cultism." The Doctor stated that one method would be to demand a basic science law in every state.

It is apparent that the Osteopathic profession is, to self-styled omnipotent medicine, merely a "cult" made up of quacks and hence must be eliminated.

If Osteopathy was not succeeding, if it was not offering the sick more than other schools of therapy, it would die of itself without any efforts on the part of medicine. Such legislative battles as were waged in Iowa and other states this past winter, and the above stated future policy of medicine, are flattering to Osteopathy and prove beyond a doubt the ever-increasing success of Osteopathic Physicians in the field.

However, we are the minority and if we are to wage a successful defence to future attacks, we must present a militant and united front. There are two ways in which this can be accomplished: first, by every D. O. in the United States being or becoming an active member of his state and national associations and, second, by every one in or interested in Osteopathy seeing that our schools are full to overflowing.

There are many D. O.'s who do not belong to the A. O. A. or their local organization because, they say, they do not approve of the policies of these associations. This is an insidious viewpoint. If one believes changes should be made, the only proper thing to do is to join the associations and then present his views, not pout and knock from the outside.

A profession is mainly judged by the number of newcomers it attracts. Should our schools be filled to capacity each year our profession would be provided with irrefutable proof of the truth of the Osteopathic concept and the ever-increasing acceptance of the Osteopathic Physician by the public.

The senior class just gradu-

ated from Still College joined the A. O. O. 100% strong. Should every alumnus of D.M.S. C.O. maintain active membership in his state and national associations and bend every effort to send at least ONE STUDENT to his alma mater each year, a great step would be taken toward placing our profession and school on a foundation so firm that no opposition could shake it.

## Iota Tau Sigma

(Continued from page 2)

chapter at each of the Osteopathic Colleges. The national publication is the Iota Tau Sigma Magazine, edited each month. The colors are green and white, and the flower is the white carnation. Although the fraternity is still in its infancy, it is well known throughout the field of Osteopathy.

Beta Chapter is located at 692 Seventeenth Street, one block from the University Avenue car line. There were 29 active members during the past year. Drs. Beveridge, Cash, and Spring of the college faculty are members of Iota Tau Sigma.

Beta Chapter of Iota Tau Sigma at this time welcomes all future students of Osteopathy to Still and will gladly aid any prospective student who may write us.

\* \* \*

Bro. MacLaughlin and his Chrysler Fifty-Two (years old) wended their way to the Windy City where Mac will enter the course of review offered by Dr. Fomon.

We have been very fortunate in obtaining Bro. Morgan's Mother, Father, and two brothers to occupy our house for the summer, together with Bros. Cichy, Hewlett, and Sparks and Pledge Purdue.

Tentative locations given by the departing seniors: Bro. Gill at Chattanooga, Tenn., Bro. Peterson, De Kalb, Ill., Bro. Johnson, somewhere in old Wyoming.

The unemployment bureau of Beta Chapter received notice that Bro. Don Hurd will act as councilor in a boy's camp in Maine. Bros. Peck and Koch will aid the government in eradicating the European Corn Borer, and Bro. Eddy will jerk sodas and make sugar pills.

Brother Hewlett has been selected to represent Beta Chapter at the National Convention in Seattle this summer. He has promised to send us each a portion of a buffalo when he passes through Montana. The beasts better be careful when "Mopy" thravels through their country because he is quite able to sling the bull!

The final brothers to leave the house, Ohio bound, were the well known trio of travelers—Bros. Routzahn, Happle and Koch, who by feminine obstinacy have been forced to remain for a week longer. But spring evenings, moonlight nights—

well I guess love—er—well, we all get that way.

## Sigma Sigma Phi



Sigma Sigma Phi is a National Honorary Osteopathic Fraternity. Beta Chapter of D.M.S. C.O. was installed in 1925. Membership is open to Junior and Senior students only and is selective by a vote of the members. Requirements for membership are: first, a high scholastic average throughout the college course; second, recommendation of the president or dean as to conduct in and out of school; and, third, extra-curricular activity.

The purpose of the organization is to promote Osteopathic activities and promulgate the A. T. Still principles of Osteopathy.

## Square and Compass

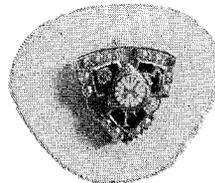


Square and Compass is a National Masonic Fraternity with chapters located in every major college and university in the United States.

The Still College Masonic Club affiliated with the national organization and became the Still Square, four years ago. It is the only square of Square and Compass in an Osteopathic school. The members are to be congratulated upon bringing and maintaining a chapter of this great Masonic fraternity in Still College.

The national publication is "The College Mason" and the colors are Navy Blue and Gray.

## Phi Sigma Gamma



Phi Sigma Gamma was formed April 8, 1919, by the union of the Phi Sigma Beta and Phi Omicron Gamma fraternities. The organization thus formed consisted of five chapters, to which have been added two additional, making a total of seven active chapters, one in each of the Osteopathic Colleges. The national publication is "The

Speculum" and the colors are Navy Blue and White.

Delta Chapter is located at 3029 Grand Avenue, in one of the finest residential districts of the city. Ingersoll and Valley Junction street car lines pass a block from the house and provide seven minute service to all parts of Des Moines. Breakfast and evening meals are served during the school year for the convenience of the fellows. There were 36 active members during the past year. Dr. C. W. Johnson, president of the College, is a member of Phi Sigma Gamma.

If Delta Chapter can be of service in any way to a prospective student, feel free to write and we will do all within our power to aid you.

\* \* \*

To date we have heard from Bros. Jagnow, Morrill, Scatterday, Toepfer, and Pledge Yaley. We hope the ones not heard from have valid reasons for not writing.

Bro. Schaeffer is so busy with clinic and private practice that he doesn't get out to see us very often. Methinks it is mostly "private."

Bro. Armbrust is thinking of starting a barbecue to be called the "Red Lantern." Detailed information can be had by addressing inquiries to Box 1938.

Pledge Johnson has returned to spend the summer at the house. Jobs are scarce in North Dakota and Minnesota. Hope he has better luck here.

Bro. Stivenson is getting real popular with the fairer sex, if invitations to the Country Club dances indicate anything. That, with O. B., jobs, and clinics, occupies most of his time. He manages to get his average amount of sleep, however.

The large O. B. practice of Bros. Cloyed and Olson keeps them from us most of the time.

We appreciate having Mrs. Cloyed help us in keeping the house in order. It is no easy task; if you think so ask Chuck how much fun it is to mow the lawn and clean the house. Bro. Armbrust surely made the bathrooms and kitchen shine.

Celsus, about 25 A. D., was the first to mention the four cardinal symptoms of inflammation. About this time he also recommended nutritive enemata for the first time in history. In his writings on this we read: "Water for use in irrigation should be very pure or else boiled and the hands and nails of the operator should be cleansed."

Physical handicap is as nothing compared to those that a man fashions out of the perverseness of his own heart. The handicaps of ill will, hate, arrogance, intolerance, vengeance, and self-seeking, handicaps which he clamps down on his soul and which will, before his day is done, act like poison in his blood.

## The Microscope, The Instrument Indispensable

(Prof. F. A. Parsisi)

In preparing one's self to be an Osteopathic Physician or Surgeon it is very important that he or she become familiar with the ordinary compound microscope.

The compound microscope, a delicate instrument, enables the examination of objects far too minute to be perceptible to the unaided eye, hence the prefix "micro."

Pasteur proved to the scientific world the fallacy of the spontaneous generation of life theory and established for all time the proof of the existence of disease

germs. Without the microscope Louis Pasteur could not have determined the presence or absence of these microorganisms. What Pasteur did for science, the microscope did for him.

Histology, otherwise known as microscopic anatomy, bacteriology, pathology, and clinical microscopy require the almost constant use of this instrument.

The modern scopes consist of a sturdy metal stand, eye-piece, draw-tube sealed at 160mm, 4mm or high dry power lens, 16mm or low dry power lens, and 1.97mm or oil immersion lens. The term "dry" indicates use of objects not immersed in cedar oil. A condenser, plane and concave mirrors, and a substage lamp are a source of constant light of equal intensity.

There are coarse and fine focusing adjustments.

The total magnification is figured by multiplying the power of the ocular by the initial magnification of the objective (lens) used.

Those who contemplate the study of Osteopathy and Surgery and have never before had the opportunity of making use of the microscope, will enjoy unfolding before their very eyes a world of new wonders. Accomplishments of great importance await the doctor who becomes the master of Osteopathic Therapeutics, the Microscope, and the Scalpel.

Every man is his own greatest enemy and, as it were, his own executioner.

## Around Our Merry Campus

The young doctor and his bride were on their honeymoon.

"Just look at the gorgeous sky," she said, "and the curious tints on the clouds."

"Yes," the doctor observed, "That cloud over there is exactly the color of a diseased liver."

Mrs. Hellefunder was attending her first football game.

"Oh, isn't it awful," she cried. "Why, they will kill that poor boy underneath!"

"Don't be silly, mother!" exclaimed her daughter. "He doesn't mind it—he's unconscious by this time."

## Laboratories

\* \* \*

Still College possesses complete and extensive laboratories equipped with the finest apparatus obtainable. Three of these laboratories are pictured here.

Fifty Bausch and Lomb and Spencer microscopes are owned by the College, thus allowing each student one of the latest compound microscopes for his personal use. A powerful microprojectoscope allows for study and lecture in class from the mounted slide.

The Histology Lab is provided with an ample number of mounted slides for study and from which the student makes drawings of all histological structures.

Pathology Lab supplies mounted slides of all types of pathology as well as many preserved specimens of gross pathology.

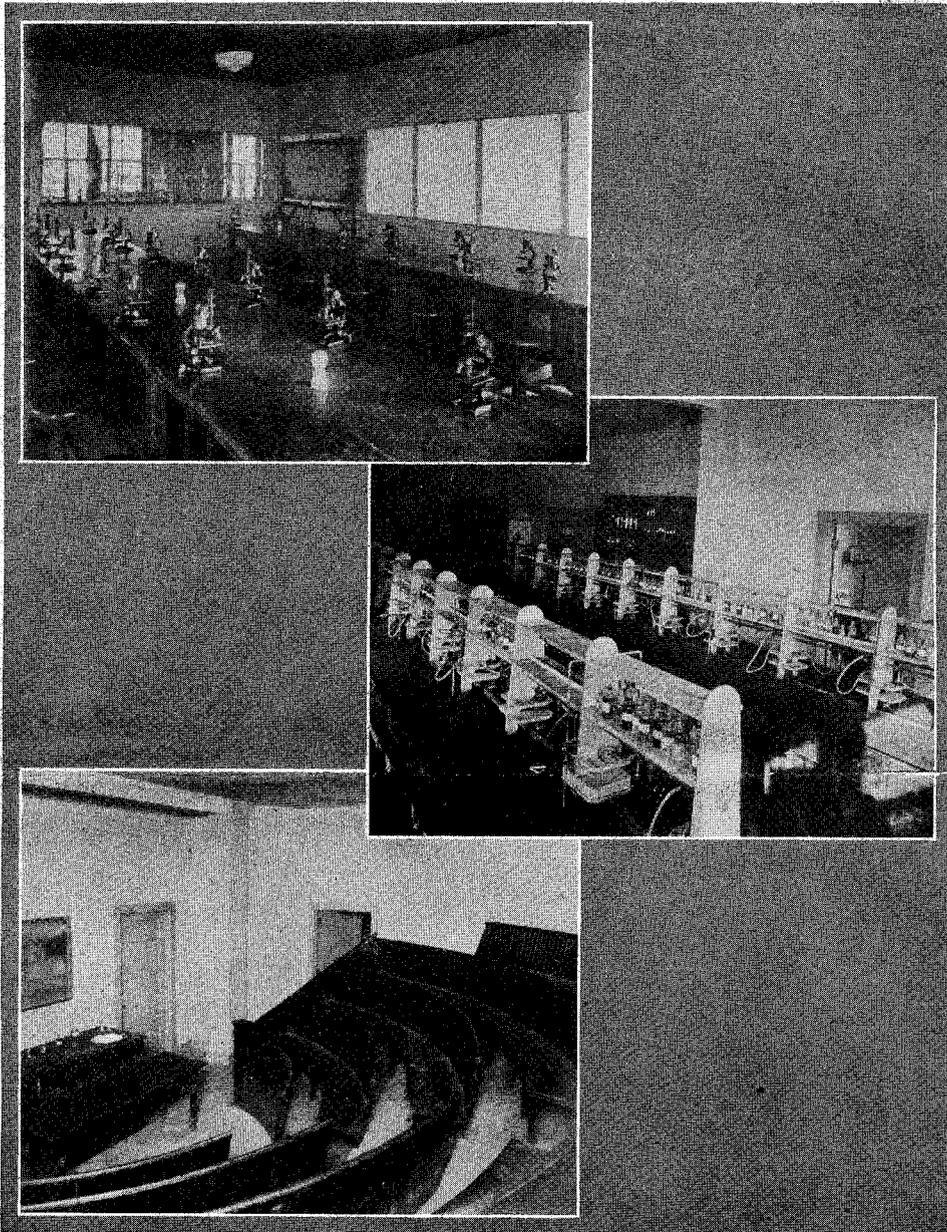
Inorganic, Organic, and Physiological Chemistry Labs are held in large, well-lighted and ventilated rooms provided with all apparatus, reagents, gas, water, etc., necessary for thorough individual work. There are acid-proof desks and lockers accommodating sixty-five students at one time. A large pit equipped for demonstrator lectures is adjacent to the Chemistry Laboratories.

Bacteriology Lab is equipped with microscopes, mounted specimens, and all apparatus necessary to perform all steps of bacteriological study from the making of culture media to the finished smear. This apparatus includes an electrical incubator and an autoclave sterilizer.

Physiology Lab embraces Muscle, Nervous, Digestive, and Respiratory Physiology. All necessary apparatus for exhaustive study is provided. A Cenco "Mechanical Eye" is used in this course which enables the student to visualize the normal and abnormal physiology of the eye and the effects of various types of lenses.

Anatomy Laboratory embraces two semesters totaling 250 class hours. An ample number of suitably prepared cadavers are available and it is here that the student acquires a thorough practical knowledge of human anatomy.

Suitable laboratories are also given each semester in Biology, Physics, and Embryology.



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 9

AUGUST 15, 1931

Number 3

## College To Have Exhibit At Iowa State Fair

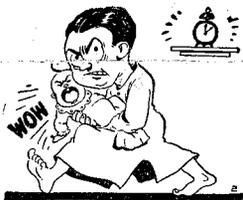
Following the custom of several years, Still College will have a booth in the educational building at the Iowa State Fair and Exposition to be held in Des Moines from August 26th to September 4th. Several hundred thousand persons visit the fair each year, so the contacts made through this exhibit are many and valuable.

The educational booths are located in the main amphitheatre exhibit halls. This building is the most readily accessible of all buildings on the grounds and is the mecca for the fair visitors.

Many thousand copies of the LOG BOOK, the Osteopathic Magazine, and other professional literature are distributed in this manner each year. Dr. H. V. Halladay has charge of the exhibit and demonstrates the use of the various treatment tables, etc. to the visitor. Virg always has the booth decorated very attractively and two years ago took second prize for the best decorated independent college booth.

If you visit the Iowa State Fair be sure to pay the Still Booth a visit and, what is more, be sure to tell your friends who may attend the fair to stop and get a few copies of the LOG BOOK and the O. M.—Virg will do the rest.

### Births



#### Loghry

Born to Dr. and Mrs. L. H. Loghry, Montpelier, Ohio, a son, Lawrence Robert, July 3, 1931.

#### Busek

Born to Dr. and Mrs. J. R. Busek, a son, Joseph Ralph, Jr., on June 25, 1931, at Lorrain, Ohio.

#### Howland

Born to Dr. and Mrs. G. J. Howland, Decorah, Iowa, a daughter, Donna Mae, July 13, 1931.

#### Odell

Born to Dr. and Mrs. Clarence W. Odell, a daughter, Carolyn Jean, on Saturday, Aug. 1, 1931, at South Bend, Ind.

## SCHEDULE OF CLASSES

### FIRST YEAR—First Semester

ANATOMY .....	H. V. HALLADAY
BIOLOGY .....	L. L. FACTO
CHEMISTRY .....	GLEN FISCHER
BACTERIOLOGY .....	A. L. JOHNSON
HISTORY AND FUNDAMENTALS .....	H. V. HALLADAY

### Second Semester

HISTOLOGY .....	A. L. JOHNSON
ANATOMY .....	H. V. HALLADAY
PHYSIOLOGY .....	A. L. JOHNSON
CHEMISTRY .....	GLEN FISCHER
EMBRYOLOGY .....	L. L. FACTO

### SECOND YEAR—First Semester

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

### Second Semester

NERVOUS PHYSIOLOGY .....	C. W. JOHNSON
COMMUNICABLE DISEASES .....	C. F. SPRING
PATHOLOGY II .....	J. M. WOODS
DIETETICS AND HYGIENE .....	A. L. JOHNSON
ANATOMY .....	H. V. HALLADAY

### THIRD YEAR—First Semester

SPECIAL PATHOLOGY .....	L. L. FACTO
TECHNIC .....	J. R. BEVERIDGE
LABORATORY DIAGNOSIS .....	F. A. PARISI
PHYSICAL DIAGNOSIS .....	L. L. FACTO
PEDIATRICS .....	M. E. GOLDEN

### Second Semester

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

### FOURTH YEAR—First Semester

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
X-RAY AND PHYSIO-THERAPY .....	B. L. CASH
CLINIC .....	

### Second Semester

REGIONAL ANATOMY .....	H. V. HALLADAY
PSYCHIATRY .....	C. W. JOHNSON
PROCTOLOGY AND UROLOGY .....	J. P. SCHWARTZ
SURGERY .....	J. P. SCHWARTZ
EYE, EAR, NOSE AND THROAT .....	H. J. MARSHALL
MEDICAL JURISPRUDENCE .....	HAL BYERS
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 8
CLASS ROOM WORK BEGINS .....	SEPTEMBER 9
ARMISTICE DAY RECESS .....	NOVEMBER 11
THANKSGIVING VACATION .....	NOVEMBER 26 to NOVEMBER 30
CHRISTMAS VACATION .....	DECEMBER 19 to JANUARY 4
GRADUATION .....	JANUARY 21
REGISTRATION, SECOND SEMESTER .....	JANUARY 22, 23
CLASS WORK BEGINS .....	JANUARY 25
GRADUATION .....	MAY 26

## Location Announcements

### Scatterday

Dr. Henry F. Scatterday of the June, 1931, Class, announces the opening of his office in Worthington, Ohio. He is at present associated with his brother, Dr. L. C. Scatterday, but expects to establish a practice of his own in the near future.

### Gill

Dr. J. N. Gill, Osteopathic

Physician, announces the opening of his office at 303 Willow St., Chattanooga, Tenn. Dr. Gill graduated from D.M.S.C.O. in the class of June, 1931.

### St. Amant

Dr. Lawrence P. St. Amant, Osteopathic Physician and Surgeon, announces the opening of an office at 10535 W. Jefferson Avenue, River Rouge, Michigan. Dr. St. Amant was a member of the class of June, 1931.

## Population of U. S. Increases 1 Every 36 Sec.

Some interesting statistics have recently been given out by the U. S. Bureau of the Census.

In 1920 the gain in population was one every 23 seconds. This figure is the net result of one birth every 13 seconds, one death every 23 seconds, an immigrant arrival every 1½ minutes, and an emigrant departure every 5½ minutes.

In 1930 the average gain was reduced to one every 36 seconds. There was a birth every 14 seconds instead of 13; a death every 22 seconds instead of 23; an immigrant arrival every 12 minutes instead of 1½; and an emigrant departure every 7 minutes instead of 5½.

Had the 1920 average prevailed up to and including 1930 the population today would have been 124,833,818 instead of 124,069,651 as given in the census of 1930, or a difference of 764,167.

Additional figures show that in 1926 the death rate was 12.1 per thousand people and in 1929 it was reduced to 11.9 per thousand. In 1929 there were 1,386,563 deaths. Heart disease, the leading cause of death, was responsible for 245,244 fatalities, over twice as many as did cancer, which was second with 111,569 fatalities. Pneumonia occupied third place with 106,597 deaths. The old dreaded diseases of small pox, diphtheria, scarlet fever, etc., have been pushed way down below appendicitis in the list of causes of death and are now listed among the "almost incidental causes."

[Ed. Note: With more people each year coming to recognize the almost specific action of Osteopathy in pneumonia, it will be interesting to keep in touch with these figures from year to year throughout the next ten-year period. Pneumonia will doubtlessly drop in the list of causes of death in direct ratio with the increase in popularity of Osteopathy as the treatment for this disease.]

## Marriage Announcement

Mr. and Mrs. Delbert W. Schwalm announce the marriage of their daughter, Etta Marie, to Dr. Harry Jay Johnson, on Sunday, the twelfth of July, 1931, at Westphalia, Kansas. Dr. Johnson was a member of the class of January, 1930.

## DES MOINES STILL COLLEGE FACULTY



MARY E. GOLDEN, D. O.

Following a business course at Bellevue College and a course in Liberal Arts at Drake University, Dr. Golden entered D.M.S.C.O. and graduated in 1912. Since her graduation, Dr. Golden has taken Post-Graduate work with the Denver Clinical Group, the Norwood Rectal Clinic, and in Technique, under Downing.

Dr. Golden has been on the faculty of D.M.S.C.O. for twelve years. She teaches classes in Pediatrics.



J. L. SCHWARTZ, D. O.

Dr. J. L. Schwartz is a graduate of D.M.S.C.O. and practices Proctology in this city. Two years ago he took extensive research work in Proctology in Berlin and Vienna. Since that time he has given a special lecture course in this work each semester. This course is presented supplementary to the regular course offered by Dr. J. P. Schwartz.

We want more schoolhouses and less jails, more books and less arsenals, more learnings and less vice, more constant employment and less crime, more leisure and less greed, more justice and less revenge—in fact—more of the opportunities to cultivate our better natures, to make manhood more noble, womanhood more beautiful, and childhood more happy and bright.—(Samuel Gompers.)

### Atlas Club

(J. Robert Forbes)

Bro. and Mrs. Larry Boatman, Bros. Ray Lamb and George Basore, and Louis Aldus are all of the "Old Guard" left protecting the fort. Bro. Twadell departed for Iola, Kansas, some time ago and will not return until school starts.

Dr. O. E. Rose is now in Boone, taking care of the practice of Dr. Atkinson. This is the third practice Orville has had charge of this summer.

"Casey" Kessler informs us by mail that he attended the Cubs-Cardinal series at St. Louis on August 1st and 2d. Casey must have been an impartial rooter as each team won a game.

We have had letters from Bros. Gus Porter, Homer Fredericks, Casey Kessler, and Drs. W. K. Moore and R. K. Homan. We would appreciate a line from all of you before the migration to the class-rooms begins.

Dr. Alan Nelson, who is now associated with the Aaron Osteopathic Clinic of Des Moines, is a frequent visitor at the house.

Let us again urge all prospective students to feel free to write us or call upon us in any way to meet them and aid them in getting located in Des Moines this September. Our address is 1725 Sixth avenue.

### Iota Tau Sigma

(Russell G. Morgan)

As summer wanes, "Home, Sweet Home," and, oh my, yes, Mother's pancakes, pies, and what have you, seems to be taking the toll of the home guard.

Bro. Sparks, in company with McLaughlin, betook himself to "Ol' Virginny"; Mac leaving the girl behind and going to Canton and the Old Homestead. Belden went home to work (ask Mr. Ripley), thus leaving only Bro. Cichy, Pledges Perdue and Merz and the Morgan family, with the able assistance of Lane Moore and Gulden, to keep our stately portals in shape.

The latest report from Doc Hewlett informs us he is in Seattle to show the A. O. A. a few things as well as represent ITS at its annual convention. We've a place for his boots and ten-gallon hat when he gets back but hope he doesn't bring a horse, too.

Dr. J. N. Gill has set up an office in Chattanooga, Tenn., with Obstetrics and Gynecology as specialties. Dr. Peterson is in DeKalb, Illinois.

It might be of interest to Howard Cook's many friends to know he is in Cincinnati, Ohio, 8231 Woodbine Ave. Bro. Cook made the trip back to the so-called "God's Country" via

auto. No doubt he would be glad to hear from any of his fellow students while he is convalescing. We all hope he will be back with us before long.

About all we hear from Dayton is business depression. The boys perhaps should have remained out here and helped with the splendid clinic Still has offered this summer. O. B. and plenty of it—ask DuBois.

Anyway, we are anxiously awaiting the return of the angry mob from Dayton, Michigan, and Ohio, and the thundering Hurds and Les Spaulding of Maine. Bring us back some more Osteopaths, gang—Mrs. Robinson said to.

Again let us extend to every new man the invitation to call upon us. We will be very glad to help you get located when you arrive in Des Moines. Our address is 692 Seventeenth street.

### Phi Sigma Gamma

(R. F. Allen)

The house looks rather deserted as the summer wears on. Most everyone who has stayed during the vacation is either leaving or planning to do so shortly. At the present time the fort is being held by Stivenson, Stoike, Armbrust, Cloyd, Mr. and Mrs. Oleson, Widmer, Loftus, and Allen.

We were glad to have Dr. Walt Madson with us for a few days last week. Walt is looking for a place to locate in Iowa.

After selling the profession all the instruments it will need for the next decade, Dr. Stritmatter departed Monday for Ohio, leaving several of us wishing we could go along.

Most of us are being kept busy between working, treatments, O. B's., and attending hospital clinics. Very little time is being found for anything else.

To date we have heard from Bros. Grau, Schwartz, Poundstone, and Yaley. We would be very glad to hear from the rest of you.

Again we would like to urge all prospective students to get in touch with us and we will be very glad to give all assistance possible in helping them locate part-time work, board and room, etc. Our address is 3029 Grand Avenue.

### Visitors at the College

Drs. Russell Wright and L. C. Woofendon of Detroit, Michigan, visited in Des Moines for a few days while enroute to the A. O. A. Convention at Seattle.

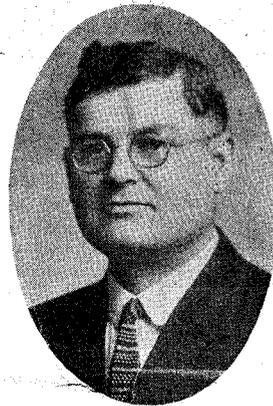
Dr. Jerry Lauck of Columbus, Ohio, Dr. Robt. Dormer of Pasadena, Calif., Dr. and Mrs. J. A. Wadkins, Boston, Mass. and Dr. Robt. Plasch, Minneapolis, Minnesota, recently visited the college.



BYRON L. CASH, D. O.

Dr. Cash graduated from D.M.S.C.O. in 1920. Following his graduation he served an internship at Des Moines General Hospital, after which he took P. G. work in Pathology and Genito-Urinary at the University of Chicago and in X-Ray and Pathology at the University of Michigan. During the war he served 14 months in the U. S. Army Labs.

Dr. Cash has been a member of the faculty for eight years. He conducts classes in X-Ray and Eletro-therapeutics and is Radiologist and Pathologist of Des Moines General Hospital.



C. IRA GORDON, B. A., D. O.

Dr. Gordon is a graduate of Ellsworth College and holds a B. A. degree from that institution. He has taken post graduate work in chemistry at the University of Iowa and had eleven years' teaching experience before joining the faculty of D.M.S.C.O. four years ago. He received his D. O. degree from this college.

Dr. Gordon conducts classes in Physiological Chemistry.

Every blood corpuscle goes like a man in the army and with unerring precision it does its work—whether it be in the formation of hair or in the correction of disease processes.—(A. T. Still).

He who has health has hope—and he who has hope has everything.—(Arabian Proverb).

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

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

Editor.....J. Robert Forbes

Osteopathy Without Limitation

## Dr. Andrew Taylor Still (An Editorial)

"The mass of men worry themselves into nameless graves, while here and there a great unselfish soul forgets himself into immortality."—Emerson.

\* \* \*

August Sixth was the one hundred and third anniversary of the birth of Dr. Andrew Taylor Still, beloved founder of the science of Osteopathy. It is well that we pause and pay tribute to the memory of an immortal genius—this man whom Emerson's bit of philosophy so aptly fits.

Son of an itinerant preacher-physician; a youth whose struggles to obtain a good education rival those of other famous Americans; a young doctor, prompted by a family tragedy to search for a better means of treating human ills than medicine; a man who completely submerged self and personal comfort and pleasure, who bravely withstood opposition and persecution that he might be of benefit to mankind; all these facts make this man a typical personification of "a great unselfish soul" who truly "forgot himself into immortality."

Albert Edward Wiggam once wrote: "Without the few geniuses who have, by chance or the grace of God, discovered themselves, mankind would have no history worthy of the name." To such men as the "Old Doctor," men who have had the courage and moral stamina to face established beliefs and battle against overwhelming odds, do we owe our advanced civilization. Were it not for these souls, the human family would still be mired in the murk of the Dark Ages.

The only progress this old world has ever made has been made by men who have dared to stand for something that everybody else was not standing for; by men who stood above and beyond their fellows and refused to die of dry rot in the rut laid down for them by conventional people. It has ever been, in human history, that he who formulated some new doctrine or idea revolutionary in scope should suffer persecution, ridicule, abuse, and even death. The one feature redeeming society is that, providing the new idea possessed worthiness and truth, mass intelligence eventually caught up to that of the

genius and accepted his brain-child, even though he, himself, might have long before passed on. We may all be thankful that Dr. Still was permitted to live until he saw his discovery mark a new era in the therapeutic world and become permanently established in the hearts of mankind.

The founder of Osteopathy was one of those rare mortals who left the world a far better place for his having lived in it. He unselfishly and courageously devoted his life to the alleviation of human suffering; he gave of his talents with no thought of return; he strived to adhere to Nature's inexorable laws. We, his followers, can do no better than to occasionally pause and pay personal homage to the memory of this great man and from that memory take inspiration to bring Osteopathic truths to all mankind. Doing this, we know that the name of Andrew Taylor Still, together with the names of other great public benefactors, will ring with ever-increasing resonance through the halls of time.

## Longevity

The longest-lived people in the world are those who inhabit New Zealand. The average for these people is 63 years, for both men and women.

In Europe the residents of Denmark show the best figures, 60 years for men and 62 years for women.

In France the average life is about 7½ years shorter than in England. England, Germany and the United States show about the same figures, the average being about 59 years for both males and females. This leaves the average life in France, about 52 years, the shortest of the major nations of Occidental civilization.

The statistics for India speak a tragedy. The average life is but 22 years for males and 23 for females.

Out of every 1000 persons only six live to be over 80 years of age. Everyone who lives to be 60 has escaped the average.

In Biblical days the average age was said to be 70 years. However, the infant mortality in those days was far greater than today and was not taken into consideration when man's days were stated as "three score years and ten." In this day and age, science has given us means of preserving life in children who, in the days of the survival of the fittest, would surely have perished. These children reach maturity and many of them die before reaching middle age. Insurance companies give this as the reason for the seeming impossibility of raising the average of Americans and those of the other leading nations.

He that cannot forgive others breaks the bridge over which he must pass himself—for every man has need to be forgiven.

## Physiotherapy in General Practice

(Dr. C. H. Boening)

In these articles I will concern myself with the general principles underlying the use of physio-therapy in the treatment of conditions that the general practitioner is called upon to handle. Technique will not be given as that is readily devised when the general principles are understood.

To insure a proper conception of these principles it is necessary to begin with the discussion of the physiological action of diathermy. Up-to-date physiology of electro-therapeutics is an unknown quality and there are many different opinions, as we often find in the scientific world. However, I will try to discuss the most likely theories of the physiological reactions derived from this treatment.

### Effects of Heat

Effects of heat upon the tissue produced by a high-frequency current. The current heats the tissue through which it passes in direct proportion to the intensity of the current and the resistance of the tissue. We all admit that our body has the faculty to transmit or conduct electrical energy and we know from the study of physics that every conductor offers a certain resistance to the passage of a current and that this resistance produces heat. Within the tissues of the body this heat varies with the histological composition of the tissues thus heated, e. g. fibrous tissue offers more resistance than smooth muscle. We know that the living human tissue offers a definite resistance to the passage of a current and that the heat produced can be measured by ordinary means. Now, what are the effects of this treatment and what do they imply?

First: A general relaxation of smooth and straited muscle and relief of pain due to spasm.

Second: "Dilation of precapillary arteries by vasomotor relaxation producing an increased circulation which means an increased supply of biological means of local defense and repair, increased elimination, and relief of pain caused by congestion."

Third: "Increase in the rate of local metabolism, depending upon the principle that all chemical reactions increase in speed with the rise of temperature."

You will think at this point that the above mentioned effects can be brought about by any source of heat, so why spend money for expensive apparatus? Let us consider the difference between the effects of diathermy and those of external application of heat. The word "Diathermy" is derived from the Greek *Dia* and *Thermixomy*, meaning "to heat through" or "heat within." This implies the physiological phenomenon of diathermy;—namely to produce heat within

the tissues at any desired depths. With external application of heat the highest temperature and the greatest physiological results are always directly on the surface and rarely go any further.

### Effect on Vasomotors

What is the effect on the vasomotor nerves? It has been ably demonstrated that the high-frequency current has a direct paralyzing effect on these nerves. This fact can be seen by applying diathermy directly on the skin with a high-frequency electrode, an area of hyperemia appears long before enough heat has been produced to be responsible. The probability is that there is an initial vasomotor stimulation with a decrease in circulation; if we could keep our current intensity low enough this preliminary contraction would be recognized. We also have evidence that there is a slight effect of the same depressant nature on the sensory nerves, but the most valuable thing here is the increased volume of blood that is brought to the part thus treated; hence we have an increase in local nutrition and metabolism and also promote local elimination, a thing needed in ninety-nine cases out of a hundred. Nature knows well enough how to handle the trouble but is in need of reinforcements; she has the proper anti-bodies, phagocytes, and repair materials but has difficulty in getting a sufficient amount of them to and from the place where they are needed.

### Physics of Diathermy

At this point we may raise the question, how can electrons influence or affect molecules composing the tissues? The tissues maintain their stability because of the powerful forces that are active within them being in an accurately balanced state. The molecules are separated by spaces enormously wide in proportion to their size, like the planets in the solar system. They move with great rapidity within the limits of their fixed orbits. If we had some sort of vision by which we could see into the structure of a cell, these molecules, symmetrically arranged and moving rapidly in space, would present a wonderful sight. If we could look within each molecule we would find its structure very complex—hundreds of atoms, disposed symmetrically, moving in orbits, separated by great distances, a play of tremendous forces so balanced against each other that external quiet is the result. Within each of these atoms the story repeats itself, electrons whirling swiftly in orbits, covering enormous distances, in mathematical arrangements, associated with the play of powerful force. It is upon this energy content of matter that life mainly depends. Now let us picture a stream of electrons shot through this system, first in one direction, then in the other.

"The high-frequency current  
(Continued on page 4)

**The Study of Pathology**  
(Prof. F. A. Parisi)

Pathology, anatomy, and physiology form the isosceles triangle of medical science, each being of equal importance and depending upon each other, these sciences forming the basis of the superstructure that, by geometric progression, so to speak, go to complete the knowledge that is required for the successful practice of Osteopathy.

The Osteopathic curriculum requires a thorough study of pathology, that science which treats of the human body in a morbid state or condition—that is, disease and its varied manifestations. This science has grown to its major important position through keen observation of the beginning of diseases in the human body and following through their entire course of recovery, disability, or death. When the cause is understood (diagnosis) a cure is attempted.

Osteopathy, that system of the healing art that places chief emphasis upon the structural side of the human body, is the form of therapy that has proven to be a real success; it depends upon body physics and common sense.

Pathology, as a science of logical study, is usually divided into three parts—General, Special and Clinical Pathology. The third division is known commonly as Laboratory Diagnosis.

General Pathology considers the minute changes that take place in any localized area and the general and varied changes occurring in the degenerations (fatty, hyaline, amyloid, etc.). Microscopical study as well as gross study is considered. Tumors, both benign and malignant, are studied. It is seen that general pathology considers the changes in the fundamental processes and structural alterations.

Special pathology treats of the changes taking place specifically in an organ or affecting a specific organ.

Laboratory diagnosis or clinical pathology is the application of chemistry, biology, and physics to our knowledge of anatomy, physiology, bacteriology, and pathology by means of laboratory diagnosis and improved apparatus and instruments. Increased knowledge and the fruit of research has caused this study to become a major specialty, the practitioner being known as a pathologist.

**PRACTICE FOR SALE**

Dr. I. N. Thompson of Oskaloosa, Iowa, announces that he has his practice and equipment for sale. Ill health is forcing the Doctor from practice. Any one interested may address him at 210 So. First street, Oskaloosa, Iowa.

It isn't what you do when you work that kills, but what you do when you don't work.

**Around Our Merry Campus**

John, aged six, was told he had to go to the hospital to have his tonsils removed, and his mother was bolstering up his morale.

"I'll be brave and do just what you tell me Mother," he promised, "but I betcha one thing—they don't palm of no crying baby on me, like they did you, when you went to the hospital."

Mary had a little lamb,  
He wore a collar and a tie;  
And everything that Mary liked,  
The lamb was sure to buy.

Mike: "It says here that in Japan you can buy a wife for fifty cents."

Ike: "Well, a good wife is worth it."

Doctor: "I shall have to paint your husband's throat with nitrate of silver."

Mrs. Newrich: "Better use nitrate of gold, Doctor; the cost is quite immaterial."

Will Rogers in trying to console Gertrude Ederle over the loss of her hearing, suggested that she couldn't have had this happen at a better time. That there is nothing worth listening to now except Amos and Andy, and there hasn't been a new idea voiced since she swam the Channel.

**Physiotherapy in General Practice**

(Continued from page 3)

is composed of electrons of precisely the same nature as those which make up the atoms; they travel through the constellation of molecules, atoms, and electrons, at a velocity beside which a machine-gun volley is stationary. What the effect of this is has not been yet stated in scientific measurements but, by the law of probability, some of the electrons will collide with the masses composing the tissues so that, in general, there will be an addition of energy to the tissue and a loss of energy from the

stream of moving electrons. By proper graduation of the number of electrons sent through the energy added to the molecular and atomic mechanism may range from a slightly beneficial action to a completely destructive one."—(Helmholtz.)

In medical diathermy we use such a number and concentration of electrons that the effect obtained consists of impulses to the moving body in such a manner that their existing motion is moderately increased without interfering with the character or arrangement of the bodies. We reinforce that activity without altering its character; we increase the rate of oxidation and carbon dioxide elimination; we increase the bloodflow, etc.

From all the preceding statements we can reason toward the clinical applications of diathermy as a valuable adjunct in general practice.

[Editor's Note: Next month Dr. Boening will discuss the clinical applications of this adjunct and will mention the various Osteopathic Societies devoted to furthering this type of treatment.]

**THE STILL COLLEGE BAND**



The 30-piece Band of Still College is undoubtedly one of the best of any such organizations in any school of comparative size. Dr. H. V. Halladay wields the baton in a most efficient manner.

The Band appears at each of the weekly convocations held throughout the school year and presents snappy marches, classical and semi-classical selections, popular numbers, novelties, and solos by various members. The Band, from time to time, makes appearances at various conventions, in civic enterprises, and at other schools in the city. It has, for the past two years, provided entertainment at the Convention of the Iowa Osteopathic Association.

An organization within the Band worthy of mention is the "Hungry Five," a German Band directed by "Virge," which provides humorous entertainment at assemblies and at other functions where it is not feasible to present the entire band.

All graduating members of the Band receive a certificate for his service. This is the most popular extra-curricular activity at the college and all performers upon band instruments are most welcome to join "Virge and the Gang."

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# THE LOG BOOK

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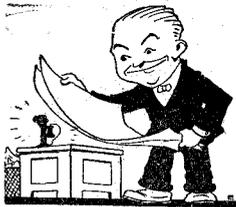
PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 9

SEPTEMBER 15, 1931

Number 4

## College Enrolls Over Seventy



In spite of the wide-spread economic depression the fall registration at Still College has been very gratifying. At the time of writing over seventy new students have been received. Several of these have transferred from other Osteopathic colleges and have become members of the upper classes.

The new freshman class is made up largely of men with considerable previous college training. Four co-eds are numbered in the new group and it is to be hoped that the enrollment of girls will increase each year.

With the many improvements in equipment and personnel added by the school the past year and this large enrollment, it seems certain that the school year 1931-32 will take its place as one of the greatest in the history of the institution.

A number of students who were compelled to drop out of school for the past year have returned to swell the total enrollment of the college. A very small percentage of last year's under-classes have failed to return and this year's student body will greatly outnumber that of 1930-31.

## Dr. Marshall Heads Atlas Club Grand Chapter

Dr. Harry J. Marshall of the D.M.S.C.O. faculty was elected Grand Noble Skull of the Atlas Club at the national convention of that fraternity held in Seattle during the A. O. A. convention. He succeeds Dr. Harold I. Magoun of Scottsbluff, Neb.

Dr. H. V. Halladay, also of the faculty, is a Past Grand Noble Skull of the Club.

Dr. Marshall was an active member of the Cricoid Chapter of the Los Angeles College during his collegiate days and is now an active member of the Alumni Group of the Xiphoid Chapter of Des Moines.

## The Northwest Bulletin

The Log Book feels fortunate in having added the "Northwest Bulletin" to its list of exchanges. This Bulletin is published by the Minnesota State Osteopathic Association and is edited by Dr. Walter G. Hagmann, a graduate of D.M.S.C.O., with offices in the New York Bldg., St. Paul, Minn.

This Bulletin was first published June last and to date but four editions have been printed, each one being larger and better than its predecessor. We are sure that this new publication will be of the utmost importance to the profession in Minnesota and surrounding states.

## New Osteopathic Clinic in Des Moines

Drs. Allan Nelson and H. F. Davis announce the opening of the Aaron Osteopathic Clinic with offices at 214-215 Old Colony Building, Des Moines, Iowa. Dr. Nelson is specializing in Rectal work, Dr. Davis in Eye, Ear, Nose and Throat, and both will also conduct general practice.

Dr. Nelson was formerly located in Stratford, Iowa, and his practice there has been taken by Dr. Everett Reynolds of the June, 1931, graduating class.

## Appointed City Physician

Dr. Ira M. DeWalt has recently been appointed city physician of Wisner, Neb., by the city council of that place. We congratulate Dr. DeWalt in his appointment and wish him success in his work.

Dr. DeWalt is also commander of the Wisner Post of the American Legion.

## Dr. Rickenbacker Heads National Foot Section

Dr. Theodore Rickenbacker of Seattle, Wash., an alumnus of D.M.S.C.O. was elected head of the Foot Section of the American Osteopathic Association, at the convention held in Seattle, August last.

We extend our heartiest congratulations to Ted and wish him success during the year.

Medicine is only palliative, for back of disease lies the cause—and the cause no drug can touch.  
—S. Weir Mitchell, M. D.

## Buying Babies on the Installment Plan

We note in the Business Week Magazine a new wrinkle in the obstetrical business. It seems that a Chicago Hospital has introduced the novel scheme of allowing O. B. patients to have a baby for a few dollars down and the rest in easy payments—the only difference between babies and furniture being that the payments must be all made before you get the baby—furniture is marketed the opposite.

The plan is simply this: The expectant mother first registers at the hospital, is examined and receives a "baby book" which is similar to a savings bank book and in which her payments are recorded. She next makes a down payment, \$5 if it is the first month of pregnancy, \$10 if it is the second, \$15 if it is the third, etc. Thereafter she visits the hospital each month for examination and payment of \$5 until her confinement period begins. Nine payments totalling \$45 take care of all prenatal care and pay in advance for a ten-day (average) stay in a ten-bed ward.

Should a patient default and decide not to enter the hospital she gets all except \$5 of her money back.

Hospital officials claim their O. B. business is 50 percent greater than it was on the old cash or be-billed basis and add that by this easy payment plan many mothers who formerly were denied hospital care are now able to afford it.

So far the plan appears to have merit but what if the same price-cutting tactics are employed by competing hospitals that are indulged in in the business world? Imagine a page ad in our newspapers reading, "Special Sale on Babies at the Blah Hospital—\$4 down and \$2.50 per month—July Only!"

## Prof. Parisi Spends Summer Months at Camp

Prof. F. A. Parisi, head of the laboratories of D.M.S.C.O., saw service as a lieutenant on the Surgeon's Staff at Station Hospital at Fort Des Moines during the C.M.T.C. Camp last July and August.

Prof. Parisi is a graduate of the Army Medical Field Service School at Carlyle Barracks, Pa., with a commission as First Lieutenant. Each summer Lieutenant Parisi serves approximately six weeks in this capacity.

## Miss Johnson Speaks at Rotary Club



AVA L. JOHNSON

Miss Ava Johnson of the Still College faculty, delivered an address on Psychology before the luncheon meeting of the Des Moines Women's Rotary Club, July eighth. Her lecture was enthusiastically received by the members of this organization.

Her frequent appearances before local and state-wide organizations have brought fame to Miss Johnson and her services as a speaker are in constant demand. Last April she was the principal speaker at the International Y. W. C. A. Conference held in Davenport, Iowa. During the month of August, just passed, she was Resource Director for the Y. W. C. A. Camp for Iowa Business Girls, held at Ledges State Park.

## No Green Caps for Freshmen

The Sophomore Class is this year making a change in the traditional garb it compels the incoming freshmen to wear. In years past it has been customary to cap the freshies with a pot of bright emerald with a gruesome skull and cross-bones fastened upon the forehead. However, the freshman's hopes will be short lived as the alert Sophs have much more in store. Following are the conduct rules as set forth by the daughty second-year men.

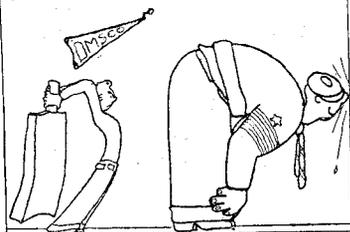
### FRESHMEN RULES

The freshmen caps this year will be purple and white, the school colors. The rest of the attire will consist of black bow ties and black socks.

Freshmen will display proper respect and courtesy to all upper classmen.

Further rules will be handed directly to the freshmen class by the sophomore class.

**FRATERNITY NOTES**



**ATLAS CLUB**  
(J. R. Forbes)

It looks like old times again at the house. Most of the old members are back and the first few days have been utilized in swapping tales of summer activities. It is surely a "grand and glorious feeling" to have the old bunch together and rarin' to go once again.

We are glad to welcome Dene Moore, Ed Swartzbaugh and Kay Davis back into school. These brothers were absent last year and are taking their work up where they left off a year ago.

We extend our hearty congratulations to our two new benedicts, Bros. Kay Davis and Eddie Swartzbaugh. Kay and Ed succumbed to Cupid's wiles during the summer and we all join in wishing them all happiness and success in the years to come.

It is with deep regret that we learn of the death of Harry Myers, our cook last year. Harry passed away Sept. 4. He was a king amongst cooks and will be missed by all of us.

We wish to congratulate Dr. H. J. Marshall upon his election to the office of Grand Noble Skull of the National Council of the Atlas Club. We know that all the chapters of our fraternity will benefit by Dr. Marshall's constructive leadership. We also feel honored that the Grand Chapter has elected a Des Moines Brother to this high office for the second time within 5 years, Dr. H. V. Halladay having held the same office a few years ago.

We welcome all new students to the college and will be glad to aid them in any way possible. Just call upon us.

**BLUE AND WHITE CLUB**  
(H. H. Kestenbaum)

We are pleased to announce that five new men have associated themselves with this organization. Three are from Detroit and two from Des Moines.

The Blue and White Club is expecting its new charter from the mother chapter of Lambda Omicron Gamma, which is located in Philadelphia. With the acquisition of this charter and the election of new officers, the organization of this new fraternity will be completed.

**DELTA OMEGA**  
(Rachel Hodges)

Vacation days are over and once again it is time to settle down to work.

That probably sounds mean to Norma who has been on the Great Lakes most of the sum-

mer. Norma Lee reported some work and lots of fun. We wonder if she got that new swimming suit that was so badly needed?

Miss Bucholz, who was ill during the last of the school year, has been improving nicely this summer with the aid of Phoebe. We all hope to make this wonderful pet an acquaintance before long. We also want to welcome Vi's mother to the dirty city for the winter and hope her cheery smile will be seen often in our groups.

There isn't much left to say. The writer visited in Missouri some during vacation and retraced a few of the steps our girls took when they were so royally entertained by the Alpha Chapter at Kirksville this spring. At last communication the Kirksville president, Miss Larsen, was touring Yellowstone. We look forward to some real tales about this trip from Miss Larsen on her next visit to Des Moines.

We welcome all new girls to Still and hope there will be a goodly number of them.

And so we are off to another school year. Let's all see that it is one of the biggest ever!

**IOTA TAU SIGMA**  
(B. Herbert)

Day by day and hour by hour we see the long welcomed Bros. returning; for the most part tired and weary but anxious to get started. It is certainly great to see all these old faces back again.

Iota Tau Sigma welcomes all the new students enrolling in Still College and always stands ready to help them in any way possible.

It is regretted that Brothers Cook and Happel will not be able to be with us this year but we hope that these men will be back in the very near future.

With pleasure we learn that Dr. Gill and Johnson are now engaged in practice in Tennessee. We feel quite sure that these men will acquire all of the success we wish them and put Osteopathy over in such a way that the people of Tennessee will depend upon it as a complete school of practice.

The school is to be congratulated on the recent structural changes and we feel sure that it will add to its effectiveness and convenience.

**PHI SIGMA GAMMA**  
(R. F. Allen)

Once again P. S. G's. portals open to it's members and new students. It seems great to see the old gang together once more and to recount the experiences of last year.

We are very sorry to learn that Pledges Sears and Yaley and Brother Morrical will not be with us this semester and we sincerely hope to have them back in January.

According to appearances several members have prospered during the summer. We have

three "new" cars to add to the collection.

Cupid seems to have been at work despite the depression. We have just learned of the marriage of Brother Maurice J. Schwartz to Miss Leah A. Tietelbaum of Wauwatosa, Wisconsin. Congratulations to Mr. and Mrs. Schwartz—and don't forget the cigars, Maurice!!

We were indeed glad to have Drs. Lowell Morgan, James Schaeffer and C. I. Groff with us over the week-end. The doctors were here to assist Dr. Dwight Stone along the matrimonial path with Miss Hazel Gibson of Valley Junction. The wedding took place at Plymouth Congregational Church, Sunday, Sept. 6. We wish them both every success and happiness.

The boys are beginning to wonder how so much dust and dirt can accumulate in three months, but thanks to the cleaning department, the house is all spic and span once more and all set for the coming year.

We extend a hearty welcome to all new students and wish them a successful year of study.

**Marriages**

**Breckenridge-McFarland**

Mr. and Mrs. E. M. Breckenridge announce the marriage of their daughter, Ermal Faye, to Dr. Ray E. McFarland on the eleventh of July, 1931, at the First Presbyterian Church, at Wheaton, Ill. They will be at home at Blockton, Iowa, where Dr. McFarland is practicing.

**Buettner-Swartzbaugh**

Mr. and Mrs. H. Buettner announce the marriage of their daughter, Erma, to C. E. Swartzbaugh on the second of September, 1931, at Dayton, Ohio.

Mr. Swartzbaugh is a Junior student at D. M. S. C. O. The young couple will be at home at 602 23d St., Des Moines, Ia.

**Tietelbaum-Schwartz**

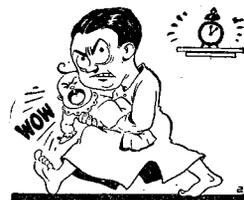
Mr. and Mrs. S. A. Tietelbaum announce the marriage of their daughter, Leah Amber, to Maurice J. Schwartz on August 23rd at Wauwatosa, Wisconsin. The marriage took place in the garden of the home of the bride's parents and was followed by a reception at the Hotel Plankington in Milwaukee.

Mr. Schwartz is a member of the Junior class of D.M.S.C.O. Mrs. Schwartz is the director of the Department of Mentally Handicapped Children of the Wisconsin State Teachers College at Milwaukee.

**Gibson-Stone**

The marriage of Miss Hazel Gibson of Valley Junction to Dr. Dwight H. Stone of Knoxville, Iowa, took place at the Plymouth Congregational Church in Des Moines, on Sunday, Sept. 6th. Following the ceremony Dr. and Mrs. Stone left on an auto trip through Wisconsin. They will be at home after Sept. 15th at Knoxville, Iowa.

**Births**



Born to Dr. and Mrs. C. S. McMurry, Utica, Kansas, a son, Charles Stewart, Jr., on August 31, 1931.

**Around Our Merry Campus**

"Gimme a marceling iron and a bottle of carbohic acid."

"What are you going to do with them?"

"Gonna curl up and die."

Kitty: "Come in and see our new baby."

Teacher: "Thank you, but I will wait until your mother is better."

Kitty: "You needn't be 'fraid, teacher; it's not catching."

Two hot-headed neighbors involved in a dispute went to court to have it settled.

—Judge: "Mr. Brown, what are your charges?"

Mr. Brown: "Your Honor, I loaned Pat McGinnis a large kettle, and when he returned it, there was a large hole in it."

Judge: "Mr. McGinnis, what have you to say for yourself?"

Mr. McGinnis: "Yer Honor, in the first place, I niver borried that kittle; in the second place, when I returned it, the kittle was in good condition; and in the third place, the kittle already had a hole in it when I borried it."

While Kelly and Cohen were having dinner together, Cohen helped himself to the larger fish on the platter.

"Fine manners you have, Cohen," said Kelly. "If I had reached out first, I'd have taken the smaller one."

"Well," replied Cohen, "you got it, didn't you?"

**How to Spend Your Forenoon**

"I reckon," said the farmer, "that I get up earlier than anybody in the neighborhood. I am always up before 3 o'clock in the morning."

The second farmer said he was always up before then and had part of the chores done.

The first farmer thought he was a liar and decided to find out. A few mornings after, he got up at 2 o'clock and went to the neighbor's house. He rapped on the back door and the woman of the house opened the door.

"Where is your husband?" he asked, expecting to find him in bed.

"He was around here early this morning, answered his wife, "but I don't know where he is right now."

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor...H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

## Editorial

"If a man can preach a better sermon, write a better book, or make a better mousetrap than his neighbor, though he build his house in the woods, the world will make a beaten path to his door."  
—Emerson.

\* \* \*

The purpose of this editorial is to call attention to the fact that the physician with an Osteopathic education and a firm resolve to practice Osteopathy as it is taught in our colleges can be a better physician than one adhering to any other school of therapy—that is, he can be if he will. The thing we can not understand is why we find an occasional Osteopathic physician who seems to lack the courage of his convictions and as a result conveys the impression of inferiority. In no way is Osteopathy inferior to any other therapeutic system and in many respects it is far superior; if it was not, there would have been no reason for its existence and it would have died a-borning.

We know that if an Osteopathic physician makes proper use of his professional education he will be a better physician than his competitor of another school and, being a better physician, he will find that Emerson knew whereof he spake—that the world will, literally, "make a beaten path to his door."

However, the Osteopathic physician must bear in mind that he can't be a better physician than his neighbor unless he firmly believes in the superiority of his profession and conducts his practice in such a manner as to prove to his patients that no such word as "inferiority" applies to the Osteopathic profession or to its practitioners.

## New Locations

Dr. Stanley Petit announces the opening of his offices at 3505 Ocoee St., Cleveland, Tennessee. Dr. Petit graduated from D.M.S.C.O. in June, 1931.

\* \* \*

Dr. W. J. Madson announces the opening of his offices in Strawberry Point, Iowa. Dr. Madson was a member of the June, 1931, class.

\* \* \*

Dr. E. J. Lee of the June, '31, class announces the opening of his office at 826½ Ninth Street, Greeley, Colo.

## Physiotherapy in General Practice

C. H. BOENING

(Continued from last month)

\* \* \*

[ED. NOTE: Last month Mr. Boening discussed the physics of Diathermy and the effects of this type of treatment upon human tissues. In this, the second article, he discusses the clinical applications of Diathermy.]

\* \* \*

Much can be said and written about the clinical application of physiotherapy but we do not wish to pick an argument or antagonize those whose views are different than ours. The author has heard bitter criticism from men who condemned electrotherapeutics in all its forms several years ago; today many of these same men are its loudest exponents. Thirty years ago physiotherapy was called quackery in Europe. The World War, with all its clinical and pathological happenings, proved to the healing profession that electrotherapeutics was a most useful adjunct in the treatment of disease. At that time Dr. Nagelschmidt of Berlin, the father of physiotherapy, was hailed as the greatest genius of his time in the art of healing, and was ranked with Koch who gave us bacteriology. The labors and ingenuity of both these men were used in the base hospitals, one to discover the type of disease producing organism, the other to combat it. Wounds and lacerations, common occurrence on the battlefield, healed rapidly under the benevolent influence of the ultraviolet ray. Rheumatic joints and septic muscular infections were greatly relieved in short time and the man re-fitted to reenter the trenches.

This, briefly, was the introduction of physiotherapy into the field of healing. It has since made rapid strides and is now used by every practicing physician in Europe and by many in America. If you will pardon me for this digression we will now study the clinical application of physiotherapy or diathermia locally and generally.

### General Effects

First: Medical Diathermia will increase the rate of metabolism and other physiological functions of the body, such as phagocytosis and the formation of antibodies. (This follows the general law of chemistry, namely: heat hastens and increases chemical reactions.) Since diathermia produces heat within the tissues, as we noted last month, it will raise the body temperature in the same manner as nature does when it combats disease by the production of fever. We may call a fever nature's diathermy.

Second: Diathermia will increase the nutrition and elimination of the treated area by increasing its blood supply thru vasodilation and the relaxation of spastic conditions.

### Specific Application

Now let us apply the above

statement in a more specific way, e. g. varicose ulcers, eczema, non-uniting fractures, trophic sores, and other similar CHRONIC lesions which are due to lack of vitality and nutrition and are LOCAL in origin. These conditions will respond very nicely to diathermia.

As the reader will know, we have, in a long standing inflammation, a condition of equilibrium between the irritating influence and the nutritional bloodstream. This irritating influence may be a foreign body, an infection, or a toxin. The two may have the same strength and neither will win in the protracted struggle that is waged. Examples of such conditions are: chronic cystitis, nephritis, prostatitis, urethritis, female pelvic diseases, arthritis, neuritis, psychoeurosis, etc. The germicidal effect in these cases, as far as diathermia is concerned, is insignificant in importance; it is the increase in blood supply to the affected part and the stimulation of the chemical forces of resistance within the tissues bringing about a tissue reaction exactly like the one by means of which nature normally overcomes infection. Diathermia is more effective in curing these conditions and relieving their symptoms than any other therapeutic agent of today excepting OSTEOPATHY. I believe that the physician with Diathermy and Osteopathy offers his patient far more than he could hope to find in any other field of therapeutic practice.

### Purchasing Equipment

Do not purchase equipment and rely upon the salesman to give you the necessary instructions to run it. Look about the field, judge by the actual results, be they good or bad; do not become overenthusiastic, be skeptical; let them show you.  
(Continued on page 4)

## Dr. Johnson Receives Word from Dr. Stewart

The following is a letter sent to Dr. Johnson by Dr. Red Stewart. Further letters in this interesting correspondence will be published in the Log Book if at all possible.

Dr. Stewart will be remembered as one of the leading members of the class of June, 1931.

Spencer, West Va.

Dear Dr. Johnson:

I have found a Charles City. What do I do now?

Yours truly,

Dr. F. K. Stewart.

## Noise More Powerful Than Morphine

Noise was to primitive man a warning of danger. The primeval jungle, where the cave man struggled with gigantic beasts for the right to live, was so thick and so dark that sight was of little use. Man has never been

able to smell approaching danger like a dog. So, when the cave man sallied forth armed with nothing but a sharpened stick that served as a spear, he listened intently, for only thru his ears could he learn of the sabre-tooth tiger who might at that very moment be shadowing him through the forest with the intent to kill.

Today we walk through the streets of New York with no fear of sabre-tooth tigers. In fact we are not afraid of anything; we are thinking of business or of dates. But when an automobile backfires we jump as if we had been struck. Although we do not know we are afraid, the age-old fear reaction that gripped the cave man when he heard a sharp noise, grips us, his remote descendants. Walking our paved streets in the year 1931, we prepare physically for the assault of a sabre-tooth tiger when the sudden shrieking of a loud-speaker hits our ear drums. And remember that the noise that frightened a cave man is nothing to the noise we face in 1931. The roar of a tiger could not be heard at all in many streets through which we pass daily.

### The Fear Reaction

One may not be conscious of it, but when he hears a loud noise his muscles grow taut, his hair bristles, he loses interest in food, he breathes rapidly and his heart thumps away at a tremendous rate. This is what psychologists call the fear reaction. The rushing sound of a subway express frightens one despite himself. Perhaps this is why subway crowds push and tussle so much more than is necessary. For when one is afraid, he becomes pugilistic.

We all know how harmful such a drug as morphine is to the human brain. Perhaps we do not realize that the relatively unimportant noise made by the explosion of a paper bag raises the pressure of the brain more than morphine or any other drug known to man.

Dr. Foster Kennedy, of the commission, conducted experiments at Bellevue with the assistance of persons who had in the past undergone operations which involved removing a part of the skull and replacing the scalp. It was possible to get an accurate record of the pressure on the brain by placing a small drum containing a partial vacuum on the area of the head where the skull was gone. The drum registered all the vibrations of the brain lying beneath it. This, of course, was painless and harmless to the subject.

Dr. Kennedy found that when a paper bag was exploded behind the subject's back the noise of the explosion raised the brain pressure to four times the normal for seven seconds. Even morphine and nitroglycerine do not have so violent an effect.—(James Flexner, Secretary of the N. Y. Noise Abatement Commission, in the United States Daily.)

## Physiotherapy in General Practice

(Continued from page 3)

Investigate the merits of physiotherapy with a scientific mind—learn all you can from fellow practitioners and analyze the results. If you buy a machine, use it where indicated and watch the results.

### Societies and Publications

There has been established the "Iowa Osteopathic Physiotherapy Society" of which Dr. B. L. Cash is president and Dr. John Woods is secretary. This organization will aid materially in establishing this form of treatment on a firm basis in Iowa.

The "Osteopathic Physical Therapist" is the first and, to date, the only magazine presenting the value of physiotherapy to the Osteopathic physician. This periodical is published in Philadelphia and is a worthwhile addition to this field.

The A. O. A. each year in convention presents a section on Physical Therapy Research, well worth attending by all interested in this work.

## Sodium Amytal Used As An Anesthetic

Sodium-iso-ethyl-barbiturate was first used in 1920 as an experimental anesthetic, considered unsafe, and virtually abandoned. In 1929 Drs. Zerfus and McCallum, of the Indianapolis City Hospital, revived it and used it successfully in over 300 cases of general surgery. Since their work, much experimental work has been and is being done with this anesthesia.

Sodium Amytal is chiefly indicated as a supplemental anesthesia. Used as such in 3,000 cases it has reduced the amount of nitrous oxide, ethylene gas, or ether necessary by as much as 80%.

When given intravenously, sleep is produced within three to five minutes by five grains given slowly at the rate of one and one-half grains per minute. Optimum dose is from seven to ten grains. Morphine is usually used as a preliminary medication as it renders the action of sodium amytal more uniform and almost immediate in effect. The patient becomes drowsy, eyes focus with difficulty, speech becomes slurred, and he passes into deep sleep without struggling or experiencing any sense of suffocation.

Metabolically there is a slight change in the CO<sub>2</sub> combining power of the blood; urinary output is decreased temporarily but is compensated for in that the patient can take water and other fluids much sooner than those receiving ether, because of the absence of post-anesthesia nausea; the blood-pressure is lowered up to 30 points but can be

controlled; breathing is regular but slightly decreased.

In coming from under the anesthesia the patient is disoriented and talks incoherently; soon becomes conscious but is drowsy and for several hours sleeps at short intervals; there is no nausea or discomfort.

The same results are obtained by administration orally or rectally but are, of necessity, slower in taking effect.

Sodium amytal permits the induction of natural sleep without the disturbing and apprehensive struggling of the conscious patient and with no post-operative nausea and vomiting. When used supplementary to ether this nausea is lessened, due to the reduced amount of ether necessary. The prolonged post-operative somnolence lessens shock and retards realization of pain, etc.

The dangers of intravenous administration are: too rapid injection causes a depressing effect on kidneys, respiration, and blood pressure; it is contra-indicated in cases of abnormally high or low blood pressure, generalized arterio-sclerosis, bronchiectasis, and lung abscesses. Some of these are overcome by oral or rectal injection and the intravenous method may be used only in emergency. Extra nursing is required to prevent swallowing the tongue and to turn the patient frequently to prevent pulmonary congestion. It may be said that rectal and oral administration is contra-indicated only in cases where other anesthetics are ruled against also.

Experiments as to the use of sodium amytal in obstetrics and eclamptic convulsions indicate great possibilities for it in this field.

To summarize: the most useful role of sodium amytal at present is that of a hypnotic used as a pre-anesthetic agent thus allowing for a reduced amount of ether or other anesthesia necessary.

### Machinery

You know the model of your car  
You know just what its powers are,

You treat it with a deal of care  
Nor tax it more that it will bear.  
But as for self—that's different;  
Your mechanism may be bent,  
Your carburetor gone to grass,  
Your engine just a rusty mass.

Your wheels may wobble and  
your cogs

Be handed over to the dogs.  
And you skip and skid and slide  
Without a thought of things  
inside.

What fools, indeed, we mortals  
are

To lavish care upon a Car  
With ne'er a bit of time to see  
About our own machinery!

—John Kendrick Bangs.

The man who has courage to think and, thinking, acts; who reads not too much nor yet too little; who sees, weighs, and gives; who is tolerant and kind; him may you trust.

## Chairs

The first one was a high chair in the nursery,  
And toys and things upon the trays were laid;  
When folks would boost me up to its security,  
I was the year-old king of all that I surveyed.

A little red chair next in kindergarten  
With thirty other fellows of its kind;  
A larger one for teacher as she schooled us  
In things that should and shouldn't shape our mind.

And don't forget the chair in Smitty's,  
The first time that I occupied that throne;  
A little terrifying for the first time,  
Until Dad bribed me with an ice cream cone.

A chair of honor next was on my schedule,  
A college honor student was my fair;  
The school was proud, and likewise were my parents,  
My name—still honored in the records there.

A few more years, and hard work in the meantime,  
Hard work and business ethics that were firm;  
And then the break—I'd slaved so long to get it—  
A chair with the directors of the firm.

The market next began to woo my talents,  
I played, and lost, and stole from funds in trust;  
One junior clerk alone knew of my actions,  
And I silenced him forever—dust to dust.

Another chair next carried on my story,  
The judge was seated on it for my trial;  
The jury reached the verdict—prisoner guilty,  
The sentence was pronounced without a smile.

And now the final chair rounds out my story,  
A black hood is my costume for tonight;  
Some straps and things insure a perfect sitting,  
That others may distinguish wrong from right.

I've hoped these last short weeks that He'll forgive me,  
When I appear before Him 'way up there;  
To plead my case, like others by the millions,  
Before Him, in the final judgment chair.

—ROBERT K. HOMAN.

"If you have built castles in the air, your work need not be lost, that is where they should be. Now put the foundations under them."—(Thoreau.)

## Bones

(By A. Freshman)

Bones is the lattice work on which the body grows. If you didn't have sum bones you would be shaped like a custard pie. If I didn't have no bones, I wouldn't have so much shape as I have now, and I wouldn't have so much motion and teacher would be pleased. Bones gimme motion because they are somethin' hard for motion to cling to. If I had no bones my brane, lungs, heart, and blood would be lying around loose in me. If my bones was stuck together with wire in the right places it would make me a skeleton. I am mighty glad my skeleton was put on the inside before I was finished, 'cause it looks better there. If my bones was on the outside and I fell down, I would break everything in the place. Some animals wear their skeletons on the outside. I'm glad I ain't them animals. Onct I went to the circus and seen a living skeleton. He looked like his folks didn't keep house, but boarded sum place.

If my bones was burned, I should be brittle because it would take all the animal out of me. If I was soaked in acid I should be limber. Teacher showed me a bone that was soaked and I could bend it. I should rather be soaked than burned.

There is a grate many different kinds of bones. There is the crazy bone, the wish-bone, the soup bone, the trombone, and the back bone. The back bone is situated just inside the peel, on the other side from the front and is filled with rubber, at least the one what Teacher showed us was.

The back bone is made up of humps with places in between where the humps has been left out. When your skates fly out in front, and you sit down on the ice, one end of the back bone is at the lowest side of the head, if it don't punch up thru, and the other end is at the upper side of the ice.

There is another bone called the skull. The skull has humps too. Sometimes there is branes on the inside of the skull.

Bones don't grow solid like the limbs on a tree 'cause they have joints. Joints is a good thing to have in bones. There is a good many kinds of joints. They grease themselves and don't squeak. You can move 'cause you have joints.

There is a kind of fish called shad that tastes like a paper of pins. It is all bones except the part they don't cook and throw away.

When bones is ground up fine they make good fertilizer. It gives me a lonesome, scattered feelin' and brings tears to my eyes to think that I might be used on an onion patch — (J. R. F.)

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 9

OCTOBER 15, 1931

Number 5

## Freshman Class Comes From Fourteen States

### Sixty-Three Students Represent Thirty-five Colleges

Miss Ava Johnson, of the college faculty, recently completed an interesting survey of the Freshman Class. It was learned that 14 states and 35 different institutions of higher learning are represented by the 63 students enrolled in this class. A total of 48 of the new students come to us from these 35 other colleges.

Iowa leads the states with 19 students, Michigan is second, and Ohio is third. The other states represented are: Pennsylvania, West Virginia, Illinois, South Dakota, Nebraska, Maine, Massachusetts, Minnesota, Indiana, Kansas, and Wisconsin.

Drake U. of Des Moines leads the colleges with 9 representatives and the U. of Nebraska, Detroit Tech., Des Moines Catholic College, and the University of Commerce are tied for second place with two each. The other colleges contributing to our freshman class are: Western State (Mich.); Detroit City College; Rock Island Hosp. Train. School; Oberlin; Michigan State; Albia Jr. College (Ia.); Colorado U.; Ill. State Normal; Practical Institute of Pharmacy (Det.); Columbia (Dubuque); Chicago Training School; Iowa State; Y. M. C. A. College (Chi.); West Virginia Wesleyan; Lake Forest U. (Ill.); Oakland City College (Ind.); So. Dakota State; McPherson College (Kansas); U. of So. California; De Pauw U.; Ferris Institute (Mich.); Grove City College (Pa.); U. of Florida; U. of Dayton; Penn State; Iowa State U.; Augustana (So. Dak.); U. of Wisconsin; and Highland Park College of Pharmacy (Des Moines).

Several of the students have been high school or college professors, three are registered pharmacists, and so on. All this clearly demonstrates the high type of students being enrolled in osteopathic colleges.

## Notice! Class of Jan. '29

Dr. Ray E. McFarland suggests that a round robin letter be circulated amongst the members of this class and would like to hear from those doctors. Dr. McFarland hopes that a contact thus established may be instrumental in holding the class together in the future.

## Pres. Johnson To Speak At Kansas Convention

Dr. C. W. Johnson, president of the college, was in Wichita, Kansas, October 13-14 where he delivered a series of three addresses before the convention of the Kansas State Osteopathic Association.

The subjects of Dr. Johnson's talks were: "The Diagnostic Value of Pain"; "Backache"; and "The Differential Diagnosis of Paralysis."

President Johnson is in constant demand as a convention speaker and fills as many of these engagements as his limited time will permit. During the A. O. A. Convention in Seattle last August, Dr. Johnson was honored by being selected to deliver the "Memorial Address" of the Association. It is by means of this address that the A. O. A. makes its chief contact with the public during the convention period and to be selected as the speaker is one of the highest honors the association can bestow.

## Dr. Halladay To Fill 3 Speaking Engagements

Friday and Saturday, October 9 and 10, Dr. H. V. Halladay, of the college faculty, appeared as lecturer and demonstrator of Osteopathic Technique at the convention of the Missouri State Osteopathic Association in Saint Louis. Each year Dr. Halladay's speaking services are demanded by various state conventions and the Missouri organization is very fortunate in securing him for the occasion.

Monday evening, October 19, Dr. Halladay will deliver a lecture on Osteopathy before the Parent-Teachers Association of the public schools of Pilot Mound, Iowa. A public contact of this sort is valuable to Osteopathy and we know that, in view of Virge's long proven speaking ability, our profession will be greatly benefited by his talk in Pilot Mound.

On October 28th, Dr. Halladay is to speak to the District Convention at Garner, Iowa. The doctor's appearance at these various district meetings are frequent and those in attendance never fail to benefit thereby.

Armistice Day Recess,  
Wednesday November 11

## Sydney Ellias Receives Prize For Lab Work

Sydney Ellias, of the Sophomore class, was presented with a five dollar gold piece by Prof. F. A. Parisi for outstanding work in his laboratory courses the second semester of last year. The presentation was made before the assembled students at the Friday morning convocation, October 2.

Mr. Ellias is to be congratulated upon winning this award. It is emblematic of the highest type scholarly achievement in the line of laboratory procedure and methods.

## Dismiss Classes in Honor of G. A. R.

Wednesday morning, September 16, all classes at Still were dismissed in honor of the aged veterans of the Civil War, who held their 65th annual convention in Des Moines, September 14 to 17, inclusive.

All students viewed the famous "Parade of the Grand Army of the Republic." Led by the U. S. Army band, over 500 old soldiers, the youngest 82, marched with feeble but nevertheless spirited steps over the mile-and-a-quarter parade route. Over a thousand more, too aged to march, rode in autos.

It may be that this offered the last opportunity for Still College and its student body to show their reverence and respect for these grand old men. Fast thinning ranks and an average age of 87 precludes the likelihood of many more active conventions of the Grand Army.

We of Still College join in extending to the "Boys in Blue" our heartfelt felicitations, and wish them "goodspeed and God bless you."

## New Osteopathic Clinic In Johnson City, Tenn.

Drs. Charles MacFadden, J. W. Abbott, and D. G. Perry announce the opening of the new Johnson City Osteopathic Clinic with offices in the Franklin Bldg., E. Main St., Johnson City, Tenn.

Dr. MacFadden will conduct the proctological, gynecological, and obstetrical departments; Dr. Abbott will conduct the departments of general osteopathy and nervous and mental diseases; and Dr. Perry will specialize in Eye, Ear, Nose, and Throat.

## Dr. Marshall Serves on Hospital P. G. Faculty

Dr. Harry J. Marshall, head of the Eye, Ear, Nose and Throat department of the College, is to head the E. E. N & T. section of the Mercy Polyclinic and Osteopathic Post Graduate College, Mercy Hospital, St. Joseph, Mo. The annual course is to be given October 5 to 18 inclusive. Those taking the course will benefit greatly by Dr. Marshall's unexcelled instruction.

Dr. Marshall has served in this same capacity several times previously and has also held the same chair with the Denver Clinical Group, Denver, Colorado.

After this P. G. course Dr. Marshall will inspect Mastoid Chapter of the Atlas Club at Kansas City and Axis Chapter at Kirksville, his first inspection trip since his selection as Grand Noble Skull of the Atlas Club.

## Sigma Sigma Phi Holds Freshman Smoker

The Sigma Sigma Phi honorary fraternity held its annual freshman smoker in the college auditorium Tuesday evening, September 29.

George Purdie, president of the Beta Chapter, introduced Dr. R. B. Kale of Des Moines, an alumnus of the Chapter, who spoke of the organization, its ideals, and the requirements for membership.

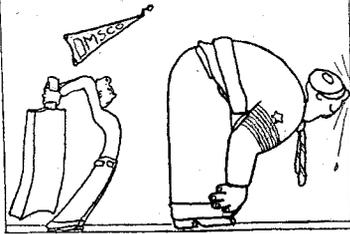
Dr. H. V. Halladay, past national president of the fraternity, presented his illustrated lecture on the early days of Osteopathy. Virge is the proud possessor of the original set of lantern slides made and used by Dr. Bill Smith when Osteopathy was in its infancy. These slides show many intimate views of the "Old Doctor" and all those connected with him in the first few years of Osteopathic education in Kirksville.

## Freshman Reception October 16

Dr. C. W. Johnson, president of the college, announced that the annual Freshman Reception will be held at Hoyt Sherman Place, October 16, at 8:00 P. M.

Each year the college entertains the incoming class in this manner. All students of the college are cordially invited to this gala affair.

FRATERNITY NOTES



ATLAS CLUB  
(J. R. Forbes)

The semi-annual Freshman Smoker was held Thursday, September 10. We were gratified by the large attendance, and are sure that Dr. Marshall's talk on "Fraternity Life" and Dr. Halladay's motion picture of the "Halladay Tour of 1931" were enjoyed immensely by all present.

The Pledge Dance was held at the chapter house on Friday, September 25. The largest delegation of alumni in many moons, coupled with the almost 100 per cent attendance of the brothers, made this one of the most enjoyable evenings possible. The music was furnished by the orchestra from Miss La Cuta's. A feature of the evening was the delicious punch made by Mrs. Roy Mount and Mrs. Harold Stevison.

We were very glad to have as visitors during the past month Drs. C. H. Fedson of St. Ansgar, Iowa; Roy Trimble of Montezuma, Iowa; Al Nelson of Ackley, Iowa; and Bernard Jones of Spirit Lake, Iowa. We are always glad to welcome the alumni members, and wish they would drop in on us in increasing numbers.

At this writing, World Series interest is at its height. Now that Des Moines has won the Western League playoff, this fall classic is the only affair left for lovers of baseball. We have rabid fans on both sides, and the disappointed ones have plenty of alibis. Casey Kessler is willing at any time to go into detail to prove that Mickey Cochrane is not the catcher he is supposed to be, while Bob Forbes will argue to the contrary—usually at the same time, much to the discomfort of those in the near vicinity. This greatest of all sporting events comes but one week a year, but when it is on—Oh Boy!—nothing is accomplished until after the game.

Pledges Lodish and Bigsby are on the lookout for a certain kind of paste, the uses of which are many and varied. After visiting all the drug stores in in Des Moines, these boys have arrived at the conclusion that this article is rare and hard to get. Any aid in securing this paste will be appreciated.

Monday evening, October 5, Miss Ava Johnson spoke to the club on "Endocrines and the Osteopathic Physician." This was the same address given by Miss Johnson before the national convention of the A.O.A. held in Des Moines in 1929. Miss Johnson brought out much that the aver-

age physician overlooks in his practice. Each of us gained much by this lecture and we all join in extending to Miss Johnson our sincere appreciation of a most instructive hour. We hope to have her with us again in the near future.

Xiphoid Chapter of Atlas Club takes the greatest of pleasure in announcing the extension of pledgeship to the following men: Edward H. Lodish, Detroit, Mich.; John N. Secor, Detroit, Mich.; Glenn E. Bigsby, Aurora, Nebr.; W. Clemons Andreen, Salina, Kans.; Carl E. Sheffield, Norfolk, Nebr.; Phillip H. Slater, Albert Lea, Minn.; Homer Hutson, Albert Lea, Minn.; Cyrus Potter, Iola, Kans.; and John Ennis, Kewanee, Ill. We also extend special welcome to Brother James Donovan, who transferred to us from Axis Chapter at Kirksville.

BLUE AND WHITE CLUB  
(Sydney Ellias)

The Blue and White Club is pleased to announce the pledging of Harold Ekelman, Leslie Joseph, and Irwin Gantz, all of Detroit, and Saul Siegel and Jack Berck of Des Moines. Sidney Michelman has returned after a semester's absence due to ill health and is anxious to get back to work, having already commenced operations somewhere in the neighborhood of 37th Street.

With the addition of Harold Ekelman to the club, L. Kestenbaum has found a competent partner for his musical inclinations. The two play very well together.

Mickey Joseph wishes to announce that he is still at the Polyclinic Barber Shop. All patronage, including that of the freshman class, will be appreciated. Sammy Kahn is the official keeper of the calendar this year, as he is waiting for January and the clinic.

The writer is the proudest man in school. Winning the gold prize offered by Professor Parisi is a feather in his cap.

Word from Detroit has already been received that work has begun in preparation for the national A.O.A. convention this coming summer. The club anticipates a marvelous time as well as an educational one for everyone attending, and hopes the school will be well represented.

DELTA OMEGA  
(Rachel Hodges)

The first month of school seems to have been devoted to study and renewing acquaintances, as activities have been very few and far between.

Norma Abolt has this year joined the ranks of the "helpers in the den." "Norma, I want a mike" has been heard more than once.

We have had, for the last couple of weeks, a visitor in our fair city whom we have all been anxious to meet. Maybe you have guessed her name—Phoebe! She rides back of her mistress with

good grace, showing thorough training.

September 15 marked the date on which Dr. Halladay was so kind as to allow the active members to entertain the new girls at his home. Virge showed us the pictures taken on his trip to Seattle this summer, and the explanations accompanying them brought to each of us a breath of this sunny land. It was a very enjoyable evening, all thanks to our host.

IOTA TAU SIGMA  
(Barney Herbert)

The grind is on; study hours are effective, and the freshmen are in a world of new wonders, grappling with big words and new ideas.

It is with pleasure that we announce the pledging of the following men: William Aspergren, De Kalb, Ill.; Charles Hall, Ottumwa, Iowa; Joseph Hamilton, Clarksburg, W. Va.; Stanley Hamilton, Columbus, Ohio; Russell Hubbard, Greenfield, Mass.; Walter Johnston, Bellefontaine, Ohio; and William Rankin, Hickory, Pennsylvania.

On Saturday, September 26, we had the first dance of the season in honor of the new men. The boys dug out their erasers, cleaned up that one celluloid collar, buttoned up their shoes, and scrambled in four directions in search of the one damsel who could make the evening complete. We had the honor of having with us at this time Mrs. Robinson and Miss Crawford of the college. We hope to have them back again in the very near future. This affair will never be forgotten, due to its having been such an outstanding success, and we trust we will have many more like it.

Brother Hewlett has been telling us about the wonders around Seattle, Wash., seen while he attended the national convention of the A.O.A. He was very impressed with the wonderful treatment received while there, and is looking forward to Detroit next year.

While Brother Hurd is not attending Drake U., he is still receiving the benefits of their French course. It's just too bad that medical terms are in Latin.

On Monday, September 8, we had the pleasure of hearing Dr. Cramer give a talk on the treatment of athletic injuries and the methods of taping. Dr. Cramer is quite an authority on this subject, inasmuch as he has been trainer at Drake U. for eleven years.

The new men are looking forward to the Freshman Reception at Hoyt Sherman Place on October 16. We are urging that they all attend, so that they may become better acquainted with the faculty and students. Here is hoping that they have as good a time as the new men did last year.

PHI SIGMA GAMMA  
(R. F. Allen)

Delta Chapter takes great pleasure in extending its greet-

ings to our new pledges. We feel proud to have these young men with us, and extend to them a hand of welcome. The new men are: Francis Thompson of Youngstown, Ohio; Ronald Wilbourn of Sioux Falls, So. Dak.; Wayne Enderby of Green Bay, Wis.; Ralph McCune of Blakesburg, Iowa; Ralph Morehouse of Albion, Mich.; Harold Seeley of Lansing, Mich.; T. Bell of Omaha, Nebr.; Calvin Hopt of Dayton, Ohio.; and Bernard Howland of Story City, Iowa. We also wish to welcome Brother H. Heinrich Kestenbaum of the junior class, who was recently transferred from Epsilon Chapter at Kansas City.

A smoker was held at the house on September 11 in honor of the freshmen. The speakers for the evening were President Johnson of Still College and Parker L. Crouch, Mayor of Des Moines. We feel highly honored in having two men of such merit to speak and welcome the new men. We sincerely hope to have the pleasure of listening to them again. A bill of entertainment was also provided which proved very successful.

The fraternity table has started once again under the auspices of Brothers Withrow, Blech, and Poundstone. It seems like old times once more to sit around the old table, even if it is only for one meal.

Since M. J. Schwartz has taken unto himself a wife, needs be he must have a little more capital, hence the flourish of salesmanship on the second floor. His avoirdupois seems to be on the increase, as well as his operative tendencies, which are becoming more evidenced these cool mornings in the bathroom. However, Maurice has shown some (almost as bad as ever) improvement in his yodeling since last semester.

Many of the desks are adorned with new books this fall (perhaps they will always look new) and it seems as if everyone is set for a year of real business. Here's to them!

What's become of Armbrust? We hear he has a big surprise in store, and it must be big, judging by the amount of time he is absent from the house.

Pledge Morehouse reports the loss of one alarm clock. Better look in the vacant lot by the side of the dormitory windows, Ralph!

There is a mystery to be solved around the house this fall, for everyone wonders how Jagnow gets up in the morning, now that Yaley isn't here to "call" him.

The boys the all getting accustomed to the regime of school once more, and things are working smoothly once again, although it doesn't seem natural to sleep in the dorm without Red Stewart's familiar snores.

We are very pleased to receive word from Drs. C. I. Groff and F. K. Stewart during the past week, and hope to hear from more of the alumni in the near future.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor....H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

## An Osteopathic Article By Dr. R. S. Copeland

(Editorial)

Without mentioning osteopathy or giving osteopathic physicians any credit whatsoever, Dr. Royal S. Copeland wrote, in his syndicated "Your Health" column, Sept 2, as pronounced an osteopathic argument as ever appeared in any osteopathic publication. No person in possession of the facts could fail to read osteopathy between every line in this article which Dr. Copeland cleverly called "Poor Posture Causes Many Aches and Ills." No person who ever had osteopathic care could fail to see that the Doctor made a somewhat crude attempt to give to medicine the credit for the discovery of the relationship of poor posture and structural deviations to health.

Let us see just what the Doctor said in this article:—"It was 200 years ago that attention was first turned to the importance of good posture. \* \* \* This theory was never seriously considered until about 25 years ago."

(The Doctor seems to forget that Dr. Still preached and practiced this and more way back in the 1870's.)

"Orthopedic surgeons, as well as baby specialists, have noticed that many children fail to gain in weight and have marked digestive disturbances. Although there is no trouble in the diet and there is plenty of food, the complaints of these children are usually associated with poor body posture. As soon as the body has been trained to the proper posture and, as these men call it, 'proper body mechanics', there is an increase in the weight and the digestive disturbances disappear."

("Proper body mechanics" is a term used by osteopathic physicians for many years and the discoveries made here by Dr. Copeland have been commonplace in the osteopathic profession since its inception.)

"For many years it has been known that sluggish bowels, which are irregular and tend towards constipation, become active and regular when there is improvement in the body posture. There is no doubt that increase in body vigor, as well as mental alertness, go hand in hand with improvement in the body posture and muscle tone."

(If this has been known for "many years" why has Dr. Copeland and his medical brethren so bitterly opposed osteopathy over the same number of years? Osteopathy has been merely preaching

and practicing the very identical things Dr. Copeland is now espousing.)

"Many individuals who do not hold themselves properly and neglect the proper erect position often complain of body disorders. They are likely to have actual pain, which is explained by the irritation of the spinal nerves, due to bad posture. These signs all disappear with the correction of the posture and the taking of body exercises."

(So-called medical authorities have maintained, ever since Dr. Still announced his discovery, that pressure or irritation upon the spinal nerves as a result of poor posture, or vertebral deviations, if you please, was an anatomical and physiological impossibility! Now, in Sept. 1931, one of the foremost disciples of medical publicity declares that these structural deviations do occur and cause disease symptoms, but, at the same time, utterly fails to give osteopathy credit for the discovery of this same fact some 60 years ago!)

"There is no doubt that if this condition could be entirely corrected many chronic disorders of the body could be eliminated."

(Osteopathy has known this for years and osteopathic physicians have and are conclusively demonstrating the veracity of this statement—yet medicine is hailing it as something new and startling.)

What does all this mean? Simply this: medicine considers itself so omnipotent that it feels that it is commissioned from on high to say to osteopathy, "you can not have anything that is ours, but we are free to take anything that is yours, take all the credit for it, and relegate you to obscurity." It seems high time for our profession to unite itself and see that osteopathy remains only for osteopathic physicians.

\* \* \* \* \*

ADDENDUM — After writing the foregoing comments there came to the writer's attention a very similar article syndicated by James W. Barton, M. D., under the title "Modern Treatment of Disease Relies Greatly on These 'Natural' Methods." In this article Dr. Barton says,—"The use of heat, massage, bathing, careful dieting, exercise, etc., can often do the complete job of restoring health, and it is unwise to use medicines that may upset the stomach or overstimulate the heart, intestines, and other organs." He closes the article with this admonition to his readers: "The thought then is that if your doctor uses natural methods instead of medicine \* \* \* remember that he knows you, knows your ailment, and knows what best to do." Osteopathic? We think so—and yet, Dr. Brady would never grant that such was the case.

It is very possible that these two very similar articles, syndicated for wide publication by medical men, are harbingers of what we may expect in the future on a much greater scale. True, they are black and white admissions on the part of medicine of the truth of the ideas Osteopathy has been talking for years. The thing we must do is to see that Osteopathy gets credit for them!

## Convocation, Sept. 18

The first student assembly of the new school year was held in the college auditorium Friday morning, September 18. The band-orchestra, under the baton of Dr. Virge Halladay, opened the program by playing two popular numbers, "Hallelujah" by Youmans, and "99 Out of a Hundred." A vocal refrain by Ronald Wilburn, a member of the freshman class, featured the latter number.

Dr. Halladay next introduced President Johnson. After a few words of welcome to the new students, Dr. Johnson introduced the Dean of the college, Dr. J. P. Schwartz.

After reading the rules of conduct for both the college and the clinic, Dr. Schwartz requested that everyone conduct himself in such a manner as to impress upon the Des Moines citizens the high type of character possessed by Still College students.

Dr. R. B. Bachman, head of the obstetrical department, gave some very interesting statistics concerning his department. "Last year," said Dr. Bachman, "Still College students delivered 244 cases. The following figures speak for the completeness of the course as to both lectures, demonstration, and actual experience."

### Impressive O. B. Record

"Maternal fatalities," continued Dr. Bachman, "for the U. S. average 6 1/2 % per 1,000 cases, while the maternal fatalities in the Still College clinic averages only 3% for 4,000 cases! These averages are taken over the period of years in which the college O. B. clinic has been functioning."

The next speaker was Professor Parisi, head of the laboratories. The professor spoke briefly of the extensive improvements made in all laboratories during the past year, and outlined the course of study as required in each lab.

Dr. Halladay, head of the anatomy department and the athletic clinics, told of the care given to all Des Moines high school and college athletes by the college seniors.

Miss Ava Johnson, head of the departments of bacteriology and physiology, impressed upon the new students the necessity of creating the proper impression during the first few weeks of school.

Dr. John Woods, head of the departments of pathology and osteopathic therapeutics, and Dr. L. L. Facto, head of the embryology and biology departments and the out-patient clinic, greeted the newcomers and spoke briefly of their departments.

The session closed with the band-orchestra playing Klohr's march, "Billboard."

## Convocation, Sept. 25

The second general assembly of the school year was opened by

the band-orchestra playing two popular selections, "Nevertheless" and "Me." These numbers, together with two others, were presented to the band by the Sophomore class, and were purchased with the profits accruing from the sale of the freshman caps.

Dr. Halladay next introduced the Freshmen to the assembly. Each new student stepped forth in turn and gave his or her home town and state. It was found that Ohio lost its high standing in number of students enrolled. Heretofore, each year has witnessed a spirited contest between Iowa and Ohio for first place in number of matriculants, and Ohio has captured that honor several times. This year, however Iowa is the undisputed leader, Michigan is second for the first time, and Ohio is a poor third. The Buckeyes will have to be looking to their laurels.

Dr. Halladay presented special greetings to the increased number of Jewish matriculants.

All students who returned to school this fall after an absence of one or more semesters were asked to stand and receive the plaudits of the crowd.

After all introductions were made, Dr. Johnson requested that these convocations be better attended. He said that if the students did not attend them each Friday morning, it would be necessary to abolish the only social contact within the school and establish full class schedules throughout the day.

Professor Parisi announced the re-establishment of laboratory facilities for the student clinic and added that assistants would do the work if the clinician did not care to do it himself.

The assembly closed with two numbers by the band-orchestra. The first was a trombone smear number by Fillmore entitled "Lasus Trombone" and the second was the march "Men of Ohio," also by Fillmore.

## Dr. L. L. Wade Addresses Pediatrics Class

Dr. L. L. Wade of Winterset, Iowa, spoke before Dr. Mary Golden's class in Pediatrics Friday morning, October 2.

Dr. Wade was a member of the last class to graduate under the "Old Doctor" in Kirksville. He told several anecdotes concerning Dr. Still and the early days of the profession.

The doctor gave several of his personal experiences in such a way as to bring out the effectiveness of osteopathic therapy. He told of several incidents in which medical men had attempted to devise osteopathic technique in order to treat their patients osteopathically.

The class very much appreciated Dr. Wade's lecture, and extends to him many thanks for his time and effort.

## Sixth District Convention At Ames

A meeting of the 6th District group of the Iowa State Osteopathic Association was held in the Memorial Union, Iowa State College, Ames, Iowa, on October eighth.

Dr. W. C. Gordon of Sioux City spoke on "Changes in the Gastric Secretion Due to Vertebral Lesions." Following his address, Dr. Gordon presented some dorsal technique.

Dr. Mabel Nelson, of the Home Economics Department of Iowa State College, opened the afternoon session with an address on "Nutritional Pathology." Dr. Nelson illustrated her most highly instructive lecture by means of laboratory animals, showing the effects of various dietary deficiencies.

Dr. W. A. Schwab, of the Chicago College of Osteopathy, next conducted demonstrations on "Technique I Have Found Important in Practice."

The session closed with an interesting supervised trip through the extensive laboratories of the Iowa State College.

## Convocation, Oct. 2

The band-orchestra opened this assembly with a rendition of Dr. Beveridge's famous \$11.00 number "La Golondrina," a Mexican Waltz by N. Serradell. The popular tune "One More Time", featuring Bernie Lowe as vocalist, was played as an encore.

Joe Devine, banjo, and Bernie Lowe, voice, next presented a novelty number entitled "I'm Glad You're Dead, You Rascal You." This act undoubtedly cannot be equalled on Orpheum or Keith time.

Scoutmaster Richardson of Des Moines extended a cordial invitation to all Still students to enter the "Boy Study Course" to be sponsored by the local council of the Boy Scouts of America.

Professor Parisi presented a five dollar gold piece to Sydney Elias for outstanding work in his laboratory courses during the past semester.

Following this presentation President Johnson urged all students to be present at the Freshman Reception, Oct 18, at Hoyt Sherman Place. He urged every one to cooperate and make it a real get-acquainted affair.

After the rendition of "Betty Co-Ed" Virge held a short rehearsal of the "Hungry Five," a German Band made up of Howdey Toepfer, trumpet; Bayard Twadell, tuba; Bob Forbes, trombone; and Marian Crawford and Dave Grau, clarinets. This Deutchlander organization is without an equal outside of Berlin and received a tremendous ovation upon this, its initial appearance of the year.

## Autocondensation

C. H. Boening

(Editor's Note:—This is the third article of a series on Physiotherapy, written by C. H. Boening. The first two appeared in previous issues of the LOG BOOK.)

In the last article we discussed briefly the clinical application of Diathermia, and since some of the readers expressed a desire to read something about Autocondensation, the writer will set forth here the little which is known about it. There is no literature of value concerning this therapeutic modality, and the views expressed in the following lines are purely practical and personal.

What is meant by autocondensation? It is an electrical process by which every living cell in the body is charged, as it were, with electrical energy. We think it can be safely called an electro-chemical process.

Auto is derived from the Greek meaning self; condensation from the Latin condensatio, or better, condensare—to condense, to press into smaller space. At first sight, this terminology seems far-fetched and misleading. Let us see. We have electrical condensers—instruments with which we store or compress magnetic energy into smaller spaces, e. g., radiocondensers. They consist of electric and dielectric plates and spaces. Now we have the same thing in Autocondensation, the chair or table pad is made up of a metal sheet—the electric—and an insulation—the dielectric. (So far we have a one-plate condenser.) We add the living body to this combination (a conductor), and we have a two plate condenser. The reader who is a radio fan will now get the idea. Very well, if we connect this contraption to a high-frequency apparatus, and start the thing up, we will charge this human condenser.

But what is the difference between Diathermia and Autocondensation? The source of energy for both is the same, but the mode of application and the effects are different.

The patient is placed upon the pad, which is connected to the Highvoltage or Odin terminal (if we want a low milliamperage and high oscillations, to the Odin only), then we give him a hollow metal handle to hold, which is fastened to the metro-outlet. The sparkgaps are closed, the machine turned on, then the gaps are slowly opened, thus increasing the milliamperage to the desired volume. This is done in order to avoid shock to the vasomotor system. The writer prefers to make the electrical contact on the leg or arm of the patient by means of block tin for several reasons. First of all, it will take away some of the fear the patient has when he must hold the contact in his hands and is told not to let loose or

he will get burned; secondly, as a matter of safety and psychology; thirdly, this manner of connection will materially help towards the complete relaxation, a thing which is very much needed for good results of the treatment thus given, as the center of heat is near the point of contact.

For example, we have a case of hypertension. The writer starts with a milliamperage of 200 and increases this to 500 for a period of 25 minutes, then decreases it again to 200 millis. for 5 minutes before he shuts off the apparatus. In this way our process of vasodilation proceeds cautiously, the toxicity stirred up by this modus operandi does not crowd the heart or the portal system, causing nausea, and the effects will be surprising.

In some instances we can reduce the systolic pressure from 10 to 30 Mm. by the first treatment. It is generally admitted today that hypertension can be greatly benefitted by this mode of therapy. Right here I want to call the reader's attention to a very important point, namely, hypertension caused by renal sclerosis should NOT be treated in this way. If we have a diastolic pressure of 140 Mm., more or less, and a systolic of 200 or more, very little can be accomplished by Autocondensation. As a general average, 60 per cent of all cases of hypertension which have not a high diastole (over 120) will improve nicely under Autocondensation and Diathermia through the heart. This expression may shock many a reader and sound ridiculous, still it is the most used application today in France and Germany, according to the latest reports. The author himself has used this application for the last 5 years with surprising results.

However, Autocondensation is not only used in high blood pressure but also for the relief of neuritis, tendosinovitis, amenorrhea, dysmenorrhea, psychoneurosis and sciatic rheumatism. Let us take neuritis of the deltoid, for example. How would we use this mode here? The patient is placed upon the pad, the wetted block tin is fastened below the insertion of this muscle, and the current is turned on, as described above, to the patient's tolerance, 500 to 1000 milliamps, for a period of 30 to 45 minutes. We probably get a light sweat, but that deltoid is relaxed, muscular waste products have been carried off by the increased blood stream to that point. In fact, a chemical change has been brought on in the affected area, the poor sufferer has got relief, and is very grateful and surprised. He will be a booster for the doctor.

How about sciatica? I don't speak here of the chronic or the shopper, we all know there are many of these. But even they can be very nicely helped by the use of Autocondensation. The writer very seldom uses the Sampson technique. Instead, we

place the patient on the pad as described above; if the pain shoots way down below the knee or to the foot we place the bare foot in a basin of hot water in which we lay a piece of block tin (Water is a good conductor); this is connected to the meter-side, and we treat this way for 45 minutes. If the milliamperage is too high, the patient will complain of increased pain, due to the rapid vasodilation and changed muscular chemistry. Lower your milliamps till he feels comfortable. Some of these cases do not respond at all to this form of management, but the first treatment will tell the tale; if there is more pain after, stop your treatments right there. (Perhaps Galvinism would be the next treatment of choice.) The writer would like to go more deeply into this matter, but space and time prohibits. Should any of the readers desire more information on this subject, we will be very glad to respond. Just write to the Editor of the LOG BOOK.

## Locations

### McFarland

Dr. R. E. McFarland, osteopathic physician and surgeon, announces the opening of his office at Blockton, Iowa.

Dr. McFarland was a member of the January, 1929, graduating class and recently completed a two year internship in the Des Moines General Hospital.

### Fedson

Dr. C. H. Fedson announces the opening of his office in the Miller Block, St. Ansgar, Iowa, October 1, 1931.

Dr. Fedson graduated from D.M.S.C.O. in June, 1930, and has been practicing in Austin, Minn.

### Dahl

Dr. Selmer Dahl of the class of June, 1931, announces the opening of his office at 433 Bridge St., Albert Lee, Minn.

### Nelson

Dr. Alan Nelson announces the opening of his office in Ackley, Iowa.

Dr. Nelson graduated from D. M.S.C.O. in June, 1930, and, following an internship in Chicago, has been practicing in Stratford, Iowa. Dr. Everette Reynolds will take over Dr. Nelson's practice at Stratford.

They say the world is round—  
and yet

I often think it square,  
So many little hurts we get  
From corners here and there;  
But there's one truth in life I've  
found

While journeying East and  
West,

The only folks we really wound  
Are those we love the best.  
We flatter those we scarcely  
know,

We please the fleeting guest,  
And deal full many a thought-  
less blow

To those we love the best.

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## Osteopathy Barred From Progress Exposition

American Medical Association domination over so-called "public" affairs was clearly illustrated in a letter to the A. O. A. from C. W. Fitch, Acting Director of Exhibits, Century of Progress Exposition, Chicago.

Mr. Fitch stated in this letter that all medical exhibits would be confined to those things which were recommended by the scientific advisory committee, which, in turn, was appointed by the American Medical Association. By way of apology, Mr. Fitch added, "Without pretending upon the merits of the question, the arrangement will preclude exhibits by any cult or group which practices special sorts of medicine. It will, therefore, be impossible to admit osteopathic exhibits."

In other words, an exhibition designed to bring to the public the progressive things man has accomplished in the past century bars the only real progressive departure in therapeutics! This planting of A. M. A. members in a systematic manner in all enterprises of the day is a thing which the osteopathic profession cannot afford to allow to continue. That such an antiquated structure as orthodox medicine should be permitted to dominate an exhibition of "progress" is, of course, ludicrous. Nevertheless, that is precisely what is happening and what has happened. Might we suggest that you watch the Journal of the A. O. A. for further information on this subject?

## Still Student Wins Audition Contest

Ronald A. Wilburn of the Freshman Class, recently placed first in the local district Atwater Kent Audition Contest. Mr. Wilburn is the possessor of a tenor voice of rare quality. During the past two years Mr. Wilburn has placed second in the finals of his home state contest, South Dak.

Unfortunately, Ronald took ill previously to the intersectional contest at Ames and was unable to compete. Local music critics conceded him an almost certainty in winning this audition and his inability to take part is to be regretted.

We look forward to big things from him in these contests next year and with another year's training and experience he is sure to go far.

## Psi Sigma Alpha To Install Chapter Here

Psi Sigma Alpha, national honorary osteopathic fraternity, is happy to announce the installation of its Gamma chapter at Still College. This organization is one of the two honorary fraternities recognized by the A. O. A., and has chapters at Kirksville and Kansas City. During this year, two new chapters are to be organized, of which the local group is one. It lists among its honorary and alumni members Drs. A. C. Hardy, George Laughlin, Charles Still, Arthur Becker, president of the A. O. A., W. M. Pearson, and Yale Castlio.

Psi Sigma Alpha is primarily a scholastic organization, and as such requires high scholastic attainments of all its candidates, pledges, and members. With this in mind, the Alpha Chapter sent Charles Still Jr., Arthur Crowder, and Carleton Towne to investigate the eligible men and secure the endorsement of the instructors. As a result, the following men were pledged and will be considered charter members: H. H. Kestenbaum, Howard Graney, Lou Kestenbaum, J. Robert Forbes, Dene Moore, William Blackwood, Ed King, Howard Toepfer, E. C. Brookman, Russell McLaughlin, Winston Lawrence, and John Stivenson. Dr. J. R. Beveridge has been selected as one of the honorary faculty members.

The national organization limits each chapter to one man for every twelve registered in the college, hence Gamma Chapter will consist of approximately 17 men. Faculty membership is limited to three men. Candidates are selected solely on their scholastic averages and attitude in the classroom, and must have the unqualified endorsement of their instructors.

The formal installation will be conducted by a degree team from the national chapter, of which Dr. Earl Laughlin, Jr., is president, and will be followed by a banquet.

## Iowa State Board Elects Officers

At a meeting of the new Iowa State Board of Osteopathic Examiners, held in Des Moines, the following officers were elected:

Dr. W. C. Gordon, Sioux City, Chairman;

Dr. H. B. Willard, Manchester, Examiner;

Dr. Sherman Opp, Creston, Secretary.

## Sigma Sigma Phi To Sponsor Dance

Beta Chapter of Sigma Sigma Phi, honorary fraternity, announces that it will sponsor an all-school dance at the Commodore Hotel, November 20. Last year this organization sponsored a similar function, which was such a great success that it was decided to continue the dances.

Bert Brown's W. H. O. broadcasting orchestra will furnish the music. This band has an enviable reputation in the Middle West, and the musical portion of the program is certain to be of the best. Admission will be one dollar per couple. Every student in the college is cordially invited to attend the party and a royal time is assured.

## President C. W. Johnson Abolishes Assemblies

Due to the apathetic attitude of the student body and the lack of representative attendance at the weekly convocations, Dr. C. W. Johnson, president of the college, announced Friday, October 30, that these functions would cease, and full class schedules would be in force each Friday from that date. This means the passing of the only student-body function of the college.

While Dr. Johnson's decision is not unexpected, it is deplored by those students who realize the great value to be derived from such a function. It is entirely due to the grade-school-like attitude of those who failed to see or who had never had previous experience in the contacts and broadening influence of all-student get-togethers.

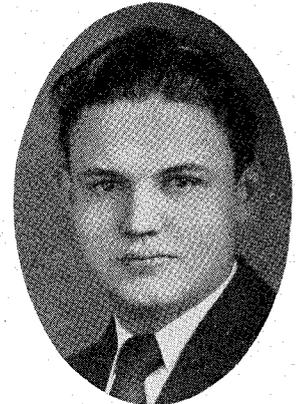
While this unexplainable attitude on the part of over fifty per cent of the student body was the immediate cause of this move, the faculty members were admonished by the President for not securing speakers and entertainment of such a character as to make the assemblies more of a drawing card.

It is to be hoped that the students quickly realize the magnitude of their error and unanimously request that this only student-body function be restored. Without it, the school loses many valuable contacts, and thus suffers, as well as the students themselves.

THANKSGIVING RECESS  
NOVEMBER 25 - 30

## Obstetrical Clinic Statistics Released

During the summer Walter A. G. Armbrust, one of our senior students, spent a good share of his time compiling one of the most remarkable tabulations the profession has in the way of authentic statistics. Dr. Robert Bachman has been at the head of the obstetrical department for fourteen years, and during



WALTER A. G. ARMBRUST

this time has demanded that an accurate record be kept of the work of the department. Every case that has come under this classification in the Still College Clinic has been tabulated, and the resulting statistics are almost unbelievable. Total cases for the fourteen years number over two thousand. The fewest number for any year was 100, and the

(Continued on Page 4)

## Band Gives Concert At American Institute

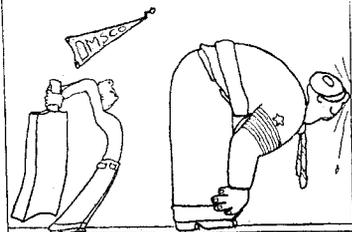
Friday morning, October 16, the band-orchestra journeyed over to the American Institute of Business, where it presented a short concert before the assembly of that school. The program was as follows:

- I. La Golandrina.....Serradell  
Popular selections  
Betty Co-Ed  
When Yuba Plays the Tuba
- II. The Hungry Five  
German Band

Following the musical portion of the program, Maurice J. Schwartz spoke to the assembly.

Dr. Halladay and the Still College Band-Orchestra are always glad to play before other schools of the city. Later in the year, the American Institute Quartet will return the favor, and entertain at one of Still's weekly convocations should these functions be restored.

**FRATERNITY NOTES**



**ATLAS CLUB**  
(J. R. Forbes)

The first issue of the Xiphoid Bulletin brought in a very gratifying group of letters. Among those heard from were Drs. Kenny Moore, Bobby Homan, Frank Dornbush, Barton Treat, L. P. St. Amant, and Bro. Reggie Sutton. Brother Sutton is absent this semester but hopes to be back in January.

We received a very welcome letter from Donald "Army" Arrington of Spencer, Iowa. Army was to have been back with us this fall but the great Spencer fire last summer removed his place of employment and his wages suddenly ceased. However Army promises to be here as soon as possible and we hope that will be soon.

Oct. 19 the fraternity held a theatre party at the Princess. The first five rows were reserved for the boys and a 100% turnout was recorded. This party was a huge success; the show was O. K.—especially the fourteen chorus girls—and all hope to repeat the function soon.

Casey Kessler is now a full-fledged cowboy. While enroute to his home in Radcliffe a few weeks ago, Casey was picked up as an assistant by a cowherder who happened to be driving his cattle the direction of Casey's home city (?). Brother Kessler, ever willing to be of assistance, plunged wholeheartedly into the work. As a result of his zeal a special award or decoration of distinction was bestowed upon him. For further particulars, see Casey.

Every day in every way we get wiser and wiser. Red Tannehill was somewhat forcibly taught the true nature of the substance called "paprika" a few noons ago.

Oct. 31 we held our annual Halloween party. The house was decorated in an appropriate manner and the "Gold Bar", tended by Barkeep Mount, functioned in an imposing manner. The party was a hard-time masquerade and the ingenuity shown in poverty costume manufacture was amazing. However, popular opinion gives the first prize for costumes, a calico bicycle, to Harry Taylor. Decorations and program were entirely in the hands of the pledges, under the chairmanship of Hasselman and Baird and they did a right good job of it. All agree that this was one of the outstanding social events in a number of seasons, all thanks to our pledges. Dr. Fred Campbell was present as our alumni guest of the evening.

Pledge Andreen has not been noticed falling for anyone this year but he did fall majestically, pompously and completely in front of a beautiful blonde on the street car. Tiny's story is that he was watching a fire truck and fell for it; that's his story and he sticks to it. However, the patrons of the street car company were well entertained and, judging from the mirthful response, appreciated Clemmy's solo dive.

It is with the greatest of pleasure that we welcome Edmund Baird, Shelby, Ohio, and Warren Hasselman, Oskaloosa, Iowa, into the brotherhood of the Atlas Club. Brothers Baird and Hasselman were mid-year pledges last year and completed their second degree November 2.

Xiphoid Chapter of Atlas Club takes pleasure in announcing the extension of pledgeship to Harry Barquist, Des Moines, Iowa.

**BLUE AND WHITE CLUB**  
(Sidney Ellias)

This article will be the last under the name of the Blue and White Club. The men are anxiously awaiting the final verdict of the mother chapter of Lambda Omicron Gamma in Philadelphia. This verdict will tell whether the present number of active members is sufficient to carry a chapter. The letter is expected in a few days.

If it is impossible to organize in its present condition the Blue and White Club will discontinue until its membership is increased to the necessary number. The club feels that the present name is fictitious and that it is useless to continue under it; our rightful name will be more of an incentive to accomplish our purposes for organization. We hope and expect a favorable reply.

**DELTA OMEGA**  
(By Vi)

The evening of October 22, the Delta Omega actives, field and honorary members entertained the freshman girls at Dr. Irma Townsend's country home with a "Dutch Supper." After consuming everything edible (leave that to Norma, Rachel and Harriette) the field and honorary members held a brief business meeting, and elected officers to fill the chairs for the coming year.

The actives, field and honorary members decided to have a pledge dinner before Christmas.

One of our members is surely doing her bit for athletics. Go over to the Y. W. some Thursday night and watch Rachel do her stuff.

We wonder how Norma Lee enjoyed her date with Charlie Still.

Vi entertained Charles Still, Jr., Art Crowder, and Carl Towne, of Kirksville College, at her home for lunch last Friday.

Delta Omega finds some likely material in the freshman class this year. Announcements later.

Rachel entertained her boy friend, Harold Harryman, of

Delhi, over the week end. They saw Des Moines from the skies, and, oh, everythin'.

It has been called to our attention that Delta Omega was founded in 1904, instead of 1909 as stated in the Log Book last summer.

**IOTA TAU SIGMA**  
(B. Herbert)

The inevitable is here again. The freshmen seem to take great delight in looking through books covering the toughest subjects possible, memorizing a few big words and then questioning the upper classmen as to meaning, cause and cure. Somewhere, I believe, there is a cure for that!

We have just been informed that Brother Hall has made special arrangements with the U. S. postal authorities for the delivery of mail from Xenia, O. It is believed that from now on charges are to be made according to the weight. The letters are to be stacked and delivered twice a day. Brother Hall hasn't done right by the boys here, it was formerly thought that he was quite an authority on women but—well, for further information, see table five in dissection any afternoon.

As is the usual custom, Halloween was celebrated in the form of a dance. The house was beautifully decorated with trimmings in accordance with the season of the year. Corn fodder, pumpkins, colored lights, and weird posters were much in evidence. All that was lacking was a few cows and other farm-like animals. Everyone wore old clothes and when twelve o'clock rolled around, everyone was sorry to go. It was a great dance. We had the pleasure of having for our guests Dr. Ray McFarland of Blockton, Ia., and two of our co-eds with friends from the Kirksville College of Osteopathy.

It is with a great deal of pleasure that we announce the pledging of two more men, Edwin Ramsey and Robert Hazelwood. These men are by no means strangers, both being upper classmen. At any time this fraternity can be of help to these men, we certainly are willing to cooperate to the fullest extent.

Brother McLaughlin has gone in for trapping. This can be verified by Brother Cichy and the statement "mousy got caught in a trap" brings tears to his eyes at any time it is stated. However, it should be said in a dark room for the greatest effect.

This is just a reminder to Bro. Hurd that he is expected to tell us more about his intimate friend "The Duke."

Thanksgiving is just around the corner and this fraternity hopes everyone in the college enjoys it to the utmost.

**PHI SIGMA GAMMA**  
(R. F. Allen)

The annual Pledge-Halloween dance was held at the house on Friday, Oct. 30, amidst corn-stalks, pumpkins, leaves, etc. The

fraternity turned out enmasse and everyone reports a splendid time.

Once more the boys are pounding the maples at the Grand Alleys. The Sigma Sigma Phi Interfraternity match is well underway. Our boys are in first place and we hope that they will be able to repeat their fine performance of last year and win the cup again. The men who are bowling are: L. E. Jagnow, M. J. Schwartz, W. Brace, R. W. Wilburn, and H. R. Seelye.

Charlie Naylor feels so young that he has gone back to his infant days and is taking a nap every afternoon, with his bottle of milk on arising. We hear he is looking for a crib, too.

There is a rumor about that M. J. Schwartz and Prof. Parisi are concentrating on a debate to be held some cool morning at 11 o'clock in room 305. Their subject has not been divulged, but Maurice says it has something to do with the color index of a cadaver.

**Attention Alumni!**

We are compiling a list of alumni members of Delta Chapter and would appreciate all members sending their names and address to the house, 3029 Grand Ave., Des Moines. Please!

**Sigma Sigma Phi Bowling Tourney Under Way**

Saturday, November 7, saw the completion of the second week of the inter-fraternity bowling tournament with three teams tied for first place. The tournament is an annual contest, and a cup is presented by Sigma Sigma Phi, honorary fraternity, to the winning team. Round robin play is the rule, and the teams roll each Saturday morning until each team has played every other team twice. The tournament was won last year by Phi Sigma Gamma.

**Present standings:**

	W	L	Pct.
Phi Sigma Gamma	4	2	.666
Iota Tau Sigma	4	2	.666
Atlas Club	4	2	.666
Non-Frats	0	0	.000

November 14, Phi Sigma Gamma meets the Atlas Club, while Iota Tau Sigma takes on the Non-Frats.

**Letters Received**

Dr. J. Nicholas Gill, Ooltewah, Tenn.; Dr. Harold Somers, Dickens, Iowa; Dr. Curtis Parkinson, Highmore, S. Dak.; Dr. Stanley C. Pettit, Cleveland, Tenn.; Dr. Wm. Kent Crittenden, Dalton, Ga.; Dr. Harold Meyers, Greenfield, Iowa; Dr. Ralph Lathrop, Stanton, Iowa; Dr. Fred Dunlap, Pleasanton, Kans.; Dr. R. Llewellyn Nicholas, Niles, Ohio; Dr. R. J. Rohde, South Bend, Ind.; Dr. L. A. Utterback, Perry, Ia.; Dr. Harlow Lachmiller, Alden, Iowa; and Dr. Harry Skinner, Detroit, Mich.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor....H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

## Professional Enthusiasm

(An Editorial)

Every great and commanding moment in the annals of the world is the triumph of enthusiasm. Nothing was ever achieved without it.—Emerson.

This is the third editorial in which I have used a bit of Emerson's wisdom as a text. One cannot read Emerson without finding countless rare gems such as the one above. Emerson was a genius—why? Because he was full of enthusiasm, he believed in and worked for his chosen walk of life.

Osteopathy stands today because of the enthusiasm of A. T. Still, Wm. Smith, M. A. Lane, and hundreds of others. It lives today because of the enthusiasm of the several thousand osteopathic physicians who are doing things, who are sending students to our colleges, who not only are members of their state and national organizations, but who get behind these organizations and fight for their profession.

All osteopathic physicians in the field should be behind their profession in this manner, but many of them do not seem to realize that the little cog they form in the great osteopathic machine is important and that, for the best results from this machine, all these little cogs must be meshing and functioning harmoniously and efficiently.

The A. O. A. has outlined an admirable five-year plan for osteopathic progress. Christmas Seals are being sold by the national association in order to establish a students' loan fund, legislative battles are to be fought in some localities, future osteopathic progress is at stake, our colleges need more students, all these things cry out for the enthusiastic support of every osteopathic physician in the United States.

Remember, doctors, any profession or organization worthy of your membership is not only worthy of your support, but you are morally obligated to be active and progressive in aiding it to become better and of greater service.

Theodore Roosevelt often stated on various occasions that "Every man should devote some part of his time to the building up of the industry or profession of which he is a part." Are you devoting a part of your time to building up osteopathy? If not, begin now to get behind and

push; if you are, try and spare a little more time if possible.

Read that five-year plan for osteopathic development and then go to work. The next five years will see the most determined opposition to osteopathy in all its history. Osteopathy, with your 100% enthusiastic and determined support cannot falter or fail. Let's have that support, and, by the way, one of the easiest and best ways to begin is to see that the mid-year class at Still College is the largest in the history of the institution.

## Polk County Association Dines at Smouse School

Over 75 members and guests of the Polk County Osteopathic Association gathered at Smouse Opportunity School, Friday evening, Oct. 30, for a banquet meeting of the group.

Following the dinner, Miss Johnson, superintendent of the school, spoke on "The General Plan Followed at the Smouse School." Before a child may enter the school he must show an intelligence quota of over 70. Five types of children are taken, orthopedics, infantile paralysis, cardiac, vision, and deafness. The children are made to feel free and unhampered by their weakness.

Miss Anderson, who has charge of the Physio-Therapy department, next spoke of her work in the school. All types of physio-therapy are used at the school and the best of health care is maintained. The general plan is to build the bodies up as far as is physically possible at the same time as the mentality is being developed.

Following the lectures those in attendance were taken on a tour of inspection of the school.

## Convocation, Oct. 9

The band-orchestra opened the program with a medley of three popular songs of the day, "Bye Bye Blues," "Desert Song," and "When Yuba Plays to Tuba Down in Cuba."

After the tumultuous applause for the musical numbers died down, Dr. John Woods introduced an alumnus of this college, Dr. R. B. Kale, as the speaker of the morning. Dr. Kale, who practices in Des Moines, spoke upon "Starting Up in Practice." The Doctor told the student body how to pick their location, how to equip an office, and impressed upon all of us the importance of studying during slack hours. "Always impress upon your patients that Osteopathy is not an adjustment, but is normalization of body structures," Dr. Kale said. "If extra-curricular activities interfere with your books and studies, they are a menace. This is often realized too late."

The assembly closed with a march by Ralph W. Price, entitled "The Western World."

## —THE— CURRICULUM

### Department of Laboratories

By F. A. Parisi

The faculty of the department of laboratories of Still College consists of the following men:—

F. A. Parisi, Director of Laboratories in Pathology, Lab. Diagnosis, Physiology, Serology, Immunology, and Biologics.

Ava L. Johnson, Bacteriology and Histology Laboratories.

Glenn Fisher, Inorganic and Organic Chemistry Laboratories.

C. Ira Gordon, Bio-Chemistry.

The students who assist in the stockrooms and labs are Lane Moore, Erle Moore, Bayard Twaddell, and Norma Abolt.

After extensive remodeling, new additions of laboratory furniture, apparatus, and personnel, the laboratory department of Still College is now offering standard courses of instruction in all basic sciences.

The methods of instruction are based upon the actual application of theories and methods taught didactically. Laboratory instruction and classroom lectures take place concurrently, the one supplemental to the other, practice and theory going hand in hand.

The courses are subdivided as follows:

Chemistry, 3 semesters—inorganic, organic, and physiological or bio-chemistry.

Physiology, 3 semesters—blood, circulation, respiration, muscle, digestion, and nervous.

Histology, 1 semester—tissues, structures, histological technique.

Bacteriology, 1 semester—stains, pathogens, milk, food, and water.

Pathology, 2 semesters—general, neoplasms, special, etc.

Lab. Diagnosis, 2 semesters—1st semester, clinical microscopy and parasitology; 2nd semester, vaccines, serums, and other biologics.

The standards set by the department are high, enabling Still College students to go into the field prepared, knowing that he or she is well grounded in the basic sciences and need offer no apologies to anyone, regardless of the school of therapy.

\* \* \*

Editor's Note: At present the laboratory courses at Still College are in the midst of intensive perusal. Laboratory Diagnosis classes are studying the counting of red and white blood cells, both in percentage and by differential methods. Path. Lab. I is studying microscopic and gross specimens of the various degenerations, while Path. Lab. II is working on gross and microscopic specimens of the various neoplastic growths. Physiology Lab. I is conducting research and experiments on the heart, and Physiology II is studying the various reflexes by experiment upon the animal. The group in Bacteriology is making stains and cultures. Inorganic Chemistry

Labs. are studying solutions, Organic Chemistry students are in the midst of ethers and aldehydes, Physiological Chemistry Lab. is working on the digestion of proteins. The group in Histology Lab. is working on the histological structure of the stomach and small intestine.

Professor Parisi, who heads the laboratory department, presents an honor key each year to the student showing the most outstanding work in the basic laboratory medical sciences. The key is an original design of the Professor's, and consists of a caduceus with a microscope superimposed. The key is given on the basis of an oral examination given over laboratory work to any student wishing to take it, and a thesis of 2,000 words written as a result of original research along some line of laboratory work.

In each subsequent issue of the LOG BOOK we plan to present a similar article dealing with instruction at Still College. Those to follow will include obstetrics; physiology and bacteriology; pathology; eye, ear, nose, and throat; athletic clinics; hospitals; technique; general clinic; therapeutics; and so on.

## Convocation, Oct. 23

"The Kinkajou" from the musical play "Rio Rita" opened the band-orchestra's portion of the morning's entertainment. As an encore the musical group played that somewhat blatant but nevertheless popular "St. Louis Blues."

Dr. J. M. Woods substituted as chairman in the absence of Dr. Facto. He first introduced Mr. Cutler of the Y. M. C. A., who told of a special student membership rate for all college students if they would join the "Y" during the present membership drive. Each student present received a courtesy ticket entitling him to one day's privileges at the "Y" free of charge.

Dr. Woods next invited all students to attend the Polk County Osteopathic Association Dinner at Smouse Opportunity School, October 30.

The speaker of the morning was Dr. J. K. Johnson, Jr., of Jefferson, Iowa. Dr. Johnson told several interesting case histories that brought the value of Osteopathic treatment home in a very definite manner. The Doctor then told of a company which he has organized to aid the physician in collecting his accounts. "The man who owes you money is usually your worst friend and knocker," said Dr. Johnson. "You have something for sale; see that you collect for it." An account of Dr. Johnson's organization will be found on the first page of this issue of the Log Book.

The gathering dispersed to the strains of a trombone novelty by Fillmore, descriptively entitled "Shoutin' Liza."

## Convocation, Oct. 16

After a popular selection entitled "I Found a Million Dollar Baby" by the band, the meeting was turned over to Dr. C. F. Spring.

Without further ado, Doctor Spring introduced Mr. Poweshiek, an Indian of the tribe of the Sacs and Foxes. Mr. Poweshiek said that there are over 200 different tribes of American Indians, all with different speech, dress, customs, etc. The Sacs and Foxes were sent to a reservation in Kansas shortly after the Civil War, but the climate did not agree with them, and they were rapidly decimated by illness. These Indians then proceeded to raise enough money to transport themselves back to Iowa to a spot near Tama, where they purchased enough land to set up their private dwelling places. The government then refused to pay the tribe its annuity, on the grounds that the people had forfeited this right when they left the reservation in Kansas. Today the Sacs and Foxes have more than \$400,000 in back annuity due from the Federal Government, and are waging a fight to get this sum. At present it appears as if they might be successful this winter.

Poweshiek went on to tell how his father was much hated on the reservation because he was the government policeman, and it was his duty to compel the children to go to school. In the earlier days the Indians resented being forced to send their little ones to the government schools, and would try every means to keep them out. Today this has changed, and the education of Indian children is fast approaching the perfection of the education of white children. Poweshiek was 7 years old before he knew a word of English and when he went to the government school in Flandreau, South Dakota, he could understand only the simpler English words and expressions. This would not be possible today.

Government Indian schools cover a course of three years. Academic subjects are taken in the mornings and the afternoons are devoted to occupational training. The government pays all expenses at the college but all trips home during the three year period must be paid by the student himself. The schools are conducted according to military rules and drill is compulsory. Mr. Poweshiek's talk was thoroughly enjoyed by all present.

The assembly closed with the band-orchestra playing Purdy's famous "On Wisconsin."

## Convocation, Oct. 30

The harmonious (?) strains produced by the band-orchestra in opening this meeting were of the now popular "When Yuba Plays the Rumba on His Tuba" or, as Ballyhoo would have it, "When Yuba Plays the Rumble

on His Tummy." The second number was the old favorite "Pagan Love Song", featuring a chorus by Joseph Devine on the banjo.

Dr. John Woods, officiating for the third consecutive time, introduced Dr. Paul Park of Des Moines as the speaker of the morning. Dr. Park is vice president of the Iowa Osteopathic Association, and last year had charge of the legislative committee which waged such a valiant battle on Capitol Hill.

"There is a decided move on foot in the A. M. A.," Dr. Park said, "to stamp out Osteopathy and establish themselves as a complete therapeutic monopoly. Now is the critical time; the medical men are now organizing county "Medical Units" which become a part of the state or county departments of health—hence Osteopathy would be excluded from all official contact with schools and other public organizations. The only way to battle such a machine is to get behind all Osteopathic organizations and make a great effort to elect only such public officers as are open minded and will vote for favorable and not class legislation.

"Injunctions against osteopathic physicians," continued the Doctor, "are now being obtained in many states. If these injunctions are fought and won, the decision is as good as a law, and would conclusively outline the scope of practice."

In speaking of the state organizations Dr. Park said, "Remember that your state association is responsible for all the rights and privileges you enjoy. It fights all your battles and is working the year around for the profession." All were urged to join their own state organization as soon as they have graduated.

This assembly, probably the last of the year, was one of the most valuable offered in some time.

Although "Should Auld Acquaintance Be Forgot" would have been appropriate, the band-orchestra closed with the old stirring march of Bagley, "National Emblem."

## Freshman Reception Huge Success

On the evening of October 16, the student body of Still College, friends, and faculty gathered at Hoyt Sherman Place to welcome the new freshmen to the school. The attendance this year was the largest recorded in several years, and conviviality permeated the atmosphere.

Bernie Lowe and his famous Patti's Cafeteria Orchestra furnished the synopated strains for the dancers. Bernie's music and entertainment was declared well nigh perfect by those attending the function.

The double dance floor was comfortably crowded during the entire evening. Refreshments in

the form of fruit punch were served to all.

This reception will undoubtedly be one of the outstanding functions of this school year, and the freshmen may well feel honored that the college officially greets them in such a pleasurable and auspicious manner.

## Resolution Adopted By Michigan Board

The following resolution was adopted by the Michigan State Board of Osteopathic examiners, October 27, 1931.

"It is the unanimous sense of this board that physicians registered under Act 162, Public Acts of 1903 or amendments, have the unrestricted right to obtain registration and recognition for alcoholic permits as it has in the past approved of their narcotic registration.

"It furthermore approves the administration and prescribing, for internal and external use, of antidotes, antiseptics, narcotics, parasiticides, or other means, measures or agencies in the prevention or alleviation of human suffering and disease.

"Further, it is the sense of this board that there exists no law prohibiting the use of any means or measures whereby osteopathic physicians and surgeons may prevent disease or save human life.

"Further, although the practice of osteopathy is understood to be that practice of the healing art, and that school of medicine, which places chief emphasis on structural integrity in the causation of disease and which emphasizes adjustment as the chief therapeutic measure, yet it holds that osteopathic physicians and surgeons not only have the right, but are in duty bound to their fellowmen to use every indicated scientific measure, including surgery, prescribing, diet, hydrotherapy, and the use of rays, glands and psychological methods as may prove necessary, for the benefit of the patients, and that all the above means are incorporated in the curriculums of the approved colleges of osteopathy accepted by the board.

"The Michigan State Board of Registration in Osteopathy and Surgery still further holds that no sect, school, or group of men have any corner, monopoly, or copyright upon knowledge or upon the truth."

Resolution passed unanimously.

Dr. Mark Herzfeld, Pres.  
Dr. John Wood, V. Pres.  
Dr. H. Conklin, Sec.  
Dr. L. Verna Simons.  
Dr. W. S. Mills.

The stomach is an organ lying below the diaphragm whose functions are to digest indigestible food, hold twice its capacity of refuse and promptly neutralize red hot pepper and chill con carne—(Stilletto.)

Be true to your teeth or they will be false to you!

## Obstetrical Clinic Statistics Released

(Continued from Page 1)

greatest was for last year, being 230. This means that each student graduating from Still actually attends seven or more cases. This is not sitting in a pit or other room and watching the progress of the case with someone else making the delivery. Actual contact and doing the work just as if you were in practice is a part of the training of every Still College senior.

The list of over 2,000 refers to cases handled by our seniors in homes. It does not include the cases that, for various reasons, are taken to the hospital, and which would add to the total an additional 152 names for the fourteen-year period.

In looking through the figures, some of the facts are outstanding. Only three mothers have died as a result of pregnancy, in more than two thousand cases. This is unique in such records. There was a total of 52 babies born dead, a percentage of 2.63. Excluding all fetal deaths occurring before the onset of labor, and including the deaths during the first ten days, gives a fetal mortality of less than 1.5 per cent! This is another remarkable fact. All through the report there are figures that make you stop and think of the value of osteopathy in work of this kind, and also what organized and systematized departmental work can and does do. Dr. Bachman is to be congratulated for this fine record, and Mr. Armbrust is deserving of our sincere gratitude for the excellent way in which he has presented this important contribution to our literature. This work not only represents an entire summer's work in time, but also painstaking care and initiative in tabulation.

## New Locations

### SKINNER

Dr. H. E. Skinner, Osteopathic Physician and Surgeon, announces the establishment of his practice at 14920 Grand River Avenue, Detroit, Michigan. Dr. Skinner graduated from D. M. S. C. O. in 1930, and recently completed an internship at the Detroit Osteopathic Hospital.

### TREAT

Dr. Barton A. Treat, Osteopathic Physician, announces the opening of his office at 208 Paramount Theatre Building, Cedar Rapids, Iowa. Dr. Treat was a member of the class of June, 1931.

### WATSON

Dr. F. A. Watson announces the opening of his office in room 1222 of the Equitable Building, Des Moines, Iowa, for the purpose of conducting a general practice. Dr. Watson graduated in the class of January, 1931, and has recently completed an internship at the Des Moines General Hospital.

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 9

DECEMBER 15, 1931

Number 7

## Founder of Still College Dies

### Many Tributes to Memory of Dr. S. S. Still

#### Dr. D. W. Morehouse

Dr. D. W. Morehouse, president of Drake University, Des Moines, Iowa, and a close friend of Dr. Still's:

"Dr. S. S. Still was one of the most versatile conversationalists I have ever met. While his whole life was absorbed in his profession, which he advanced and dignified, he found time to familiarize himself with a wide range of knowledge. His library was a compendium of information running the gamut of human thought from astronomy to zoology. He was capable of asking more intelligent questions on a wider range of subjects than any other man I have ever known. No matter whether the subject was celestial mechanics, archeology, anthropology, or politics, his active mind always found some pertinent question about which he sought further information. The expression 'thirst for knowledge' was never more fittingly applied to any man."

#### Kirkville Weekly Graphic

"In the passing on of Dr. S. S. Still we have lost a true friend, the Graphic has lost a fine columnist, and Kirkville has lost one of her foremost citizens. Men of his vigor and personality are few and Kirkville has suffered an irreparable loss in his death. His kindly and sympathetic spirit was known to all and the persons that he has helped and befriended are legion. Dr. Still was a true Christian and the entire community shares with the bereaved family their deep sense of loss."

#### Rev. Dr. Charles Medbury

Rev. Dr. Charles Medbury, noted lecturer, pastor of University Church of Christ of Des Moines, and a long standing friend of Dr. Still's:

"Dr. Still possessed great Christian spirit and loyalty and was ever a staunch supporter of morality. His life was filled with unselfish civic service and cultural helpfulness to young students. He was a remarkably well educated man and was a deep and profound thinker. Still College, organized by him, is a tribute to his constructive and inspirational leadership."



### Dr. S. S. Still Passes Away November 20

Dr. S. S. Still, founder and former president of D.M.S.C.O. and former president of the American School of Osteopathy, died at his home in Kirksville, Mo., Friday morning, Nov. 20, at the age of 79 years.

Funeral services in Kirksville were conducted by the Rev. C. A. Finch, pastor of the Christian Church. The Rotary Club, of which he was a member, provided an escort of honor.

The body was brought to Des Moines for burial, Saturday, Nov. 21. Services were held at the grave in Woodlawn Cemetery and were conducted by the Rev. Charles Medbury, pastor of the University Church of Christ. Dr. Medbury stressed Dr. Still's brilliant professional life and his civic and cultural helpfulness and inspiration to young students. The following students of Still College acted as pallbearers: Eugene Winslow, Hazen Gulden, Charles Naylor, M. J. Schwartz, Donald Herd, John Hurd, Ed Swartzbaugh, and Roy Mount. Beautiful floral tributes from all organizations and classes of Still College graced the casket while many of the students of the college and members of Dr. Still's law class at Drake University passed by the casket and paid honor unto Dr. Still.

#### Dr. S. S. Still

Summerfield Saunders Still was born in Macon county, Mo., Dec. 7, 1851, a son of Dr. James Monroe and Rahab Mercy Saunders Still. His father was a medical doctor, a graduate of Rush Medical College in Chicago, and a brother of Dr. Andrew Taylor Still, founder of osteopathy. His mother was of Virginia ancestry.

When a small boy, Dr. Still's parents moved to Blue Mound, Kansas, where they resided a short time, in September, 1860, moving to Eudora, Kans., where his father practiced for many years.

At the age of 15 the boy entered the Methodist college, Baker University, at Baldwin, Kans., the grounds of which had been given by Dr. A. T. Still. He subsequently spent 2 years studying at the University of Kansas, where he became a

(Continued on Page 4)

### Resolution

Whereas, Dr. S. S. Still, founder of our college, has passed from our midst, never to return, therefore be it

Resolved, that while we deeply regret the death of our founder and teacher, we rejoice in the knowledge that we were privileged to enjoy his influence which will ever act as an inspiration to further his ideals.

Resolved, that we feel pride in his endeavors in behalf of this institution and the science of Osteopathy and his achievements as a leader and teacher.

Resolved, that as members of the Board of Trustees of the Des Moines Still College of Os-

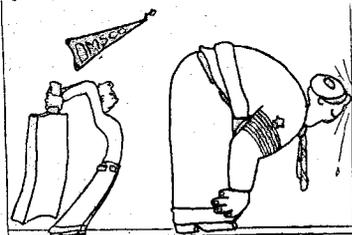
teopathy we send a copy of these resolutions to his family, inscribe them in the records of the college and publish them in the official organ of the college, The Log Book.

#### DES MOINES STILL COLLEGE OF OSTEOPATHY.

- C. W. Johnson, Pres.
- K. M. Robinson, Secy.
- R. B. Bachman, Treas.
- Bertha R. Crum,
- J. P. Schwartz.
- H. V. Halladay.
- J. M. Woods.

"All that we are is the result of what we have thought; it is founded on our thoughts, it is made up of our thoughts."—(Buddhist Philosophy).

**FRATERNITY NOTES**



**ATLAS CLUB**  
(J. Robert Forbes)

Thanksgiving vacation saw an exodus of about one-half of the numerical strength of the house. Many of the fellows ceased eating Sunday the 21st so that they would have a good appetite by Thanksgiving. Without exception each Brother and Pledge who visited the home folks reported a gain in avoirdupois of from 2 to 10 pounds.

Grand Noble Skull H. J. Marshall visited the chapter at its regular business meeting on November 23. We appreciated Dr. Marshall's being with us and feel very honored by his favorable and extremely complimentary report on Xiphoid Chapter. Dr. Marshall is completing his tour of inspection of all the chapters of the Atlas Club.

Dr. Robert Bachman spoke to the assembled membership on the evening of Nov. 30. He discussed the theory of Osteopathic Therapy and demonstrated various types of technique. Dr. Bachman always presents a most interesting and instructive bit of work and we very much appreciate having had him with us.

Some alterations and improvements are being made in the house, designed to better accommodate the increased number of house men this year. You wouldn't know the old homestead. Why not pay us a visit and enjoy the improvements. with us? Always welcome, you know.

The response to our appeal for contributions to the Scholarship Fund has been good. However there are many who undoubtedly mean to send a contribution but who have mislaid the pledge blank and allowed the matter to slip their mind. Won't you take care of the matter at once, please?

Great plans are being formulated, at the time of writing, anent the annual Xmas Party. Bigger and better decorations, a bigger and better Christmas Tree and a bigger and better Santa Claus are all promised for this festive occasion.

Christmas Vacation (16 whole daze—count 'em) is in the offing. Present indications are that the old battlement will be manned by a very small but dauntless band of men from the "far away countries." The majority is busy planning on just how to get out of town at the earliest and back at the very latest moments. Traveling bags and other articles of impedimenta have been packed since the first of

the month and all the boys are straining at the leash.

Xiphoid Chapter of the Atlas Club takes great pleasure in announcing extension of pledgeship to James Woodmansee and Bruce Farmer of Des Moines and Lawrence Theberge of Augusta, Maine.

Xiphoid Chapter extends to all its sincere wish that your Christmas may be of the merriest and that the coming New Year may bring to you peace, comfort and prosperity.

**DELTA OMEGA**  
(Rachel Hodges)

Thanksgiving the girls followed their natural impulses (voluntary) and gave the home folks a treat. The first vacation of the fall was apparently much enjoyed.

Viola drove her Ford back home. How are the shoulders, Vi?

It really looked like the weather was against some of us. Rain and snow should be legislated against for Thanksgiving football games. Wanted: a tent!

Norma said she spent the day resting up for the evening. It must have been worth it.

We are glad to announce the acceptance of pledgeship into Delta Omega by Lillian Peterson and Stella Slev of the Freshman Class.

The next party is to be in honor of these girls and will be in the form of a dance at the Dr. J. P. Schwartz home on the evening of December 10. The alumni and their husbands are joining with the actives in this welcome.

**IOTA TAU SIGMA**  
(B. Herbert)

From what I gather around the house, Xmas vacation can not be very far off. Most of the Brothers are figuring on the shortest route and fastest way home and have gone so far as to outline their activities so that they can get the most out of the time allotted. The Freshmen already have several big words in mind to pull on the home folks. Our sympathy goes out to the folks.

The annual Christmas dance is being held this year at the usual time and this is by far the prettiest affair of the year. The decorations alone, plus the spirit of the occasion, leaves memories which cannot be erased or forgotten.

It has been rumored about that Brother Hewlett is trying to perfect the crawl stroke while dancing. For best results try a slippery floor and new shoes, but keep away from the public gaze. He has promised to put on a demonstration for us in the future and it had better be good.

Iron hats (derbies back East) seem to be very good this year. Some of the Brothers have been trying to shape the head to fit the derby but there should be an easier way than that. Sometimes getting a haircut or else

letting it grow helps, but after all, this is merely a suggestion.

Bro. John Herd is all smiles these days since he has heard that pituitary gland extract can be injected for the purpose of growing hair. He assures us that his crown of glory has been shipped lately.

Brothers Hewlett, Hall and Routzahn motored to Ft. Dodge recently at which time Brother Hewlett made very emphatic the presence of street car tracks. That sure is civilization at any cost.

Brother Osborn is the proud possessor of a dog collar and chain but it is in vain—the mutt wandered away after being held in captivity for almost two days. We believe, at that, he received full credit on the original investment. We would suggest that he get together with Prof. Parisi and with the aid of his cat-trap pick up another fine example some place. (Ho-Hum).

This fraternity is wishing everyone a pleasant and happy Christmas and also a very prosperous New Year.

**PHI SIGMA GAMMA**  
(Maurice J. Schwartz)

It feels good to be able to write the Log Book notes. At least, in this one issue there won't be any "dirty digs" about my singing or any other of my capabilities, such as they are.

The writer also recently acquired the "enviable" job of House Manager and by injecting a little of that Navy and Marine Corps spirit (Note: Army excluded), via the well known paddle route, the house, including the bathroom, looks clean again.

Thank you, Alumni, for your fine response to our request asking that you send in your addresses. However, there still are a few of you that have not been heard from. One of your cards or a letter head will do. Let's hear from you. (Send them to me—your writer is also Corresponding Secretary.)

Sir Withrow took advantage of the Thanksgiving vacation to travel to distant Milwaukee, via the moving truck route, so that he could be with his Lady Fair. The fact that he returned to Des Moines on Wednesday instead of Monday is inconsequential, as our Knight Errant returned with a sparkle in his eye and color in his cheeks, due to the good things fair Milwaukee offers.

A few of the other boys went home over the vacation, but most of them had their turkey at Brace's Cafe and received the personal undivided attention of Brother Bill Brace. Allen and Schwartz, et al., dined at the Hotel Kirkwood.

The recent cold spell seems to have been a little too much for some of the boys and they have moved their bunks downstairs into their rooms. The reason Jay Stivenson won't move downstairs is he's afraid he'll not be able to get his fa-

vorite bunk and position in the dormitory back again. Jay is quite an optimist in the matter, because on interviewing him anent the matter, I elicited the information that he is looking forward to the warm spring and summer months and wants to be sure to have his bunk next to the window.

Hell Week starts tonight (Thursday, Dec. 3,) and by the time the Log Book is being read, Pledges Seelye, Thompson, McCune, Howland, Enderby, Wilburn, Johnson, Bell, and Houpt will have acquired many new experiences so that they will be able to entertain their grandchildren by the hour with reminiscences of that hectic week.

Mrs. Wilburn, mother of Ronald Wilburn, pledge, came all the way from South Dakota to see her son and his new home. The fraternity was gratified to hear the fine things Mrs. Wilburn said about our house and our members. Thank you, Mrs. Wilburn, come again.

Anent visitors, I almost forgot to mention a very important visitor that came to Des Moines during the Thanksgiving vacation, in fact, the omission would almost have amounted to sacrilege and would have jeopardized my peace and contentment during the coming Christmas vacation. The visitor alluded to, was none other than the good wife, who came all the way from Milwaukee to be with me and hold my hand during "my operation" (tonsillectomy). It is needless to say, the operation was postponed.

We also had the pleasure of being host to eight members of the Marquette University (Milwaukee) football team here in Des Moines for a game with Drake University on Thanksgiving Day. Most of the boys saw the game with "Comps", and Pledge Seelye distinguished himself at the game by doing everything but playing: he was first, team physician, then linesman, and then water boy. I would like to add that Dr. Ralph E. Davis, a member of Delta Chapter, takes care of the boys from Marquette when they are home.

Having said my say, I'll sign off until next year, and in the name of the fraternity wish to extend to our Alumni and friends a very Merry Christmas and a Happy New Year.

**SQUARE AND COMPASS**  
(Maurice J. Schwartz)

Still Square of Square and Compass, National Collegiate Masonic Fraternity, announces the pledging of Louis H. Carlton (Maine), Sydney L. Michelman (Massachusetts), Ralph W. Morehouse (Mich.), Ralph W. Jack (Iowa), and Delbert F. Johnson (North Dakota).

An intensive pledging is on and it is hoped that we will be able to announce the pledging of at least six more men in the next issue of the Log Book.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor...H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

## The Holiday Season

(An Editorial)

Once again we enter the Christmas season and face the advent of a New Year. This season has always been exemplified by good will to all and brotherly love for the whole of humanity. This idealistic behavior has, of course, never been realized in great enough or wide spread enough qualities to change greatly the course of human actions and existence. Most of us, regardless of our creed, feel inspired by the Christmas spirit and may even go so far as to make up our minds to take a little of it with us throughout the approaching year. But, like our many and often ludicrous "New Year Resolutions", we promptly forget them when we close the holiday season and re-enter the swirl of everyday life and they lie dormant and unheeded until our emotions are once again moved by a new Christmas.

There are, however, two ways in which we, as members of the Osteopathic profession, can continue this Christmas spirit thru-out 1932. First, let us become so imbued with good will that we forget petty differences and realize that our profession is far bigger than any one of us. Second, let us resolve to see that we express our brotherly love in the best way possible—that of seeing that Osteopathy reaches many new homes, that it serves many more persons that it ever did before.

When we carry the battles of our profession on to more glorious conclusions let us wage them in the manner of clean, honest and ever faithful crusaders. In adjusting our personal differences let us always consider the views of our opponents, meet them openly, fairly and squarely.

Why not make this Christmas and New Year season the dawn of an even greater Osteopathy? May we take inspiration from the glorious words written by a now forgotten hand—"Whatever the past year may have meant to you, make it dead history. But let the New Year be a living issue. With a big, fresh sponge, dripping with the clear water of forgiveness, wipe clean the slate of your heart."

One of the best things to have up your sleeve is a funnybone.

## Greetings

\* \* \*

As brisk as bees, if not altogether as light as fairies, did the Pickwickians assemble . . . . . Christmas was close at hand in all his bluff and hearty honesty; it was the season of hospitality, merriment, and open-heartedness; the old year was preparing, like an ancient philosopher, to call his friends around him and, amidst the sound of feasting and revelry, to pass gently and calmly away . . . . . How many old recollections and how many dormant sympathies does Christmas Time awaken!

—Pickwick Papers.

\* \* \*

DES MOINES STILL COLLEGE AND THE LOG BOOK  
WISH YOU  
A VERY MERRY CHRISTMAS AND A PROSPEROUS  
NEW YEAR!

## Detroit Association To Banquet Students

The Detroit Association of Physicians and Surgeons of Osteopathic Medicine will hold its annual dinner dance in the Cadillac Athletic Club, Tuesday evening, December 29th. This dinner dance is held each holiday season in honor of the local students and prospective students of Osteopathy. Any student contemplating attending the function, please make reservations not later than December 20th, by writing Dr. L. E. Schaeffer, 9589 Grand River Ave., Detroit, Mich. Give the name of your college and the year you will graduate. If you know of a student in our vicinity who is thinking of studying Osteopathy, send us his name so we can get in touch with him. There is no charge for admission to either students or prospective students.

## Sigma Sigma Phi Bowling Tourney On

The annual Sigma Sigma Phi Interfraternity Bowling Tournament is going full blast. Several rounds have been played since the last issue of the Log Book and the latest standings after the play of December 5 appears below:

	W.	L.	Pct.
Iota Tau Sigma	11	4	.732
Phi Sigma Gamma	10	5	.666
Atlas Club	9	6	.600
Non-Frats	0	15	.000

Play has been unusually close and fast this year. Many upsets have been registered and it has been impossible to forecast the outcome with any degree of accuracy. A few more sessions are to be run off before the final outcome can be announced. The trophy is a very beautiful loving cup and Sigma Sigma Phi is to be congratulated upon sponsoring this contest and providing a prize of such value.

CHRISTMAS VACATION  
December 19—January 4.

## —THE— CURRICULUM

STILL COLLEGE ATHLETIC  
CLINIC  
(By H. V. Halladay, D. O.)

[Editor's Note: This is the second of a series of articles dealing with the various departmental divisions of the course of study at Still College. The third will appear in the January issue.]

Over ten thousand contacts are made each year between seniors of Still College and athletes in and near Des Moines. There are a lot of questions that might follow a statement of that kind and while we cannot answer all of them in a short article like this, we can give some very interesting facts taken from statistics prepared from records kept for seven years in this work.

In the first place let us state that all the public school officials, including the medical advisor, are in perfect accord with the present clinical plan. This, both sides agree, is mutually beneficial. By doing this work for the school system we enable them to save considerable in time and expense. Players that are injured are back in the game sooner and at a minimum expense to the athletic department of the school. Our students in turn are getting experience by direct contact that is only duplicated in practice, and we doubt if many in the profession had the proportion of athletic cases as do our students. Not only do the boys of the senior class do this work but the girls work with teams in the local Y. W. C. A. and thus gain similar experience.

With the opposition that must be met with from the medical fraternity we have had to prove the value of Osteopathy in the care of athletes. This has been done to the satisfaction of all concerned, and with the keeping of accurate reports, we have an authentic basis for our claims as to the value of the work done.

During the football season  
(Continued on Page 4)

## Gamma of Psi Sigma Alpha Installed Here

At a formal banquet held at Grace Ransom's Tearoom, a drill team from the National Chapter of Psi Sigma Alpha, honorary scholastic fraternity, conferred upon twelve active and two honorary pledges the vows of membership into the organization. The ceremony followed the banquet which was attended by the local group, the national drill team, twelve guests from Alpha Chapter of Kirksville, Mo., and Dr. J. P. Schwartz, Dean of Still College.

Dr. Schwartz officially welcomed the new organization to the college. Mr. T. H. Lacey, president of Alpha Chapter, greeted the new chapter and congratulated it upon its affiliation in the national organization. Further toasts were given by Dr. C. W. Johnson, official sponsor of the chapter and president of Still College, Dr. J. R. Beveridge, of the faculty, and L. C. Brookman, president of Gamma Chapter.

During the initiatory ceremonies the following men became charter members of Gamma Chapter, Honory Members: Dr. C. W. Johnson and Dr. J. R. Beveridge; Active Members: L. C. Brookman, H. H. Kestebaum, Wm. Blackwood, W. R. McLaughlin, H. A. Graney, L. Kestebaum, J. R. Forbes, E. D. Moore, H. C. Toepfer, E. B. King, J. J. Stivenson, and W. E. Lawrence.

## Physicians Finance Co. Organized at Jefferson

An organization, headed by J. K. Johnson, Jr., D. O., has been organized in Jefferson, Iowa, to furnish an ethical service for the professional man in re-establishing his credits and accounts.

The accounts are paid on a budget plan, the necessary papers being signed either at the doctor's office or by a contact man sent out by the company. The contact men are particularly trained to approach the patient with all due courtesy and consideration. It has been the experience of the company that the patients thus approached reach the attitude of desiring to pay their accounts. No patient is abused in any manner.

Anyone wishing information regarding this company should address the "Professional Finance Co.", Jefferson, Iowa.

## Letters Received

Dr. Joseph F. Rader, Massillon, Ohio; Dr. L. P. Brady, Detroit, Mich.; Dr. N. B. Welch, Detroit, Mich.; Dr. H. M. Ireland, Denver, Colorado; Dr. Ray McFarland, Centerville, Iowa; Dr. J. Verne Hodgkin, McCook, Neb.; Dr. John C. Wigal, Dayton, Ohio.

## Dr. S. S. Still Passes Away November 20th

(Continued from Page 1)

member of Beta Theta Pi fraternity.

On Oct. 3, 1877, Dr. Still was married to Miss Ella Daugherty at the home of her grand parents, Charles and Mary Long-fellow, in Lawrence, Kans. Five years later they moved to Maryville, Mo., where they lived until they came to Kirksville to study osteopathy. Both were graduated from the A. S. O. in 1895 and in 1898 Dr. Still helped found the Des Moines Still College of Osteopathy and served as its president until it was sold in 1905. He practiced in Des Moines, until the fall of 1913 when he and Dr. Ella returned to Kirksville. After the death of his son, Dr. George Still, on Nov. 23, 1922, he became president of the American School of Osteopathy, serving until 1924.

During his years of teaching anatomy in the colleges, Dr. Still was recognized as an inspirational guide to many young people taking up the study of osteopathy, encouraging them in that first year when entrance into technical study seems particularly difficult. Since 1924 he had lived in retirement.

Dr. Still was an omnivorous reader and for about eight years wrote a weekly column, "Comments", for the Kirksville Graphic. Even to the last he produced his copy and the final column was published the day he died. He received a degree in law from Drake University and, although he never practiced, maintained a live interest in law, devoting a great deal of time to reading cases.

His hobby was in thoughtful acts for others, particularly the poor.

Dr. Still was a member of the Christian church and a Mason and Knight Templar.

He is survived by his wife, a daughter, Mrs. Della Still Bruik of Des Moines, and two grandsons, Wm. Summerfield Brunk, who is teaching in the Philippines, and Guy George Brunk, a student in Drake University.

\* \* \*

### Still College

D.M.S.C.O. was founded in 1898 by a group of educators, led by Dr. S. S. Still, for the purpose of establishing an osteopathic college in a centrally located city where clinical material would be virtually unlimited. Their purpose was to raise the educational standards of the profession and put osteopathy on an equal footing with older schools of the healing art.

Prominent among the sponsors associated with Dr. Still were Col. A. L. Conger, an Ohio statesman, Dr. Ella D. Still, wife of Dr. S. S. Still, and Prof. Wilfred Riggs, previously a member of the faculty of the Idaho State Normal School. The col-

lege as organized at that time was known as the "Dr. S. S. Still College of Osteopathy."

Still College sincerely regrets the passing of this great man. Always, in future growth and development, will the firm principles and traditions laid down by Dr. Still guide this college to greater service to the profession.

## State Boards

### Iowa

The Iowa State Board of Osteopathic Examiners will hold its next examination January 25, 26 and 27, 1932, in the State Capitol Building, at Des Moines. Anyone interested in writing the board should make application to the secretary as early before the 15th of January as possible.

Address applications to Dr. Sherman Opp, Secretary, Creston, Iowa.

### West Virginia

The West Virginia State Board of Osteopathic Examiners will hold their mid-year examinations at the offices of Dr. John H. Robinett, 613-15 National Bank Bldg., Huntington, West Va., February 8 and 9, 1932.

Applications must be filed at least one week prior to the examination.

Address inquiries to the Secretary, Dr. Guy E. Morris, 542 Empire Bank Bldg., Clarksburg, West Virginia.

### Nebraska

The Nebraska Basic Science Board examination will be given on January 12 and 13 at the State House in Lincoln. Applications must be in at least 15 days prior to the examination. Address all inquiries to Mrs. Clark Perkins, Director, State House, Lincoln, Nebraska.

## Births

### Hovis

Born to Dr. and Mrs. J. C. Hovis of Detroit, Michigan, a daughter, Patricia Lea, on November 11, 1931.

\* \* \*

### Kapfer

Born to Dr. and Mrs. Edgar W. Kapfer, a son, J. Riley, on November 18, 1931, at Burrton, Kansas.

\* \* \*

### Badger

Born to Mr. and Mrs. R. J. Badger, a daughter, Mildred Juanita, on September 26th, at Montezuma, Iowa.

Mrs. Badger was formerly Dr. Mildred Trimble of the Class of 1927. Prior to her marriage, she practiced in Grinnell, Iowa.

## Locations

Dr. Ray E. McFarland announces the removal of his office from Blockton, Iowa, to 205-206 A. and P. Bldg., Centerville, Iowa.

## Endocrines and the Osteopathic Physician

Ava L. Johnson, B. H. Ec., B. Sc., M. Sc.

\* \* \*

[Editor's Note: The following articles are a transcription of a lecture by the same name delivered before the A. O. A. Convention of 1929, in Des Moines, Iowa.]

\* \* \*

I believe the osteopathic physician is trafficking in endocrine therapy and does not know it! It is very apparent that osteopathic technique has a direct bearing on endocrine physiology which no drug, or even extract feeding, can approach. It cannot be denied that extracts and desiccated materials must lose at least a portion of their potency in preparation, hence, if the natural secretions are stimulated by osteopathic treatment, far more promising results are obtained by this method.

One of osteopathy's foremost scientists and research workers said that he believed much of the remarkable achievement in osteopathic therapy was the result of inadvertent endocrine stimulation and control. For instance, an osteopathic physician specializing in cervical technique alone may modify liver conditions, relieve certain anemias, and bring about a change in distant conditions which nervous control alone cannot account for. Thus the endocrines affected by cervical treatment alone are worthy of study.

A medical physician said to a graduate of Still College a few years ago: "I would admire and appreciate what you people (osteopathy) are accomplishing, if you knew what you were doing. I see what you are doing mechanically, but I don't know why it results as it does, and none of you can tell me." The implication is that the science which you, as osteopathic physicians, are practicing, is greater than the practitioner knows. Furthermore, endocrine control is one branch in which you are supreme—and you don't know it!! The next time you give a treatment, give some thought to the endocrine angle of it, see if you cannot readily explain some of your results by the control you exert over this complex system of glands.

Another thing worthy of study is the close association between endocrines and vitamins. This association is almost only premonition now, but the writing is on the wall—watch for it, and do not be surprised. When first suggested it was scoffed at, because there were but three known vitamins and eight endocrines. In the spring of 1929 the medical magazines began reporting findings leading to the belief in the existence of eight vitamins, to be numbered from A to H inclusive. This story is not nearly all told as yet.

The secretions of the endocrine glands are essentially chemical catalysts, or equilibrizers,

poured constantly into the bloodstream, and reaching and controlling far distant cells in the body. Their importance is indicated by the influence they wield over the three following sides of every individual.

(Continued Next Issue.)

## —THE— CURRICULUM

(Continued from page 3)

just passed, Still College seniors took care of the four local high schools, the Catholic Academy, Valley Junction High School and the Freshman Squad at Drake University. During the basketball season which is about to open we will take care of teams in these same schools together with several local commercial teams. In the Spring this work will turn to track and baseball, and during the Drake Relays we will send about twenty seniors out to take care of college teams that are visiting here in Des Moines and competing in that great national track and field meet.

Last spring, during the basketball tournaments, we had calls from several outside teams for help in caring for injured players. Some of these coaches came with letters from their local osteopathic physicians who could not accompany the team but who realized the importance of treatment in some cases and appreciated the service we are glad to offer at such times. During the past football season our seniors not only worked with the boys on the home fields but many times were taken on trips with the team, acting as the official physician in each case.

Every type of acute traumatic injury has come under the observation of our seniors. We know what to expect in the way of pathology when we send our boys out to care for a team and, for this purpose, we give a special course in the "Treatment of Athletic Injuries" in the Junior year before the student is allowed to enter the clinic. This course not only covers the diagnosis and treatment of the various injuries but also takes up the ethics and methods of making contacts with the athletic coaches and managers. It is our plan to train each student thoroughly in this most important of our specialties and our success in this line is plainly evident by the success of our students in the field. They leave Still College with a confidence born of actual experience—they know that Osteopathy is essential in the successful care of athletes and they know how to apply their knowledge.

"Let us not be governed today by what we did yesterday, nor tomorrow by what we do today, for day by day we must show progress."

—Andrew Taylor Still.

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 Oct. 3rd, 1917, authorized Feb. 3rd, 1923.

PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 9

JANUARY 15, 1932

Number 8

## Graduation Week, Jan. 15-22

The semi-annual Senior Day Assembly will be held in the college auditorium on the morning of Friday, January 15. This will mark the opening of the farewell week for the nine members of the January graduating class and they will have full charge of the festivities, their final appearance at a Still College student body function.

At 6:30 on the evening of Thursday, January 21, the college will give a banquet at the Kirkwood Hotel in honor of these graduating men.

The Commencement exercises will be held Friday evening, January 22, in the college auditorium. The speaker of the occasion will be the Reverend Charles J. Dutton, pastor of the First Unitarian Church of Des Moines.

The members of the Class of January, 1932, are: Gordon Du Bois, Harry Taylor, George Purdie, Marion Crawford, Earl Hewlett, George Muttart, Fred Benz, Charles Gowans, and Frank Schaeffer.

## College Employee Dies

Mr. Ed Thompson, janitor of the Still College Building, died December 10, 1931. He was employed by the college for many years, having moved with the school from the old building some years ago.

Mr. Thompson was popular with the faculty and student body and was ever ready to go out of his way to be of service. Floral offerings were sent by college and the student body and many from the school attended the funeral services.

## I. O. A. Legislative Committee Organizes

The Legislative Committee of the Iowa Osteopathic Association recently met and elected the following officers: Dr. R. B. Gilmour, Sioux City, Chairman; Dr. P. L. Park, Des Moines, Vice Chairman; and Dr. P. O. French, Cedar Rapids, Secretary-Treasurer. Other members of the committee are: Dr. B. A. Treat, First District; Dr. D. M. Kline, Second District; Dr. C. J. Christensen, Third District; Dr. E. M. Van Patten, Fourth District; and Dr. R. R. Pearson, State President acting as ex-officio member.

## Dr. Beveridge Recovers From Illness

Dr. J. R. Beveridge, who was seriously ill for several days prior to the Christmas Vacation, has fully recovered and is meeting his classes regularly. The sympathy of the entire faculty and student body was with "Jim" throughout his illness and all were glad to see him hale and hearty when school again convened.

## Osteopathy Unit Saves Per Patient

[Editor's Note: The above headline, followed by the sub-head "County Hospital Figures Show Average Case On Books Four Days Less", topped the following article which appeared in the Los Angeles Times, the largest newspaper on the West Coast. This is most excellent publicity and such articles should appear oftener in newspapers from coast to coast.]

"Data concerning the operation of Los Angeles County General Hospital, Osteopathic Unit No. 2, the only county osteopathic institution in the United States, is contained in the annual report recently submitted to the Board of Supervisors by Dr. G. W. Woodbury, head of the unit. With a wholly osteopathic staff of thirty physicians and surgeons, the unit cared for a daily average of 177 cases, the total for the year being 5651.

"Patients in the osteopathic unit stayed an average of 11 1/2 days in the hospital while for the county institution as a whole the average was 16 days. The shorter stays of the osteopathic patients represent an average saving per patient to the county of approximately \$30.00, the cost per day per patient being about \$6.00. Every patient in the unit received some form of osteopathic treatment.

"Every tenth patient at the General Hospital automatically is assigned to the osteopathic unit, except when a request is made otherwise. Any other patients preferring osteopathic treatment may be transferred to the osteopathic unit upon request."

## Births

Born to Dr. and Mrs. K. E. Dye, of Bowling Green, Ohio, a son, Kenneth Ellsworth, on November 19, 1932.

## Doctor Odell Seriously Injured

Dr. Clarence Odell, South Bend, Indiana, was seriously injured in an automobile accident on the evening of Tuesday, December 8th. He was taken to the Epworth Hospital of South Bend, where he has been confined since the accident.

In turning to evade a skidding automobile, Dr. Odell crashed into a telephone pole and demolished his car. He suffered a blow on the head which lacerated the temporal region and severed the temporal artery. He suffered greatly from loss of blood, as well as injuries to his back and chest.

Dr. Odell hopes to be well enough to resume practice the latter part of January. We extend to the Doctor every wish for his rapid recovery and return to health.

## Dr. Quest Appointed Boxing Physician

Dr. A. L. Quest has been appointed physician to the Boxing Commission of his home city, Augusta, Kansas. We congratulate the Doctor upon his appointment and also the Commission in realizing the importance of Osteopathic service in the care of those boxing under its banner.

## Letters Received

Dr. J. P. Jones, Buckhannon, W. Va.; Dr. W. C. Holloway, Thomasville, Ga.; Dr. S. C. Pettit, Cleveland, Tenn.; Dr. F. K. Stewart, Spencer, W. Va.; Dr. H. E. Skinner, Detroit, Mich.; Dr. L. J. Grinnell, Providence, R. I.; Dr. C. L. Musselman, Zanesville, Ohio; Dr. Gladys J. Cowan, London, England; Dr. K. E. Dye, Bowling Green, Ohio; Dr. H. V. S. Mott, Providence, R. I.; Dr. Ira L. Christy, Clarksville, Tenn.

The modern treatment of disease relies very greatly on the so-called "natural" methods—diet, exercise, bathing, and massage; in other words, giving the natural forces the fullest scope by easy and thorough nutrition, increased flow of blood, and removal of obstructions to the removal of wastes from the body.—(Sir William Osler.)

Graduation .....	Jan. 21
Registration .....	Jan. 22 - 23
Class Work .....	Jan. 25

## Weekly Assemblies Reinaugurated

After an absence of two months our weekly convocations are once again a part of the student activities. Many letters were received from the alumni deploring the fact that it was found necessary to dispense with these gatherings and, following the circulation of petitions in each of the classes, it was decided to start them again on Friday, January 8.

In the meantime the assembly room has been completely redecorated, the stage has been moved and rebuilt, velvet drapes were hung as a stage background and to enhance the acoustics of the room, and last, but not least, a complete new set of opera seats was installed. Still College now boasts of one of the best and most modern convocation halls to be found in any college near its size.

Much has been promised in the way of talent for future programs and it would be well worth the while for any one visiting in our vicinity to come and be our guest at one of these Friday morning get-togethers.

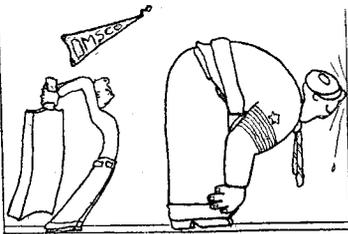
## Atlas Club Sponsors Scholarship Contest

The Xiphoid Chapter of the Atlas Club is announcing the establishment of an annual scholarship contest to be started this year. The contest will open on February 1 and will close April 15. The award will be a sum of one hundred dollars (\$100.00), payable upon tuition when the winner matriculates in Still College.

The contest is open to everyone; any Osteopathic physician may enter as many of his prospects as he or she sees fit. Application blanks will be gladly furnished by the Club. Full rules will be mailed anyone upon request. Address Xiphoid Chapter of Atlas Club, 1725 Sixth Ave., Des Moines, Iowa. It must be noted that the winner, if a male, is under no obligation to pledge the Atlas Club; neither is the Club under obligation to tender such pledges.

The fraternity hopes to receive at least one hundred contestants. Remember, this is absolutely non-fraternal in scope—you are all urged to enter as many persons as possible. Write for information at once.

**FRATERNITY NOTES**



**ATLAS CLUB**  
(J. Robert Forbes)

Our scholarship idea is now a reality. We are announcing this contest publically and expect an almost nationwide response. The alumni have not rallied about as well as they could have but those who did, responded in such a liberal manner that the alumni quota was almost filled. To Grand Noble Skull Marshall must go a great share of the credit for the realization of this plan. We expect all of you to enter prospects in the contest—write now for blanks.

Larry Theberge has been elected official letter-mailer for the Club. His nightly call "any lettahs to mail" usually elicits a deluge of epistles to be sent to the "deah ones."

Every one seems to be cracking the old books a bit harder and a bit later than has been customary for some time. Perhaps imminent finals are a guiding factor in this extra expenditure of scholastic energy.

We regret to see Bros. Harry Taylor and Marion Crawford leave us at the end of the semester, but we rejoice with them upon the attainment of their collegiate ambitions. The Semi-Annual Banquet in their honor will be held in the Kirkwood Hotel, Wednesday evening, January 13.

The annual Christmas Party, held December 16, was a grand affair. The house decorations were elaborate and beautiful, Santa had a gift for each lady present, Walt Woods presented his incomparable dance music, and the evening went down in Atlas tradition as one never to be forgotten.

Bro. Harold MacDonald, having taken the fatal leap during the holidays, is no longer with us as a house resident. We extend to Mac and his bride our heartiest congratulations and our best wishes for a lifetime of happiness and prosperity.

Bro. Homer Fredericks, who returned to the house after an absence of a semester, plans to reenter school at once. We are glad to have Homer back with us and to see him once again roaming ye olde halls of ye olde Still College.

Xiphoid of Atlas takes great pleasure in announcing the extension of pledgship to Joseph Walachek of Des Moines.

**DELTA OMEGA**  
(Rachel Hodges)

1932 and nearly the end of another semester. Examination time being just around the cor-

ner seems to be causing some added study. At least, something is.

We bet Rachel had an enjoyable trip home to Keosauqua for certain reasons known only to us.

Our pledge, Stella Slew, disappeared home very rapidly. I guess she wanted to be there so Santa would know where to find her.

Vi delivered the New Year baby for Still College at 4:30 A. M. New Year's Day. It was another girl weighing 8¾ pounds.

Norma Lee suffered an injured wrist. We hope it doesn't prove serious, as finals come soon.

Vi learned something in surgery class the other day when Dr. J. P. Schwartz declared all women were catty. Wait till she passes her opinion on men!

Stella was quite busy before vacation dressing the hair of the Still College Co-Eds. We find her very efficient in that line.

Delta Omega hopes the New Year brings more changes for the better in everyone's pocket and broader smiles on their faces.

**IOTA TAU SIGMA**  
(B. Herbert)

The old guard was somewhat decreased this year during the holidays with only Bros. Herd, Hurd and Spaulding being present. All of the Brothers report having a great time while home or visiting.

It seems that Bro. Hall likes Champagne, Ill., so well that he is looking forward to keeping as far away as possible.

Bro. Routzahn had the pleasure of taking Bro. Hewlett to Dayton, Ohio. Carl seems to be getting to be quite a globe trotter and, what is more, the more places he visits the better they get!

While here, Bros. Routzahn and Hewlett drove to Cincinnati, Ohio, to see Bro. Howard Cook. It is with a great deal of pleasure that we learn that ~~He~~ has recovered sufficiently to be taken home from the hospital. We wish to assure Bro. Cook that we are all pulling for him and expect him back at the house some time in the near future.

Before long, Bro. Osborn will be tripping down the middle isle to the tune of "I Love You Truly" and the scent of beautiful flowers in all their natural glory. The entire fraternity is wishing Bro. Osborn all the happiness in the world.

While home over the holidays Bros. Hall, Obenauer, Herbert and Purdue had the pleasure of being the guests of the Southwestern Ohio Osteopathic Association at a wonderful banquet at the Gibbons Hotel, Dayton. We wish to thank them for the wonderful time we were shown and hope to someday be able to return it.

This same group, with the addition of Bro. Koch, attended another convention at the Dela-

ware Ohio Osteopathic Sanitarium as the guests of Dr. Gebhart of Dayton, Ohio. While here, three major operations were seen very closely and many wonderful lectures heard. It is experience of this sort that gives the student a perspective on the future and a desire to get all he can out of his school work. While at Delaware, Bro. Quartel was seen. He is at present interning in this institution.

It is with a great deal of regret that we learn that Bro. Hewlett is being graduated in January, which means that he will soon be leaving us. We all certainly hope that he will have all the success in the world and feel quite confident that he will, knowing him as we do.

With the semester being almost over the Brothers seem to have taken out stock in the Power and Light Company—judging by the number of lights that are kept burning unusually late. By this time next semester we shall all be up the ladder just a little bit farther and a new class started. Welcome, Freshmen!

**PHI SIGMA GAMMA**  
(R. F. Allen)

Once again the boys are all back and ready to go, after a two-weeks' vacation. Reports of a fine time come from all corners, to say nothing of a little excess adipose tissue gained by several.

Bro. Toepfer takes the prize for traveling the farthest. The speed demon visited Pennsylvania, Michigan and Florida in two weeks. Howdy says "Why buy an aeroplane?"

We were indeed surprised on our return to find the house changed into a wire factory or, on second thought, perhaps a telegraph system was being installed, however it developed that the house had just been re-wired by a couple of "expert" electricians. Stoike has the wires on the wall in his room arranged to represent the Brachial Plexus. He says it's good review for the State Board.

Quite a few of the members are planning on taking the Board in January, hence the large gatherings in the front rooms at night to pour over the things missed in class three years ago.

Bros. Oleson and Armbrust with the aid of pledges Seelye and McCune kept the homefires burning over vacation. Outside of being a little cold at times, they say they had a wonderful time.

Hymie Kestenbaum returned the proud possessor of a new Graham-Paige sedan. We're still waiting for that first ride Hymie.

Several shiny new kits have been added to the Junior's equipment. Now if we only get a chance to use them once in a while!

The Senior Banquet will be held Thursday, January 14, at Grace Ransom's Tea Room in honor of Frank Schaeffer and

George Purdy, who are graduating this month.

We would like at this time to thank all our friends for the lovely cards received during the holidays and hope to hear from them again.

**Students Feted During Holidays**

**Warren, Ohio**

The Warren Osteopathic Association, of Warren, Ohio, held its annual banquet for the students of that district at the Ivy Inn, December 29. There were six doctors, students from Kirksville and Still, and several prospective students in attendance. Charles Naylor, of the Junior Class, represented Still College. Dr. J. F. Reid was the principal speaker, and short toasts were given by Drs. John Mahana, H. C. Seiple and E. C. White, and by the various students.

**Dayton, Ohio**

The South Western Ohio Osteopathic Association held its annual student banquet at the Gibbons Hotel, Dayton, on Monday, December 29. Dr. Costner was toastmaster and 41 doctors, students and prospective students were in attendance. Dr. Gravitt was the main speaker of the evening and he presented trophies to Drs. Lang, Wilson and Early for extraordinary accomplishments in Osteopathic research. Those attending from Des Moines Still College were B. Herbert, C. Haupt, J. Obenauer, G. Hall and R. Perdue.

**Detroit, Michigan**

The Detroit Association of Physicians and Surgeons of Osteopathic Medicine held its annual dinner dance in honor of local students and prospective students in the Cadillac Athletic Club on Tuesday evening, December 29. Dancing was enjoyed after the banquet. Among those in attendance from Still College were J. Campbell, R. Stephens, H. Kestenbaum and L. Kestenbaum.

**A Prayer**

(Lines 200 years old, found in Old Chester Cathedral, England)  
Give me a good digestion, Lord  
And likewise something to digest;  
Give me a healthy body, Lord,  
With sense to keep it at its best;  
Give me a healthy mind, good Lord,  
To keep the good and pure in sight,  
That seeing sin, is not appalled,  
But finds a way to make it right.  
Give me a mind that is not bound,  
That does not whimper, whine or sigh.  
Let me not worry overmuch  
About the fussy thing called "I".  
Give me a sense of humor, Lord,  
Give me the grace to see a joke;  
To find some happiness in life,  
And pass it on to other folk.  
—From the Osteopathic Magazine.

# The Log Book

The Official Publication of ...  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor....H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

## Our New Year Resolutions

Urged by a sudden and uncontrollable desire to reform ourselves, it is quite customary at this time of the year for us humans to make various and sundry "Resolutions." We often wonder whether this custom originated years ago when man first lifted himself into higher planes and began to measure time, whether or not it is common to all races, or whether or not it is merely another manifestation of "Americana." In the light of some of the resolutions, the latter seems quite probable—it would very well go hand in hand with such brilliant American customs as flagpole sitting, marathon dancing, and jig-time jazz.

These resolutions, so glibly made at the start of each new year, are the subject matter for much of our humor of the season and, as a rule, are not taken seriously either by the resolving one or his friends or his relatives. Of course there are exceptions, no doubt many persons have made resolutions at the new year, kept them faithfully, and bettered themselves thereby.

We are going to follow the crowd and make two resolutions. We hope they will be the exception to the rule, and, with the co-operation of our readers, we know that they will be.

First, we resolve to bend every effort to increase the news value of the LOG BOOK. We hope that each issue will contain items of interest to students, students-to-be, alumni, and friends.

Secondly, we resolve to do our best to make the LOG Book of greater service to the profession. This we hope to accomplish by means of an active editorial policy and by the publication of valuable and interesting scientific articles such as the present series by Miss Johnson.

There are four remaining issues of this volume of the LOG Book. Perhaps this does not give us much chance to carry out our resolutions to their utmost possibilities, but we do hope to make a great stride toward the attainment of our ambition. With your assistance, the paper shall grow in value and importance with each subsequent issue.

Even the "father of medicine" Hippocrates, taught the value of fresh air.

## Convocation, Jan. 8

To Dr. R. B. Bachman goes the honor in presenting the first in the new series of convocations. A goodly turnout was well entertained by Chief Lone Star, a Cherokee Indian. The Chief opened his entertainment by singing. He is the possessor of a rich baritone voice, and plays his own piano accompaniments. He next whistled a medley made up of "Drink to Me Only With Thine Eyes" and "Mighty Lak a Rose." As a special encore he closed by singing an old Cherokee Pow-Wow and Sun Dance.

Chief Lone Star next told some very interesting anecdotes concerning his difficulties in learning the English language. He then told us some facts concerning East Indian philosophy which were instructive as well as interesting. He closed by saying: "Develop a beautiful personality, believe in yourself and in your goods and you will have no trouble in creating a place for yourself in the world. The magnitude of your place in the world is up to you; as a man thinks within himself, so will he be."

## State Boards

### South Dakota

The South Dakota State Board of Osteopathic Examiners will hold its next examination Feb. 10 and 11, 1932. Anyone interested in writing this examination should make application to the secretary before Feb. 1, 1932.

Address inquiries to Dr. C. Rebekka Strom, Sioux Falls, South Dakota.

### Tennessee

Anyone interested in Tennessee as a field for practice is requested to write to Dr. George A. Bradfute, General Building, Knoxville Tennessee, for information.

### Nebraska

The mid-year examinations of the Nebraska State Board of Osteopathic Examiners will be held at the State House in Lincoln on Feb. 25 and 26, 1932. Applications must be in 15 days prior to the examination. Inquiries should be addressed to Mrs. Clark Perkins, Director, State House, Lincoln, Nebraska.

### Michigan

The January examinations of the Michigan State Board of Osteopathic Examiners will be held at Battle Creek on January 26, 27, and 28, 1932. Address inquiries to Dr. H. Conklin, 716 City Bank Bldg., Battle Creek, Michigan.

An educated man is one with a universal sympathy for everything and a certain amount of knowledge about everything known and is still learning at the end. He has learned to love all beauty and scorn all vileness, either of which are nature or art, and to respect others as himself.

## —THE— CURRICULUM

Physiology and Histology  
By Ava L. Johnson

The general physiology course (excluding nervous physiology) at Still College is a thoro and academic study of the science of the normal processes of the body. The structure of the parts, the chemistry, the physics and the physiologic control of their functions come under careful survey. It is the belief of the instructor that a group of students entering a profession which uses so challenging a slogan as "Nature's Way" should be well grounded in a workable understanding of physiological activity. To this end, action and interaction and relation and interrelation are studied. Especial stress is laid upon those factors in physiology which make the background for understanding functional disorder and the normal which must be approximated by the corrective measures. The physiological principles which must underline intelligent, selective and successful Osteopathic therapy are emphasized.

The Fall semester includes physiology of the circulatory, respiratory and muscular systems. A study manual of questions over these systems has been developed which is used as a basis for daily quizzing, for reference and for review. The laboratory manual has been compiled to follow the lecture work closely and to exemplify and emphasize the didactic principles. During the second semester, physiology of digestive and endocrine systems is studied in the same manner.

Histology is considered in this course not only microscopic anatomy but a necessary foundation for understanding physiological function and pathological change. The tissues and organs of the body are grouped under main divisions. In studying the structures of each division, the similarities are noted and the differentiations emphasized. Daily lecture and quizz is augmented by use of the microprojectoscope, by means of which a slide of the material under discussion may be thrown upon the screen for classroom observation and study.

Laboratory study parallels the lecture and classroom work. Here use is made of a manual which contains in outline, for reference, the smallest features of each structure in its proper relationship, and complete directions for thoro microscopic study and recording of findings.

We've heard of postmen taking a hike on their holidays—but when we saw, the other day, an osteopathic student at a burlesque show—Well!

## American Osteopathic Foundation Sponsors Health Cruise

Under the auspices of the American Osteopathic Foundation, the Cunard liner "Scythia" will leave New York City on December 1, 1932, for a 130-day health cruise around the world. Thomas Cook & Co. will manage the cruise and have charge of all shore side trips and accommodations.

A feature of the trip will be the complete staff of Osteopathic physicians and surgeons, laboratory assistants, research workers, internes, nurses and attendants, totalling 75 persons. All health care and attention is part of the cruise and is offered at no extra charge.

For complete information, address Dr. S. V. Robuck, Osteopathic Health Cruise, Inc., 430 N. Michigan Ave., Chicago, Ill.

## School—Go Slow!

[Ed. Note: The following paragraphs are excerpts from an article written by Tenney L. Davis, Associate Professor of Organic Chemistry, Massachusetts Institute of Technology. They were brought to the attention of the editor by Miss Ava Johnson and, as they appeared to be very pertinent and worth while, they are being quoted in part here. The entire article by Mr. Davis appeared in the December, 1931, issue of the "Wiley Bulletin."]

"Training is one thing, education another—but it is another which presupposes a sufficient amount of the first. Both are purveyed by our institutions of learning, and many a student thinks that he is educated after he has submitted to a rigorous training. The judgement to distinguish the one from the other is something that comes with the education itself.

"The process of imparting that maturity of judgement by which the educated person differs from the one who is merely informed, cannot be hastened greatly and can never be accomplished in a hurry. Speed in training is fine, admirable, and much to be desired. And it is part of the business of our schools to train. It is also part of their business to educate. And speed in education is no more possible than speed in the breeding of hogs.

"Education is an appreciation of excellence—a sense of values. An educated person is one who is capable of distinguishing the excellent from the inferior, the more valuable from the less; and the process of getting an education is the process of getting the judgement to discriminate.

"The getting of a sense of values is a process which cannot be hurried. It is easier to hurry the ripening of fruit. Fruit frequently ripens before it rots. But the judgement is always rotten until it is ripe."

## "Body Mechanics" and the Medical Profession

(An Editorial)

Some time ago the LOG BOOK printed an editorial entitled "An Osteopathic Article by Dr. R. S. Copeland." In this editorial the writer quoted Dr. Copeland to the effect that he admitted the relationship of posture and faulty body mechanics to health. The Doctor told of children showing remarkable return to health after correction of defective body mechanics, he told of the effect of said improper body mechanics on the digestion, bodily vigor, resistance, and various chronic conditions. In that editorial it was predicted that such declarations on the part of medical men were but harbingers of what might be expected in the future.

There recently came to the editor a transcript of one of Dr. W. M. Pearson's speeches, in which he made reference to this very thing. The following quotations from a bulletin printed by the Medical Committee of the Nation Child Health and Protection Committee were given by Dr. Pearson:

"Clinical evidence may become cumulatively impressive. A brief summary of this evidence in relation to the association of good body mechanics with good health in children may be stated as follows:

"1. Failure to gain weight and disturbances of digestion in spite of appropriate diet and favorable living conditions are frequently associated with poor body mechanics.

"2. If there be present no organic lesion, weight tends to increase and digestive disturbances to disappear as poor body mechanics is changed to good body mechanics.

"3. Irregular and insufficient bowel movement tends to become regular and ample with the acquirement of good body mechanics.

"4. Cyclic vomiting and certain presumably toxic crises have ceased concomitantly with the correction of poor body mechanics.

"5. Increase in alertness, resistance and a sense of well-being are usually associated with the change of poor body mechanics into good body mechanics.

"The Subcommittee on Orthopedics and Body Mechanics submits the following recommendations as to what ought to be done to make adequate training in body mechanics available to the children of the United States.

"A. In Medical Schools.

"1. That the instruction in body mechanics be made an integral part of the required course of study in all medical schools.

"2. That instruction in body mechanics be given as an integral part of the course in anatomy and continued under one of the major departments of the school, either in general medicine or pediatrics and be again emphasized in the instruction given under the department of orthopaedic surgery.

"3. That this instruction be placed both upon the prevalence of poor body mechanics and upon the probability that the maintenance of good body mechanics may exert a preventative influence upon poor functional health.

"B. Schools of Physical Education.

"1. That body mechanics should be made the basic principle of all physical education and that these principles should always underlie instruction in what are known as calisthenics and games, and should be exhibited while these exercises and games are being carried out.

"2. That instruction in the detailed methods of correction of poor body mechanics should be considered a major course in physical education schools.

"3. That the personal acquirement and retention of good body mechanics by all students of physical education should be required for a diploma of graduation.

"C. Schools of Nursing.

"1. That instruction in the principles of body mechanics be made a part of the required courses of education in all nurses' training schools and an integral part of their instruction in anatomy.

"2. That clinical instruction should supplement didactic instruction.

"D. Hospitals and Health Centers.

"1. That clinics or classes in body mechanics and posture be established in all children's hospitals and in general hospitals treating children, and in all health centers, and that these clinics or classes be conducted at least once a week.

"2. That the conduct of clinics or classes in body mechanics be under the supervision of a physician."

As we stated in the editorial referred to in the opening paragraphs of this article, medicine is openly adopting the osteopathic concept, but camouflaging it behind so-called "scientific medicine." The thing now being "discovered" by medicine has been a part of osteopathy for over fifty years, but, of course, osteopathy will never be given one iota of credit for it. Dr. A. T. Still discovered these facts, worked them out and demonstrated them to his own satisfaction and to the satisfaction of many others some half century or more ago—yet today, in 1932, the medical organization is hailing the effects of poor body mechanics upon health as a great new revolutionary discovery of "scientific medicine."

Again we state that these facts are purely osteopathic and that we must see that Osteopathy is given full credit for them. We must not stand by and see the dominant school take any part of our therapy, hail it as their own discovery and take it before the public and the schools as such.

## Endocrines and the Osteopathic Physician

Ava L. Johnson, B. H. Ec., B. Sc., M. Sc.

(Continued from Last Issue)

### Structural Influence

I. First, the structural side. Our entire body form, structure and growth, the way we are built and the composition of the materials of which we are made are all largely due to our endocrine system.

If the thyroid is congenitally absent, mal-formed or destroyed, or inhibited by early childhood diseases, we have "cretinism". The cretin is the stunted, misshapen, and warped dwarf. If the gland secretes some, the patient may live, but if the gland is absent, death is inevitable unless the sustained administration of thyroid substances or extract is resorted to. Many cases of cretinism have responded very remarkably to this treatment.

The parathyroids control calcium metabolism. Hypofunction results in a malformation of bones, defective teeth, violent muscular tetany, diminished immunity and diminished coagulability of the blood. If entirely absent, death is certain. Any decrease in blood calcium is an indication for parathyroid therapy. When the parathyroids are hyperfunctioning, calcium is deposited in muscles and tendons; there is arterial calcification, renal calcification, and increased blood calcium.

If the pituitary is congenitally absent, mal-formed, or destroyed or inhibited in childhood, we have the midget or perfectly formed dwarf. This dwarf will not present the grotesque or unproportioned features of the thyroid dwarf; he will be a normal individual in all ways except size. If the pituitary is hyperactive before puberty, especially the anterior lobe, we have the condition known as "gigantism"; or if over-activity is stimulated in the adult, "acromegaly". In this disease, the patient becomes a giant, his bones are over-developed, high cheek bones are typical, he may reach seven to nine feet or more in height, and his body is more or less unsymmetrically formed.

### Functional Influence

II. Second, the functional side. Our response to stimuli, our resistance to infections and our repair of injuries are all largely due to the working balance of our endocrine system.

Biochemistry and animal experimentation show that the efficiency and effectiveness of every cell is in direct proportion to its tone. All other things being equal, the normal healthy tone of cells and tissues depends upon the concentration of the internal secretions in the blood and tissues. Without the normal concentration and balance of internal secretions the cells and tissues lose their tone and their efficiency is either impaired or,

in extreme cases, lost altogether. That immunity to infection and speed of repair after injury is specifically regulated by internal secretions has been proved many times in animal laboratories.

An osteopathic physician of my acquaintance told me that he gave his child osteopathic treatment every night and even though the child had been exposed in several epidemics it had not developed any disease. While this is not possible in 100% of the cases, it conclusively proves the action of osteopathy in controlling endocrine secretions.

(Continued Next Issue.)

## Open Hospitals Ordered By Gov. Murray

There has been much widespread comment on the order of Gov. W. H. (Alfalfa Bill) Murray of Oklahoma to the state hospitals forcing them to open their doors to practitioners of the so-called "irregular" schools of practice. Governor Murray's steadfast stand on this matter in spite of the powerful pressure brought to bear upon him is to be highly commended.

The Governor's statements on the question are characteristic and leave nothing to the imagination. He said, "The hospital does not belong to the doctors. It belongs to the people. . . . The hospital is a public institution and should admit all physicians, surgeons and other practitioners having remedies recognized and licensed by law. Hospitals built and supported by the people, belong to the people." When the staff of the state hospital and faculty of Oklahoma Medical School threatened to resign if he enforced his order, the Governor replied, "The world is too full of good physicians to give any consideration to—or anyone else in that institution."

Mr. E. K. Gaylord, editor of the Oklahoma City Times and the Daily Oklahoman, wrote two pertinent editorials on the question in which he staunchly defended the Governor's position. Mr. Gaylord wrote in part: "The Governor holds that an institution supported by the people should be open to all the people. He holds that since the believers in various schools contribute to the support of the University hospital they should be free to enter that hospital for treatment and should be permitted to say what character of treatment they desire. He denies the right of any school of healing to assume control of any institution supported by the taxpayers and exclude from the benefits of that institution all methods of treatment except their own."

"We had an awful time at our house last night."

"How's zat?"

"There were eight of us sleeping and the alarm clock was only set for seven."

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 9

FEBRUARY 15, 1932

Number 9

## Dr. Mary Golden Speaks At Local Church

Dr. Mary E. Golden of the faculty of D. M. S. C. O. spoke at the meeting of Unity Circle of the First Unitarian Church of Des Moines, Wednesday, February 10.

Dr. Golden's subject was "As a Man Eateth, So Is He." She spoke in the church parlors and the lecture, which was open to the public, was illustrated by means of slides.

Those of us who have had the pleasure of being in class under Dr. Golden are well acquainted with her speaking abilities and her almost unlimited knowledge of the subjects upon which she speaks. Those in attendance at this meeting undoubtedly were the recipients of much valuable knowledge upon our dietary habits and the methods of correcting them.

## Anent Our New Auditorium

During the past two months the college has expended approximately \$1,500.00 in refinishing and refurnishing the school auditorium. A new stage was built in the west end of the hall and draped with plush curtains of a rich maroon color. Similar drapes were placed on runners over each of the windows in the room and when closed afford facilities for motion pictures or lantern slides. These curtains and drapes also greatly enhanced the acoustics of the hall.

The stage is illuminated by a triple set of flood lights, one set of blue, one of red and one of white. The band pit immediately below and in front of the stage is well lighted by these floods.

A complete new set of late design opera seats were installed and thus afford ample accommodations for several hundred persons. Additional space is available for overflow crowds and portable chairs are at hand to handle any such an audience.

Last but not the least of the improvements was the enameling of the walls with a glossy white enamel. This finish aids greatly in diffusing and disseminating an equal amount of light to all parts of the auditorium and placing shadows to a minimum. All in all we are very proud of our convocation hall and extend a cordial invitation for each of you to come and spend a Friday morning with us at our regular weekly convocation.

## Commencement

Commencement exercises for the Class of January, 1932, were held in the College Auditorium on the evening of January 22, 1932. A large audience of relatives and friends assembled to pay their respects to the nine members of the class.

The processional was played by Mr. Ralph Norman Deal as the members marched to the platform. Rev. C. L. Young gave the invocation. Mr. Ronald A. Wilburn, a Freshman student at Still College, presented two vocal solos, Handel's "Total Eclipse" and "Star Eyes" by Cuoci.

The Rev. Charles J. Dutton, pastor of the First Unitarian Church of Des Moines, delivered the Commencement Address. Rev. Dutton read excerpts from a graduation address given at Harvard University in the year 1814, which, among other things, contained the statement that the then graduating men were entering a perfect world, a world in which the absolute height of scientific and intellectual attainments had been reached, a world in which further progress was impossible. "Realize that the biggest thing in life to seek is to understand men and women," said Rev. Dutton, "there are five steps to the attainment of the good life; first, love your work; second, make friends—no one ever succeeds without friends; third, cultivate a hobby—you need it to relax from your work; fourth, cultivate a great cause—something to believe in, link yourself with something bigger than yourself; and fifth, be sympathetic". In conclusion the speaker admonished the graduates to "face the world realistically, seek knowledge always, be tolerant, and be willing to see that everyone in the world has his fullest measure of happiness—all people are worth saving and making happier."

Dr. J. P. Schwartz, Dean of the college, presented the class to President C. W. Johnson, who conferred the degrees. Following two vocal solos by Mr. Wilburn, "A Brown Bird Singing", by Wood, and "Requiem", by Homer, Rev. Young spoke the benediction.

Class of January, 1932:

Fred William Benz, Francis Marion Crawford, Gordon Ellsworth DuBois, Charles Francis Gowans, Earl Wesley Hewlett, Ambrose William Muttart, George Alan Purdie, Frank William Shaffer and Harry D. Taylor.

## Students Thanked For Athletic Services

The following paragraph appeared in "The Railsplitter", student publication of the Lincoln High School of Des Moines, a few weeks ago.

"Railsplitters of Lincoln High wish to thank Drs. J. Koch and C. Rutzahn, of Des Moines Still College of Osteopathy, for the splendid work done for our football squad the past season. These two young doctors spent every afternoon during the week all through the football season caring for the injuries of our football players."

These students, members of the Senior Class, are to be congratulated upon receiving such flattering appreciation of their work.

## Miss Johnson Speaks At Cedar Rapids

Miss Ava Johnson, of the D. M. S. C. O. faculty, delivered an address on "Psychology and the Physician" before a convention of the Osteopathic Physicians of Cedar Rapids and surrounding territory at the Montrose Hotel in Cedar Rapids on Friday evening, February 5.

Miss Johnson told how necessary it was for the successful physician to have a working knowledge of psychology in order that he might, first, know himself and, secondly, know others.

"The physician," said the speaker, "must realize that it is necessary for him to possess a reserve of manner which the public likes and expects of him. We are all republicans but we adore the aristocrats. The persons with whom the doctor associates must not be from the so-called lower strata of society; a clubman may get drunk with his lawyer but he will not tolerate such conviviality with his surgeon; manners of dress and speech will not get the desired prestige and may, in some cases,"

(Continued on page 4)

## Births

Green

Born to Dr. and Mrs. Marvin E. Green, of Sac City, Iowa, a daughter, Shirley Kaye, on January 11, 1932.

Wynn

Born to Dr. and Mrs. Paul V. Wynn, of Holland, Michigan, a son, Paul Vernon, Jr., on January 12, 1932.

## National Examiner Visits College

Wednesday and Thursday, February 10 and 11, Still College played host to Dr. John E. Rogers of Oshkosh, Wisconsin. Dr. Rogers is the inspector for the bureau of colleges of the American Osteopathic Association.

The Doctor spent Wednesday attending the various classes and looking over laboratory and other departmental equipment. Wednesday evening he was the guest of Dr. H. V. Halladay at the Halladay home. Thursday Dr. Rogers spent in completing his examination and spoke to the student body in special assembly at 11:00 a. m. At noon he was the guest of honor at a dinner given by the college at the Grant Club, the faculty and osteopathic physicians of Des Moines were in attendance. Thursday evening the Doctor closed his Des Moines visit by being the guest at a reception in his honor given at the Phi Sigma Gamma fraternity, of which he is a member.

We enjoyed having Dr. Rogers, who, by the way, is an alumnus of D. M. S. C. O., with us on this occasion. We trust that he found the college entirely to his liking and know that he was impressed with the high type of physicians being graduated from this institution.

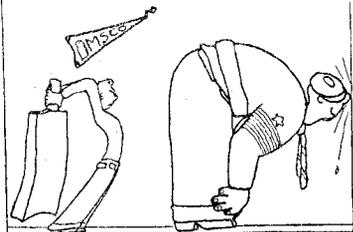
## Prof. Parisi Awards Honor Keys

The first examination in the basic laboratory sciences was taken by 24 students, seven successfully passing and receiving the key presented by Prof. F. A. Parisi, head of the laboratories.

The key is inscribed with a caduceus upon which is superimposed a microscope. The word "Osteopathy" appears at the top and the words "Still College" at the bottom, while the Greek letters "Mu, Lambda and Sigma", signifying "Microscopic Laboratory Sciences", are attractively arranged about the design.

Subjects in which the contestants were examined were Chemistry, Laboratory Diagnosis, Histology, Pathology and Bacteriology. Those successful were Howard Graney, William Hinds, Robert Forbes, LeRoy Porter, Walter Nelson, Samuel Kahn and Sydney Elias.

**FRATERNITY NOTES**



**ATLAS CLUB**  
(J. R. Forbes)

We are receiving a goodly number of applications for entry in our scholarship contest. However we want as many as possible to take advantage of this chance to win a portion of their Freshman tuition at Still. Doctors, if you have not yet entered your prospects do so at once. Write us and you will receive full information and application blanks.

Saturday evening, January 30, Cookie Moore, in celebration of his election to the presiding office of the chapter, gave a "President's Ball" and invited each and every member and his feminine companion to attend. The radio furnished the music, a goodly crowd was there and everyone enjoyed a whopping big time. If Cookie will promise to celebrate with a Ball each time we will elect him to something or other every week or so.

Our valiant bridge team, lead by John Anderson, B. E. (Bridge Expert), emerged from the first week's play with a full amount of glory and very few injuries. Rigid training rules are in effect and Coach Anderson promises to severely reprimand any player breaking training. We are pulling for the team and hope to see that ol' bridge trophy nestling on our mantel after the smoke of battle clears away.

We are conducting a nocturnal declamatory contest for both professional and amateur orators. The defending professional champion is Red Tannehill, and thus far Pledge Ed Lodish is his only opposition. These two professionals have great capacities for orating while in slumber but Red's experience appears to be a little too much for Lodish to overcome. In the amateur division we have Casey Kessler and Pledges Hutson and Andreen. Spoon seems to be the most powerful and Clem the most persistent, but Casey's frequent outbursts of wit and wisdom make him the favorite in the betting. If Kessler can defend his amateur standing against the accusation of professionalism he is almost a cinch to win. Cy Potter, a recent and belated entry, claims that he will soon overtake the amateur field and win by at least ten minutes fervid oratory—however his abilities have not yet been properly proven. The results of this contest will be announced from week to week in the Congressional Record.

Dr. Larry St. Amant sent us a most welcome letter a few days ago. We were all glad to hear

that Larry, who is in River Rouge, Mich., is doing well and has builded himself a large practice. Come again, Larry.

Monday evening, Feb. 8, saw the reorganizing of the Fraternity table. We have secured a most capable cook and the old familiar "miss a stroke and pass me the butter" may be heard each and every evening. We serve every evening at 6:30 and Sundays at 1:30. We extend a cordial invitation to all alumni to come and have dinner with us.

We take great pleasure in announcing the extension of pledge-ship to Edward Leininger of Creston, Iowa, and Paul Isaacson of Denver, Colorado. Pledge Isaacson recently transferred to Still from the Chicago College of Osteopathy and was a pledge of Hyoid Chapter of the Atlas Club at that school.

**DELTA OMEGA**  
(Rachel and Vi)

The new semester finds a calm following the storm of examinations. At present all of us are awaiting grades to be sure that we have convinced our professors of our worth.

Rachel and Norma claim to enjoy the Y. W. C. A. dances very much. There must be some reason for this.

The actives met February 4th to discuss plans for future work and good times and there appears to be much in store for the Delta Omega girls this semester.

Vi says she is content again now that her old black dog came back from its visit to Minnesota.

There is something mysterious about Norma lately. Maybe some day we will know what.

Stella must have learned a lot last semester, anyhow she has a bright look on her face and lots of enthusiasm.

Lillian says there are some good Osteopathic Physicians in this school. I guess she ought to know!

**IOTA TAU SIGMA.**

(B. Herbert)

Up out of that deep, dark hole he staggered. It was once a white man but now he is covered with a strange, dark substance and a liquid commonly called perspiration. He was murmuring to himself "curses (well, something like that) what is that strange odor I smell?" Up chirped that ever present freshman, "Oh, Doctor, maybe it's fresh air." Bro. Routzahn, with a little extra help, is now struggling with that hungry mouth in the basement, endeavoring to pacify it, with suggestions from most of the chapter, with what is known in this state as that fast burning lump (yes, you bet). Several of the brothers are trying to devise a plan whereby most of this stuff can be kept originally placed instead of on ties and white collars. Doesn't the air seem heavy this winter!

Brothers Herd and Hurd seem to be having some difficulty with the germ theory. Doc claims that a germ becomes dangerous only

after it has a foothold. John says that this isn't at all possible due to germs having no feet. Anyway the ground hog didn't see his shadow.

Bro. Hurd recently reported the loss of a pair of shoes. It was later found that one of the new men was using one of them for a bookcase and the other to do some pressing on. It was only an accident that Doc wasn't taller.

Bro. Lyle has recently acquired the new name of "putty". Most everyone knows the characteristics of that substance. Wonder what John has been doing lately?

The house recently had a new form of amusement in the form of a bridge party followed by a radio dance. Sounded like a typical bridge party or possibly a ladies' aid. Of course, most of the Brothers didn't have much to say, but there certainly was a lot of chatter. Anyway everyone had a great time and as a result we are looking forward to another one.

Bro. Whetstine can now be seen getting up an hour earlier every morning, going through a series of strenuous exercises and running several times around the square to improve his wind, because he is the new bridge captain. We're all rooting from the sidelines, captain, and may you have lots of luck and come through without a scratch. Don't forget your shoulder pads when you buck the dummy.

Bro. MacLaughlin recently bought the equipment for his new, shiny kit. Among several other things were an amputating knife, a pair of bone shears and enough wire netting for splints to fence in the Equitable building. Oh, well, Mac always did say he wouldn't live long.

**PHI SIGMA GAMMA**  
(M. J. Schwartz)

The following men were elected to guide the destinies of our chapter for the coming semester: LeRoy E. Jagnow, President; Charles E. Stoike, Vice President; Maurice J. Schwartz, Corresponding Secretary; Charles L. Naylor, Treasurer; and Arthur L. Montgomery, House Manager. With such a fine staff of officers on deck and an especially fine crew we are sure to weather the perils of the semester successfully.

We extend a hearty welcome to Bro. G. Albert Noble of New Brunswick, Canada. Noble is an upper Junior and transferred from the Kirksville College.

We congratulate Pledge Harold Seelye on his venture into the realm of matrimony. Miss Martha Sutherland of Des Moines was the happy bride.

Olson, Purd.e. Stivenson and Stoike burned some of the well-known mid-night oil preparing for the Iowa mid-year State Board. We are confident that our doctors were successful. At any rate, they are now fully acquainted with the exact location of the Iowa State Capitol building.

Freddie Schaffer deserves a

big hand in a big way for keeping our domicile properly heated these frigid days. However, we can't say much, paddling is more effective for the pledges to whom Freddie occasionally delegates his duties while he is taking care of his more or less lucrative practice.

Bro. George A. Purdie is now practicing in Clarion, Iowa, and Bro. Frank Schaffer is interning at the Southwestern Osteopathic Sanitarium at Wichita, Kansas. We wonder how the doctor is progressing in his endeavor to teach the fair nurses the subtleties of chemistry and allied subjects.

Burton and his jallope, Bob Allen and his car, and Dave Grau and his automobile have weathered the cold spell in fine shape. Mere trifles such as having to turn a crank for 10 minutes or being pushed for several blocks left the boys undaunted and, warm or cold, rain or shine, they board their trusty chariots and get to school like that Rock Island train to Chicago, about five minutes late.

We extend our condolences to Bro. Blech on the death of his grandmother. Carl left for Milwaukee on Tuesday to be home for the funeral and returned to Des Moines the following Tuesday.

Bro. Withrow is pulling hard at the traces these days and wants to go home to Milwaukee. My desires anent going home have been taken care of as Mrs. M. J. has informed me that she will visit Des Moines and myself over Washington's birthday.

Greetings alumni! Let's hear from you. We promise to answer your letters.

**Bridge Tourney Starts**

The annual Sigma Sigma Phi Inter-fraternity Bridge Tournament got under way Feb. 7, and will continue on successive week ends until a total of four sessions have been played. Each house will be represented by four teams and the play will follow the round robin system.

The defending champions are the players from the Iota Tau Sigma house and their team is a formidable contender this year. Teams from the Atlas and Phi Sigma Gamma houses are showing improvement over last season and the first day's play indicates a very close race.

Standings after first round play:

	W.	L.	Pctg.
Atlas Club	.....16	12	.571
Phi Sigma Gamma	.....14	14	.500
Iota Tau Sigma	.....12	16	.428

A gentleman is one who is thoughtful of the feelings of others and would rather miss the chance for a brilliant repartee than to risk humiliating or offending a fellow man; who can hold steadfastly to his opinions and not thrust them on others who think differently; who is dignified without being self-conscious and is genial without being unduly familiar.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor....H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

## After Graduation--What?

(An Editorial.)

Nine men last month closed their collegiate careers and are entering the field of Osteopathy. Some of these will spend their first year interning and others will directly enter practice, either in city, town, village or rural community. Perhaps the hardest months of their entire lives lie before them; some, of course, will be more fortunate than others, but we do not doubt the ultimate success that will sooner or later come to each of them.

When we are in school we are prone to consider practice entirely from a monetary aspect, that is, we measure the results of the practice we hope some day to own by dollars and cents. If one does not lose this viewpoint by the time he graduates he will never be an asset to the Osteopathic profession. The student who plans on amassing great wealth in the field had better get into some other line, brokerage, business, manufacture, or some such calling in which great fortunes are made—there may be millionaire physicians but they did not gain their wealth by their practice alone. Of course, the practicing physician must make every attempt to attain some degree of financial affluence in order that he might fill the niche reserved by convention for the doctor, however, this should be a secondary thought to the new graduate.

What, then, should the new man aim for? What should be his ultimate ambition if it be not to acquire some personal wealth? The answer is—service. If the young doctor wins a reputation for service, he will be a financial success in spite of himself.

In the first place the physician owes willing service to his patients. The man who wins the respect and admiration of his clientele will always find a number of new patients seeking his counsel. Do not assume a hard-shelled business attitude toward those who come to you, take an interest in them, make them feel that you are sympathetic and anxious to help them. In this as in selling a commodity it is that "extra something" that wins and holds the majority of persons. Remember, a satisfied and admiring patient is your best advertisement.

In the second place the physician owes service to his community. No matter where you may

be, you, as a doctor, occupy a somewhat elevated position in the estimation of those living about you. Always support the community enterprises, be they home talent theatricals or charity drives. Without losing that professional reserve, which people expect of you, learn to meet folks on their own ground. Know something of what each one is interested in and be able to talk a bit intelligently on what ever subject your conversationalist may wish to discuss, be it bonds, art, architecture, agriculture, stock raising or what have you. In other words, see that you are admired not only as a physician by your patients but as a man by those not your patients.

This, we think, constitutes what should be the first thought and ambition of the new man—be of real service. Of course, service alone will not suffice, but it is the greatest single factor in achieving success.

Remember—"He who serves himself best serves others most."

## Exchanges

This year the LOG BOOK inaugurated a new policy, that of instituting a department of exchanges. Consequently the various college and state association publications were solicited and the response was very gratifying. The editor is anxious to exchange copies with as many osteopathic publications as possible, it is only in this way that there can be a much needed correlation of our literature and an interchange of worth while and valuable thoughts.

We are pleased to announce that we are at present enjoying the benefits of exchange with the following publications: The Axone, published by the students of the Philadelphia College of Osteopathy; The Stiletto, published by the students of the Kirksville College of Osteopathy; The College Journal of the Kansas City College of Osteopathy; The Northwest Bulletin of the Minnesota State Osteopathic Association; The Journal of Osteopathic Medicine and Surgery, published by the Michigan State Osteopathic Association; The Bulletin of the Iowa State Osteopathic Association; and The Osteopath, published by The Williams Institute of Glendale, Cal. We of course receive the publications of the A. O. A. but do not classify them with our exchanges.

We are anxious to enlarge this department and would welcome new exchanges to add to the above list. If your publication is not in this list the editor will be glad to hear from you.

If you cry "Forward" you must without fail explain in what direction to go. If you fire off this word simultaneously at a monk and a revolutionary they will proceed in precisely the opposite directions.—(Anton Chekhov).

## Senior Day, January 15

The semi-annual senior day assembly was presided over by George Purdie, President of the graduating class. As the first feature of the program Dr. Purdie introduced Mahatma Novocaine, famous Hindu seer and soothsayer. The Mahatma (whose maiden name is Maurice J.) proceeded to peer into the future of each member of the class of January '32 and a goodly percentage of our beloved faculty members. Some of the disclosures were little short of sensational.

Dr. J. P. Schwartz, Dean of the College, next presented the various members with awards of distinction earned by them during their collegiate year. These awards were as follows:

Obstetrics: Gordon E. DuBois and F. Marion Crawford (Assistants).

General Clinic: (800 treatments) Gordon E. DuBois and F. W. Shaffer.

Pediatrics: Gordon E. DuBois and F. W. Shaffer.

Obstetrics — (6 deliveries): Earl W. Hewlett and Frank W. Shaffer.

Anatomy: F. W. Shaffer.

Band: F. Marion Crawford, Earl W. Hewlett and Harry D. Taylor.

Dr. Marshall's Award for Hospital Service: Frank W. Shaffer.

Sigma Sigma Phi Award for Service: Gordon E. DuBois.

Sigma Sigma Phi Award for Efficiency: George Purdie.

Following the awards the student body was entertained by Bernie Lowe and his Patti Cafeteria Orchestra. Their group of tunes and vocal features included such popular hits as: "The Peanut Vendor", "Shine on Harvest Moon", "I'll Be Glad When You're Dead, You Rascal You", "Confession" and "Chinatown".

This most enjoyable convocation was closed with a few announcements from President C. W. Johnson.

## Nature Best Doctor

Following is a paragraph from the International News Service which was printed nation wide by all leading newspapers during the past week:

BOSTON (I. N. S.)—"Nature cures nine diseases to every one cured by science; and the human body is its own best doctor, according to Dr. Richard Cabot, of the Harvard Medical School and the Massachusetts General Hospital."

Dr. Cabot is the man who has written one of the outstanding text books on Physical Diagnosis and whose researches along this line are accepted by all great authorities as being the outstanding work on the subject. To us it is merely one more great medical man finally arriving "for himself" at the same identical conclusions and facts that Dr. A. T. Still presented some fifty odd years ago!

## —THE— CURRICULUM

### Physical Diagnosis, Clinics, Communicable Diseases

(L. L. Facto, D. O.)

The course in physical diagnosis is presented to the lower Junior students and covers an entire semester. The text used is Elmer and Rose with Cabot as a reference text. In this work we attempt not only to give the didactic or technical side of the subject but to present to the class, for individual examination, such cases from the clinics as might be typical of the condition being studied at the time. It is in this course that the student familiarizes himself with the use of the stethoscope, blood pressure machines of various types, auscultation, percussion, palpation, inspection, etc. The significance of the various normal and abnormal physical signs or diagnostic points and tests are explained and demonstrated thoroughly.

\* \* \* \* \*

The Proctology Clinic is held each Tuesday afternoon from three to four o'clock. The ambulatory methods of treating hemorrhoids and fistulae is used and, while some cases of external hemorrhoids and fistulae are treated, the majority of our patients are found to be suffering from the internal type of hemorrhoid. The number of treatments necessary for any one case depends upon the number of injections given at each session. As a rule I infiltrate two regions at each visit, and, by this method, five or six treatments usually cures the case. The patient returns for examination in a month or six weeks after he has been discharged in order that we may keep check on his condition.

\* \* \* \* \*

In the Out-Patient Clinic we take care of those individuals who are confined to bed with some acute condition such as pneumonia, acute bronchitis, influenza, measles, etc. It is conducted for the purpose of providing the senior students a chance to become familiar with the general routine of the bedside treatment of these cases before he or she graduates from the college.

\* \* \* \* \*

The course in Communicable Diseases is given to the upper Sophomore Class. In this class we present the etiology, pathology, symptomatology, diagnosis, treatment and prognosis of each of the diseases coming under this classification, beginning with the pyogenic infections and continuing on through the entire list.

Joe—"Who is that behind us?"

Jim—"Flapper in a red sport roadster."

Joe turns violetly to right, crashes through fence and wraps car around tree. "Safe at last," he mutters, picking himself up.

## As Others See Us?

During the present trying times it is comforting to receive an occasional letter from an old friend complimenting us on our efforts to keep up the pep and to hold things together until the corner is turned. Then in the next mail we get a letter that almost upsets our belief in the brotherhood of man. Not long ago we received two letters in the same mail that were similar in intent but decidedly different in approach. Each was soliciting the college for funds to pay for space in their state organ. The courteous letter merely stated rates and other information relative to the publication, the other went so far as to state that if Still College did not take space in their journal that the state association would "blackmail" the college. We are sure that the word was intended to mean "blacklist", as the inference was that no more students would be sent to Still College from that state unless we came across with an ad in the state paper.

May we explain our attitude not only to this particular state paper, but to others also. In the first place, the trustees of Still College are obligated to spend the money taken in in such a manner as to continue to improve the institution, the idea being that we will thus be giving better instruction in every department. No provision has been made for such an emergency as this and under our policy we could hardly class money paid out for such a purpose under the head of improvements. With just so much to spend each year we find it impossible to take space in state journals. We do feel obligated to the A. O. A. and we also mail to the profession each month without charge a copy of the Log Book. These expenditures are all that we can allow under the present conditions. When we get to the place where we have surplus of funds and have perfected our institution to the point where no more needs to be spent on faculty, building or equipment, then we will feel like supporting the state journals.

There is one other way to look upon the situation. If Osteopathy is to survive the colleges must be supported. At present we have only six recognized colleges of Osteopathy. None are full to their capacity. If any one of these institutions is compelled to close it will be a blow to Osteopathy. Our colleges are not having an easy time at present and yet we get this letter, expecting us to take money that has been paid to us by students for instruction and pass it on to one of the state societies to help support them when they should be making every effort to support not only us but the other colleges without prejudice. When you send a student to one of the colleges you are not supporting that particular institution but adding

to the strength of your own profession. It seems to us that the profession could better do without this attitude on the part of a state association. Some college gave you your professional training and at a cost that was not unreasonable. Some of you went through school on a note and haven't paid it off yet, this is not true of the individual that wrote the letter, but the writer does know of a few of that type.

We sincerely hope that this expression has not offended any of our friends. We do make you this offer—any time you think that you can conduct the business of the college better than the present trustees, I am sure that they will be glad of the opportunity to be relieved of a job that means many extra hours of work without one cent of compensation, and in many cases without thanks, from those who should be vitally interested in maintaining higher standards in our colleges.

H. V. Halladay.

## Miss Johnson Speaks At Cedar Rapids

(Continued from page 1)  
preclude against this attainment. In order to successfully approach and build up this prestige, the doctor must cultivate a good speaking voice and choice of English, his movements must be those which the public expects from a professional man, his attire must be neat and clean, he must be well groomed and he must choose his place of home and office in keeping with what the public expects.

"The physician must know the mental and emotional side of others. He must be cognizant of psychic upset being as truly symptomatic of disease as apparent pathology. He must recognize types and know the dangers and pitfalls of their psychological make up."

## Convocation, Feb. 4

A special assembly was held on the morning of Thursday, Feb. 5, in order that the student body might enjoy the privilege of hearing Dr. Charles E. Still, son of the "Old Doctor", speak. Dr. Still was visiting in Des Moines and kindly consented to appear before the student body.

The convocation was opened by two numbers by the band-orchestra, Hall's "New Colonial March" and the popular "Good Night Sweetheart".

Dr. C. W. Johnson then introduced Dr. Charlie who proceeded to present some intensely interesting and valuable data concerning the trials of the early osteopathic days and paid tribute to the many prominent people who, among many others, gave freely of their time and money that legal osteopathy might live and prosper. Among those prominent laymen who greatly aided in securing recognition for our science were Mrs. Hubbard,

wife of a Governor of Minnesota; Governor Nelson of Minnesota; Gov. Fiske of Vermont; Gov. Briggs of No. Dakota; Gov. Stevens of Mo.; Gov. Pingrey of Michigan; Gov. Shaw of Iowa; Senator Foraker of Ohio; Colonel Conger, who aided Dr. S. S. Still in founding D. M. S. C. O.; Mme. Campiani, famous opera star of the day; Richard Masefield, great actor; Tom Platte, N. Y. political boss; President Theodore Roosevelt; William Jennings Bryan; Gov. Taylor of Tennessee; Mark Twain; Opie Reed; Gov. Yates of Illinois; President William H. Taft; Madam Schumann-Heink; Gov. Hoak of Kansas; George Bernard Shaw; William Cody (Buffalo Bill); Arthur Brisbane; Elbert Hubbard; Ella Wheeler Wilcox and many others. Dr. Still succeeded in bringing home to the students the type of persons responsible for the victory of osteopathy over inconceivable odds back in those first few years. We all hope that Dr. Charlie will be with us again soon, he can't come too often.

The assembly closed with the band-orchestra playing "Pagan Love Song".

## Endocrines and the Osteopathic Physician

Ava L. Johnson, B. H. Ec., B. Sc., M. Sc.

(Continued from Last Issue)

The value of the lymphatic pump is not doubted. One of its greatest values has been in increasing lymphatic circulation through the pancreas and draining excess insulin from the Islets of Langerhans, thus giving them a chance to function if the damage is not too severe. However, what right have we to say that the pump is draining the pancreas only? The rate of healing in diabetic ulcers when this treatment is inaugurated points clearly to the increase in speed of body repair when the cause is removed and the endocrine system stimulated.

It is interesting to notice that at the end of the first week of foetal life the thyroid is recognizable, the pituitary may be demonstrated at the end of the second week, the gonads at the third week, and the thymus by the fourth week—all by the time the embryo is but ¼ inch long! This demonstrates the necessity and ultimate control of the endocrines over structure and function of the individual.

### Effects on Character

III. Third, the psychic or mental characteristics. The works of Berman and Huntington in the field of effects of glandular upsets upon the psychic or mental characteristics are outstanding. These authors are well worth reading. Examples are:

A. Hypo-thyroid. If the thyroid is hypofunctioning due to some external cause, such as bacterial infection, continued high fever, pregnancy, or some

great strain, we have a condition known as "Myxedema." This disease usually occurs during or after adolescence and is characterized by abnormal deposition of fat, defective speech, mental changes resulting in hallucinations in both sight and hearing which appear at intervals in a definite cycle which, once started, always go in the same direction, i. e. left to right, etc. The patient shows a desire to be left alone and his mental coordination is interfered with. A myxedematous person appears immobile, shows no emotions and looks ignorant. The administration of iodine is of great value and the administration of thyroid rarely fails to be of marked benefit.

B. Hyper-thyroid. The patient with a hyperfunctioning thyroid is living a fast pace, all body metabolism is sped up, he loses weight, his body temperature is increased and he speaks rapidly. The patient is irritable to slight sounds and odors, he has insomnia, muscle tremors, the heart rate is increased from normal to 140 or above. The hyperthyroidic knows no peace, the mind is flighty, nothing seems right. Prognosis is bad, the heart is apt to give out, especially at a moment of shock or excitement. Sometimes the patient is strong enough to wear out the gland, in which case he becomes myxedemic. Treatment is surgical if possible, otherwise a simple diet excluding any food with even a trace of iodine, tannin, or caffeine, rest, psycho-therapy and guarded exercise.

C. Anterior Lobe of Pituitary. This lobe of the hypophysis cerebri governs the male characteristics of an individual. The bony development, egotism, masculine emotions, etc., are due to this portion of this gland. The masculine female is due to the over functioning of the anterior pituitary.

D. Posterior Lobe of Pituitary. This lobe governs the feminine characteristics of an individual. The tender, gentle, sweet, dependent, emotional, clinging-vine type of female is due to the hyperfunctioning of this portion of the pituitary. The effeminate male suffers from a super secretion of the posterior lobe.

(Continued Next Issue.)

We build our future thought by thought,  
For good or ill, yet know it not,  
Yet, so the universe was wrought.

Thought is another name for fate;  
Choose, then, thy destiny and wait,  
For love brings love and hate brings hate.

—Anon.

Frat Brother (after initiation): "You Frosh can sit down now."

Voice from rear of group: "Liar!"

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# THE LOG BOOK

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Volume 9

MARCH 15, 1932

Number 10

## More Improvements In College Building

The latest improvements made by the board in its campaign to make the building a handier and more satisfactory educational institution are the following:

The book store has been moved from the fifth to the third floor where it is handy to the majority of the classrooms and will be much more easily accessible to the students.

The microprojectoscope room has also been moved from the fifth to third floor and has been enlarged to accommodate larger classes. Several rows of old seats which used to be in the auditorium have been installed in this room, thus increasing the seating capacity and comfort.

The women's lounge has been moved from the fifth floor to the landing room on the stair case between fourth and fifth floor and the O. B. room now occupies the old location of the lounge.

These changes serve to make the building a bit more compact and handier for the student body.

## Dr. Rhode Cares For Ball Club

Dr. Richard J. Rhode, South Bend, Indiana, has been elected team physician to the Columbus, Ohio, "Red Birds" of the American Association. He will be with the team at all times throughout the 1932 season, stated an article in the Columbus Citizen.

Dr. Rhode interned in Des Moines General Hospital following his graduation from D. M. S. C. O. After his period of internship he entered practice in South Bend.

The Columbus team has gone entirely osteopathic as it also commissioned Dr. Harrison J. Weaver, osteopathic physician to the Saint Louis Cards, to furnish all necessary training and emergency equipment.

## Letters Received

Dr. W. L. Skidmore, Detroit, Michigan; Dr. Stanley Evans, London, Ohio; Dr. Harold Meyer, Greenfield, Iowa; Dr. Harry E. Skinner, Detroit, Michigan; Dr. Durwood H. Wire, Corydon, Iowa.

## Iota Tau Sigma Wins Bridge Tourney

After four weeks of play the Iota Tau Sigma Fraternity team emerged victorious in the annual intra-mural bridge competition. This is the third consecutive year in which the I. T. S. have captured this cup and it begins to look as if they have a permanent lease on it.

Final standings:

	W.	L.	Pct.
Iota Tau Sigma	69	43	.616
Atlas Club	58	54	.517
Phi Sigma Gamma	41	71	.366

## All School Dance April 2

The next all School Dance, sponsored by Sigma Sigma Phi and Square and Compass, will be held Saturday, April 2, at 8:00 p. m. at the Masonic Temple, 10th and Locust streets.

According to M. J. Schwartz, chairman of the dance committee, this dance will outrival all previous Still College social functions.

First there will be an eight-piece orchestra with entertainers, then there will be confetti, streamers, balloons, and other such devices.

At 11:30 p. m. a chicken dinner will be served free to all those present. A gala evening is assured all. There will be no increase in price, the admission remaining \$1.00 per couple. All field men are cordially invited to attend.

## The British Journal

We wish to add to the list of our exchanges the name of the "Journal of Osteopathy," published by the British School of Osteopathy, London, England. Dr. J. Martin Littlejohn, M.D., D.O., LL.D., is the editor.

This publication is of four pages, pamphlet size, and always contains much of interest. We appreciate receiving this paper and we extend to the British School our best and earnest wishes for ever-increasing success in their admirable pioneering crusade in the British Isles.

Serve and thou shalt be served. If you love and serve men, you cannot, by any hiding or stratagem, escape the remuneration.—(Emerson).

## West Virginia Offers Many Locations

Dr. Guy E. Morris, Secretary of the West Virginia Board of Osteopathic Examiners, announced that there were thirteen cities of 2,000 or more persons in West Virginia without the services of an osteopathic physician. In other cities there are not enough osteopathic physicians and surgeons to fill the need.

Anyone interested in West Virginia is urged to get into communication with Dr. Morris at once. Address letters to: Dr. Guy E. Morris, 542 Empire Bank Bldg., Clarksburg, West Virginia.

## Dr. Leonard Elected to Hospital Position

Dr. J. P. Leonard of Detroit, Michigan, has been elected a member of the Board of Trustees of the Detroit Osteopathic Hospital.

We congratulate the Doctor upon this appointment and wish him all possible success.

## Bowling Tourney On

Two rounds have been played in the second half of the Sigma Sigma Phi Bowling Tourney. Iota Tau Sigma won the first half last semester and will play the winner of this half, if they do not repeat, for the loving cup trophy. Thus far competition has been keener than last semester and some quite remarkable averages are being posted. Standings after first two rounds:

	W.	L.	Pct.
Atlas Club	6	0	1000
Phi Sigma Gamma	4	2	.667
Iota Tau Sigma	2	4	.334
Non-Frats	0	6	.000

## Locations

### Lindblom

Dr. Lee L. Lindblom announces the opening of his office in the Farmers State Bank Bldg., 1001 W. Douglas Ave., Wichita, Kansas. Dr. Lindblom recently completed an internship in the Southwestern Osteopathic Hospital of Wichita and has been elected to a place on the staff of that institution. He will give special attention to ear, nose and throat cases.

### Wire

Dr. Durwood H. Wire announces the removal of his office from Bridger, Montana, to Corydon, Iowa.

## Didactics in Athletic Clinic Ends

The course in the care of athletic injuries recently ended after running six weeks. Dr. H. V. Halladay is the instructor and the work is given to the Junior class. Next fall these Juniors will be assigned as physicians to the High School and College teams of the city and will thus finish their work along this line with practical experience with the teams. Still College is probably the only school in the country presenting this work in such a thorough manner.

Here are the questions asked in the final examination. How many of you field men who are doing athletic work could pass it with a grade of 90 per cent or above?

1. Give five rules of conduct in making contacts with coaches and teams.
2. Classify muscle injuries and state reason for this classification.
3. Outline treatment of muscle injuries.
4. What principle is used in taping?
5. Name the most common joint injury and explain why.
6. Name five conditions that may occur in the shoulder region.

## Dr. Halladay Speaks at P. T. A. Meeting

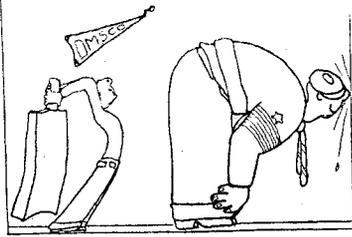
On March 8, Dr. H. V. Halladay, of the College Faculty, drove to Beaver, Iowa, and delivered a lecture before a meeting of the Parent-Teacher's Association of the Beaver Consolidated Schools. Dr. Halladay fills many such engagements each year and presents the Osteopathic Cause in an interesting and convincing manner to these groups.

## Popular Restaurateur Dies

Charlie Chong, proprietor of the King Ying Low Chop Suey Cafe, died at Iowa Methodist Hospital, February 29, of pneumonia.

Probably every Still College student in the last decade either knew Charlie personally or felt that he did. The Mulberry Street Chinese garden has been a favorite with college men for years and Chong's ever present greeting and good cheer will be sadly missed in the future.

**FRATERNITY NOTES**



**ATLAS CLUB**  
(J. R. Forbes)

That week of the year when pledges are, literally, at the bottom of the social scale, is at hand. In some circles it is known as "Hell Week." This is really a misnomer because house work, drills, etc., can hardly be termed as "Hell." If that were all there was to the so-called hot place, perhaps we wouldn't have so much trepidation about eventually ending up there! Nevertheless, the pledges are going through their paces and are making a name for themselves in the archives.

We were very much surprised to see the fire truck boom up our drive and unload several firemen who came thundering into the house with various types of up-to-date fire fighting equipment. When interrogated they said that our southwest upstairs room was blazing. Upon investigation it was found that there was no fire—Pledge Ed Lodish merely sat in front of the window in his new pajamas and a passerby thought it was a four-alarm blaze.

Jay Halladay felt so sorry for the Pledges on the opening night of probation week that he evidently took a dose of the same medicine the neophytes got. We aren't quite sure as to his reasons but the results were very good—only one of two of the Pledges outdid him.

Casey Kessler, our virile young baseball captain, and his men have each promised to have his respective best girl coach the proposed kitten ball team. While the men folks are away playing baseball it would be well to let the girls take over the whole kitty business—if they should win a trophy or something, and they no doubt would, it would not be hard for us to persuade them to allow it to rest on the upper of our two mantels, thus proving that woman conquers all.

Pledge McAllister, who has been seen sporting an ebony optic, wishes it known that he did not acquire the decoration in manly combat but that he was high diving into cold water and attempted to remove an obstacle with his head.

The bowling team has thus far shown some class in the second half play. We are pulling for them to cop all honors in this contest. Almost all of the men on the team are pledges and perhaps if they are ordered to win they will be afraid not!

Brother Donovan, who is chairman of the probation week

committee, showed the old unselfish spirit when he left his lady companion and an obviously successful party just to come in and start the week right for the neophytes.

Xiphoid of the Atlas Club takes great pleasure in announcing the extension of pledgeship to Charles LaRue Cruser and Fred McAllister, both of Des Moines.

**DELTA OMEGA**

(Norma Abolt)

We extend our hearty welcome to Doris Stafford and hope she is enjoying her work. We are very happy to see the Co-Ed enrollment increasing. A short while ago there were two girls in school; today there are ten.

Alumnus Dr. Avis Payne, who had an operation at Mayo's Clinic, Rochester, Minn., is now confined to her home, 2510 Beaver. She is gradually improving but is not receiving visitors at present. We hope for her speedy recovery.

Sorry that Pledge Stella Slev is ill. Stella says there is a big difference between the weather in Detroit and Des Moines—perhaps there are others here who could vouch for her!

Rachel's interest in her hometown seems to be increasing. She even spends the week ends there—and takes dissection on Saturdays, too! Any explanation, my dear?

Viola and her mother spent the last vacation at their home in Lewiston, Minn.

The Alumni Association installed new officers at the last meeting. Dr. N. W. Lovegrove, President; Dr. Aldine Kenworthy, Secretary-Treasurer; and Dr. Erma Townsend, Publicity.

**IOTA TAU SIGMA**

(B. Herbert)

Brother Routzahn, in addition to his regular school work and clinic, is again taking up Freshman subjects, at least he is seen carrying Freshman books home from school. We're not making any accusations but just sort of wondering where they come from. Don't tell us, Carl, let us guess. Maybe Brother Hall could enlighten us.

Brother Spaulding is now the big kitten in the proposed kitten-ball contest. He claims that all those desiring to take up this game in the spring instead of regular baseball should also take out an old-age life insurance policy.

The bridge team was again successful for the second consecutive year under the guidance of Brother Whetstine. All of the games were intensely interesting and the outcome was in doubt up to the last minute. The Phi Sigma Gamma and Atlas men put up plenty tough fights and played lots of smart bridge.

Brother Brookman, formerly of Zeta Chapter of the Chicago College and now a Senior at Still, gave us a very interesting talk on electrical therapeutics at

a practical meeting on Monday, March 7. All of the Brothers certainly enjoyed the talk and we are looking forward to another in the near future.

The impossible has happened. Pledge Hamilton was caught working on a window at the house the other day. Naturally he was embarrassed and stood there blushing until we assured him that it was quite all right.

Brother John Herd, in addition to his regular work here at school, is also taking some additional work at Grinnell College. John tells us that the studies aren't at all difficult but it's that terrible rush to catch the bus on time. Is school out up there at the same time it is here or does it continue all summer? It must be nice to be so versatile.

It is with a great deal of pleasure that we announce the pledging of Albert MacIntyre, Greenfield, Mass., and Bennie Devine, Des Moines. These two men should make typical ITS and we stand ready at all times to help them all that we possibly can.

**PHI SIGMA GAMMA**

(R. F. Allen)

Phi Sigma Gamma takes great pleasure in extending pledgeship to Dr. Catanzarro of St. Louis, Mo. Dr. Catanzarro is a graduate of Kansas City College of Eclectic Medicine and started this semester in Osteopathy.

Now that the bridge tournament is over many find Sunday afternoons rather hard to spend. Thank goodness, it will soon be good golfing weather!!

The cold snap has caused some of the "weaker ones" to seek warmer climate than the dorm affords, hence we see cots everywhere, including the kitchen. Wonder what would happen if it really turned cold?

Brother Naylor now arises at 6:00 a. m. every day to trim his moustache. The funny part of it is—he's the only one who can see it.

This being leap year several strange things have happened so far. We got up the other morning to find the house warm and last night Stivenson broke out with some eats—actually handed them out. We suppose Stoike will start talking in his sleep next.

Schwartz learned to his surprise last week that automobiles are harder to wean than babies, especially when the "milk" runs low about 3:30 a. m. five miles out of town.

We would appreciate hearing from the alumni members and cordially invite all of them to write.

**Is the College Fraternity a Failure?**

Excerpts from an address by Pres. Harry Woodburn Chase of the U. of Illinois:

"The fraternity system is rap-

idly finding itself face to face with a new situation with which in the next few years it will have to reckon. Let me indicate some of the factors in this situation.

"One of the serious consequences has been the too often necessity of subordinating other interests to the necessity of maintaining without a deficit a sort of private hotel, equipped with all modern conveniences, under circumstances which sometimes make the size of a man's pocketbook more important than his congeniality. The maintenance of these large houses and large chapters is one of the serious problems now confronting the fraternities. For one thing, a fraternity ought to maintain a careful system of selecting men who are not all alike but who are congenial.

"After all, it is in terms of undergraduate life that the fraternities must be viewed. The long lists of distinguished alumni that play such a great part in most rushing seasons mean practically nothing in comparison with the question of the undergraduate chapter itself.

"Further, there is the criticism that fraternities persistently hold themselves aloof from the central purposes for which colleges and universities exist, from things which stimulate people's minds to a richer and better appreciation of life. The comment is constantly made that any particular interest in intellectual things is not good form in most fraternities. There have been attempts to build up collections of books, for example, that really make for cultivation. There has been a largely artificial interest in scholastic standings. I am asking the question whether the influences of the average fraternity house are for or against the development of a richer intellectual life. That is, whether they are for or against the very thing for which the college is striving.

"The fraternity attitude toward freshmen, when we call it simply by its right name, is a hazing attitude. A hazing attitude is a bad thing on both sides. I know some people say that freshmen rules and regulations tend to make men out of freshmen. That was precisely the argument used in favor of hazing years ago. Nobody ever developed a man out of anybody by treating him as a child. I must say that, in my judgment, one of the serious failures of the fraternities is that they do not recognize the fact that their attitude toward freshmen should be precisely that of older brothers toward younger brothers in whom they are interested and not that of masters towards servants. The very word fraternity means brotherhood. You have a splendid opportunity to help develop men, but as it is you are putting a handicap in the way of that opportunity."

I call my frat pin Soldier because it has been on so many fronts.

# The Log Book

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DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor....H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

## Backs

Following is an excerpt from an article entitled "An Anatomical Sahara" which appeared some time ago in Current Science and was reprinted in the Literary Digest.

"Our backs are the largest area of our body that is unbroken by important anatomical structures. In contrast with other portions of our anatomy our backs are arid deserts.

"Backs have fewer nerves of feeling. In the tips of your fingers the ends of the nerves are but a few hundredths of an inch apart.

"Backs have fewer nerves of heat and cold. The sensations of pressure, heat, cold, have separate nerve endings in all areas of our skin. On the back of the hand, and on the cheeks, these nerves are rather close together at the surface; on the back they are widely scattered.

"Backs have fewer blood-vessels in their skin. Other portions of the body surface are abundantly supplied with capillaries carrying the blood. This circulation is distinctly scanty in the back.

"Even the sweat-glands are not so abundant in the back. These active evidences of honest toil—the pores through which sweat oozes during muscular activity or in heated surroundings—are most plentiful in the palms of our hands and the soles of our feet."

We are often asked why osteopathic treatment is directed quite largely to the back and many times, perhaps, we are unable to give an intelligent answer. The above quotation should give us good and valuable information in explaining this part of osteopathic technic. It is true that the back is a nerve Sahara and thus we direct perhaps the greatest share of our general treatment to the area. Remember Head's Law? Therein lies the explanation of this question—"When a stimulus is applied to a point of low sensibility in close central relation with a point of high sensibility, the effect may be felt at the point of high sensibility rather than the point of low sensibility where the stimulus was applied." What could be simpler? We apply our treatment to the back, it being a point of low sensibility our stimulus, in keeping with the law of Head, is felt or has its effect at points of higher sensibility, i. e. viscera, etc.

This is, of course, not a scientific explanation but it is one that any layman can see and understand and might help a great deal in explaining osteopathy to the incredulous.

## Convocation, Feb. 11

The special convocation of Feb. 11th was opened with Hall's "New Colonial" march as rendered by the school band-orchestra.

Following the march Dr. C. W. Johnson, President of Still College, introduced Dr. John Rogers, inspector of colleges for the A. O. A., as the speaker of the morning. Dr. Rogers is an alumnus of D. M. S. C. O. and practices in Oshkosh, Wis.

He complimented the Hospital and School and said that they both typified the sacrifices made by osteopathic physicians that the students might enjoy a real education.

"Don't die on third," said Dr. Rogers. "You may have arrived there on the sacrifices of others but now you must score entirely on your own efforts. If you approach your job with the right attitude, cooperate with your office, community, state and national societies, and all osteopathic institutions, your success will be great. Osteopathy can do more than you can realize."

Dr. J. P. Schwartz, Dean of the College, complimented Dr. Rogers for the time and effort he is spending in the interest of osteopathic education.

We were very glad to have the Doctor with us and we hope to see him again in the not too distant future.

## My Creed

I have to live with myself and so—

I want to be fit for myself to know.

I want to be able as the days go by

Always to look myself in the eye;

I don't want to stand with the setting sun

And hate myself for the things I've done.

I want to go out with my head erect,

I want to deserve all men's respect.

But here in the struggle for fame and pelf,

I want to be able to like myself.

I don't want to look at myself and know

That I'm bluster and bluff and empty show.

I never can hide myself from me,

I see what others may never see.

I know what others may never know—

I never can fool myself—and so Whatever happens, I want to be Self-respecting and conscience free. —(Grit.)

If you want to be a master—master that which is at hand now.—(Henri.)

## Convocation, Feb. 26

After the rendition of the popular song, "Bye Bye Blues," by the band, Dr. H. V. Halladay took charge of the program. The program was dedicated to the memory of George Washington and was part of the nation-wide Washington Bi-Centennial Celebration.

The entire student body and guests rose and sang "America" to open the convocation. Dr. Halladay next presented a lecture on the "Illnesses of George Washington." "Paul Revere," said the Doctor, "made Washington's first set of false teeth of metal. The second set was made of ivory from the teeth of a hippopotamus but never fit well and caused Washington quite a bit of trouble. During the Revolution the General suffered from Dysentery and in his own writings stated that drugs were of no avail in the treatment of this condition. Washington, however, always had great faith in bleeding. On Dec. 11 and 12, 1799, Washington rode in inclement weather on horseback over his plantation and contracted a severe cold. On the early morning of the 13th he awakened with the 'ague' and a throat condition which rendered him almost speechless and breathless. About 6 a. m. he was bled of 16 ounces and later during the day he was bled three different times. The fifth time, late in the evening, his physicians bled him of 32 ounces and he died early on the morning of Dec. 14. These bleedings were undoubtedly the immediate cause of his death."

Dr. Halladay next presented a showing of the motion pictures of the "Halladay Tour of 1930" in which we saw Dr. Halladay and his family at Mount Vernon and other places of historic interest. The entire student body was very grateful to Virge for presenting such a worth while and interesting program.

## Diet Habits Do Change

(From The Providence Journal)

"There is still a popular impression that in general the dietary habits of the American people have steadily manifested as much stability as the weather and human nature.

"Now there is abundant contradictory evidence of a statistical character, and a few of the outstanding facts have been compiled by Dr. Lloyd Arnold of the Illinois Department of Health, indicating the extent of the change in diet of the American people.

"The figures are based on a recent survey of 614 hotels and 790 restaurants in the U. S. The results of the inquiry showed that the sandwich trade had increased 215 per cent during the past twelve years, the salad trade 110 per cent, the consumption of fresh vegetables 35 per cent and of fresh fruits 39 per cent. In the dozen years there has been a decrease of 45 per cent in meat

orders. As far as the hotels and restaurants are concerned the figures show a huge increase in the sale of dairy products, fruits and vegetables and a corresponding decrease in starches and meats."

## A Hospital Gave Service

It happened in one of the New York hospitals. A man, unannounced and without a card of admission, forced his way into the presence of the doctors. He demanded to be examined. Never having been faced with a similar problem, one of the doctors made a thorough examination.

"You're in fine shape," he announced. "Nothing the matter with you at all."

The man looked disappointed. "I know there is something the matter with me," he said. "I don't think you know much about your business."

The patient walked around for a few minutes and then he approached another doctor. The result was the same. Nothing was the matter with him and the doctor told him so. But that didn't satisfy him either. He had made up his mind that something was the matter with him and he didn't intend to leave the hospital until there was. He made a nuisance of himself trying to persuade the other doctors, all of them busy, to examine him again and tell him what the trouble was. Finally one of the doctors, tired of having the man in the place, called him over.

"Let me examine you," he said.

He went through all the motions with a serious face.

"You're right," said the doctor. "You are suffering from myotomic ideopathic muscular atrophy. You are in a neuropathic state produced by a localized peripheral excitant. I also find a biochemical instability of the neuroses. Your bacterial invasion of tissues is characterized by a migration of polymorphonuclear leucocytes. There is as well a formative hyperplasia of cell tissues, epithelial and conjunctive."

But the patient didn't wait to hear the whole sentence. He left rapidly to make his will and say goodbye to his family.

The doctor heaved a sigh of relief and went on with the important work of the day—(From the New York Sun.)

## At the Age of 40

Ball Player—Gnarled and grizzled veteran.

Politician—The boy senator.

Movie Actress—Still in her early twenties.

Gangster—Lucky to be alive.

Bootlegger—Living in retirement on country estate.

Prize Fighter—Planning a comeback.

Proof Reader—Blind.

Editorial Writer—(Republican) Pointing with pride.

Editorial Writer—(Democrat)—Viewing with alarm.

—(Omaha World-Herald.)

## Ten Business Commandments

1. Thou shalt not wait for something to turn up; but thou shalt pull off thy coat and go to work, that thou mayst prosper in thine affairs and make the word "failure" spell "success."
2. Thou shalt not be content to go about thy business careless in dress, for thou shouldst know that thy personal appearance is better than a letter of introduction.
3. Thou shalt not try to make excuses, nor shalt thou say to those who chide thee, "I don't think."
4. Thou shalt not wait to be told what thou shalt do, nor in what manner thou shalt do it, for thus may thy days be long on the job which good fortune hath given thee.
5. Thou shalt not fail to maintain thine own integrity, nor shalt thou be guilty of anything that will lessen thine own respect for thyself.
6. Thou shalt not covet the other fellow's job nor the position he hath gained by his own hard labor.
7. Thou shalt not fail to live within thine income, nor shall thou contract any debts which thou canst not see thy way clear to pay.
8. Thou shalt not be afraid to blow thine own horn, for he that faileth to blow his own horn at the proper occasion, findeth nobody standing ready to blow it for him.
9. Thou shalt not hesitate to say "no" when thou meanest "no"; thou shalt not fail to remember that there are times when it is unsafe to bind thyself by a hasty judgment.
10. Thou shalt give every man a square deal. Upon this commandment hang all the law and the profits of the business world. —(Anonymous.)

## Convocation, Feb. 12

This assembly opened with a band rehearsal. Dr. Halladay stated that the organization had been unable to get together for a satisfactory rehearsal so he would conduct one in public. Three popular songs of various vintages were practiced with more or less success, "Some of These Days," "Betty Co-Ed," and "Good Night, Sweetheart."

Dr. J. P. Schwartz presented as the main attraction a magician known as "Trix Cooney." Mr. Cooney has had many years' experience on the boards as a purveyor of conjury and gives a baffling and entertaining recital of slight-of-hand. His tricks included the famous water-jar trick, wand disappearance act, rope and twine bafflers, various card and coin sleight-of-hand works, etc. This was undoubtedly one of the best enjoyed assemblies in many moons and all wish to thank Dr. Schwartz for presenting Mr. Cooney to us.

## Endocrines and the Osteopathic Physician

Ava L. Johnson, B. H. Ec., B. Sc., M. Sc.

(Continued from Last Issue)

### Emotional Characteristics

IV. Fourth, the emotional characteristics of the individual. Here we get into a subject worthy of great thought and we shall quote from Louis Berman, Columbia University.

Berman's definition of emotion is: "Emotion is the registration in the voluntary of the system of reflexes in the involuntary system. Energy is released until a balance is struck or the individual is exhausted."

Now, bearing the above definition in mind, let us consider Berman's hypothesis of the make up man and the subconscious:

A. "The organism as a whole must deal with two worlds: first, the environment—registered on the cortex; and second, the world within—the tissues, organs, etc., under the control of the vegetative nervous system. This second world is the subconscious, its changes and life are but dully recognized except in cases of extreme unbalance in outbursts of emotion, etc. In this second world lies the conditioned reflex.

B. "Temperament — registers the history of the vegetative nervous system, that is, the sympathetic or subconscious.

C. "The Intelligence—mirrors the history of the animal system, particularly in the cortex. That is, the touch with environment."

The importance of the effect of endocrines upon intelligence and temperament is profound because it offers a practical means of control. Suggestion will affect the vegetative system, education will affect the animal or conscious nervous system, but the endocrines are more profound than either of these because they act upon the roots of both in the following two ways:

### Effect on Will Power

First: the effect on chemical constituents and cell reactions of the nervous system. For example let us take willing, or the so-called will power of man. To quote Berman: "Willing may be defined as consciousness becoming energy. The greater the relative gray matter the greater the consciousness and willing. Man is Lord of Creation merely because he remembers and can control his environment. The ability to remember and to bring back memories to bear on conduct is the distinctive function of the nervous system. This power depends partly on environment but mainly on the CHEMISTRY of blood and nerves. This chemistry is, in turn, regulated by the glands of internal secretion.

"How do these glands in general affect the nervous system? A case has been reported of their effect on dreams. A woman was being treated for low

blood pressure alternately with pituitary and adrenalin. After several days of pituitary treatment her dreams became colorful, happy and charming. When the adrenalin was administered the dreams changed to black and white, terrifying and dominated by quarrels and conflict. Another example is the great similarity in composition of gray matter and the phosphorus containing substance manufactured in the adrenal cortex. It looks as if the adrenals provided material from which the brain is made as well as providing the materials for daily repair. When an ament is born (one without cerebral hemispheres) the adrenal cortex is either very defective or lacking entirely. Further evidence is that man's brain is larger than that of any other animal and his adrenal cortex is also larger in the same ratio."

### Effect on Personality

Second: the effect upon individual personality. We have already noticed the effect hypo and hyper secretion of the thyroid and further mention is unnecessary.

If whole pituitary secretion is deficient the patients lack inhibitive power, judgement and moral sense. These are the pathologic liars and thieves, delinquents and incorrigibles. There are many cases of children who have been transformed physically, mentally and morally, by pituitary feeding alone.

No doubt some one of your acquaintance is gifted with a remarkable memory, one who can easily and without study recall complete pictures, whole scenes, whole scores of music and so on. Such a person is known as an "edietist", the condition resulting from a slightly hypo-functioning parathyroid. Ruth Draper is an excellent example of an edietist. Miss Draper memorizes the lines of her many varied readings and characterizations with very little effort on her part—a thing impossible with most of us. These persons have a somewhat weaker resistance to disease and seem to have a predisposition to Status Lymphaticus. Their hair is fine and beautiful and their skin is fair and of perfect complexion. The hypofunctioning of the parathyroids is not enough however, to cause the muscle tetany and other distressing symptoms noted heretofore under hypoparathyroidism.

In cases of hypogonadism in the male at or after puberty, we notice a loss of aggressiveness and will power, a lack of normal emotions, and see the patient become dull, relaxed and clumsy. In the female we notice great nervousness, states of anxiety, depression, particularly at menses, and psychoses.

No attempt has been made to present an exhaustive discussion of the entire endocrine system. I have attempted to bring out some of the typical and more common conditions illustrating

the great forces exerted by this intricate glandular hook-up. (Continued Next Issue.)

## Trichomonas Vaginalis

One of the meanest prevailing diseases of women has been found to be Trichomonas Vaginalis. This organism gives a reaction in the human vagina very similar to Gonococcus; in fact, it is often mistaken for gonorrhoea. This is a rather painful mistake for the patient as the treatment is different and the Trichomonas is not eradicated with the same substances as the Gonococcus.

If a greenish-yellow pus with a strong characteristic odor exudes from the part, Trichomonas should be suspected. The laboratory method of diagnosis of this organism is as follows: Take one drop of the suspected material and mix with one drop of physiological saline solution on a glass cover-slip. Make a vaseline ring on a slide and with this ring on the under side, cover the drop on the cover-slip. Carefully and quickly turn the slide over without causing the drop to spread. Examine under low and high power.

The presence of Trichomonas Vaginalis can be readily seen by the fact that these organisms move with great rapidity. They are about the size of pus corpuscles, and when at rest are pear-shaped, but during action its amoeboid movements cause it to assume various shapes. The size varies from 12u. to 25u. long and 8u. to 15u. wide. The protoplasm is finely granular excepting for two rows of larger granules which begin on either side of the nucleus and converge posteriorly. From the anterior part project three or four flagella, which seem to begin at a basal thickening at or near to or connected with the more or less oval, indistinctly vesicular nucleus. From the origin of the flagella an undulating membrane extends backward.

This organism, though rare, has been found by some observers to be an inhabitant of the vagina of all ages.—Dr. Samuel M. Stern, in The Northwest Bulletin.

### Recipe for Success

Find out where the money is and get there as quickly as you can and when you get there get all you can get there and then get out of there with all you could get out of those that are there before those that are there get out of you all that you got there after you got there.

### Epitaph:

"Sacred to the memory of Eben Harvey, who departed this life suddenly and unexpectedly by a cow kicking him on the 15th of September, 1853. Well done, thou good and faithful servant."

The man who never has to get over difficulties never gets very far.

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 Oct. 3rd, 1917, authorized Feb. 3rd, 1923.

PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 9

APRIL 15, 1932

Number 11

## O. W. N. A. and A. O. A. Sponsor Health Contest

The Osteopathic Women's National Association and the Public Health Committee of the American Osteopathic Association announce Public Health Essay Contest for osteopathic students. The O. W. N. A. will give cash prizes of \$10.00 and \$5.00 respectively for the two best papers submitted by women students and the same for the two best papers submitted by men students. The A. O. A. will give cash prizes of \$50.00 and \$25.00 respectively for the two best of the above four papers.

These essays must be suitable for a Public Health talk before some organization, they should contain no more than 1500 words; and they must be in by May 15, 1932.

Full information can be secured from the college bulletin board. Essays should be sent to Georgia B. Smith, D.O., 802 Hollingsworth Bldg., Los Angeles, Cal.

## Osteopathic Speaker At P. T. A. Convention

It is with a great deal of interest that we learn that Dr. Alice P. Bauer, Delaware, Ohio, was a featured speaker on the program of the Ninth Annual Conference of Ohio Branch of the National Congress of Parents and Teachers held in Delaware, Ohio, March 3, 1932.

Dr. Bauer spoke at the morning session and her subject was "Mother Diagnosis of Child's Daily Health."

On March 8 the Doctor spoke before a local Parent-Teacher meeting at Ostrander, Ohio, and a few days later addressed the Cosmopolitan Club of Delaware.

Dr. Bauer's activities in bringing Osteopathy before such organizations has earned for her widespread fame both in and out of the profession. Not the least of her accomplishments along this line will be her address on "Diet in Acute Disease," to be given in May before the convention of the Ohio State Osteopathic Society.

## Visitors

Dr. W. B. Gould of Denver, Colorado.

Dr. Hitchcock and son of Milwaukee, Wis. Dr. Hitchcock's son contemplates studying Osteopathy and we hope he was impressed with our college.

## Dr. Nicholson Elected to City Council

Dr. Leon C. Nicholson was recently elected a member of the Council of Correctionville, Iowa. Dr. Nicholson has been practicing in Correctionville several years and the majority vote which elected him speaks for his high standing in the community.

Dr. Nicholson graduated from D. M. S. C. O. with the Class of May, 1929, and was affiliated with Sigma Sigma Phi and The Atlas Club Fraternities.

## Locations

### Crawford

Dr. Francis Marion Crawford, Osteopathic Physician, desires to announce the opening of his office at 1003 Southern Surety Building, Des Moines, Iowa.

Dr. Crawford graduated from D. M. S. C. O. in the class of January, 1932.

## Sigma Sigma Phi Will Sponsor Contests

Gerald Whetstine, chairman of the committee on interfraternity competition for Sigma Sigma Phi, announced recently that there would be four spring contests held this season. Loving cups will be the trophies and will be played for by teams from each of the three fraternities and the non-fraternity group.

There has been some misunderstanding regarding the baseball and kitten ball contests and Mr. Whetstine wishes it known that both contests will be sponsored and a cup offered to the winner of each. Each organization is urged to enter a team in the hard ball tourney and another in the kitten ball competition. Kitten ball is a innovation in Still College this year and, while it will in no way replace regular baseball, it will offer playing opportunity to a number of additional men as well as providing a new cup for competition.

Following the above tournaments there will be the annual golf meet and after that the final event of the year, the track meet.

Dates have not been set for these contests but they will be announced in the near future. Fraternities are urged to get their teams in shape and be prepared for fast and keen competition. The golf and baseball cups are at present held by the Atlas Club and Iota Tau Sigma holds the track trophy.

## Atlas Club Wins Bowling Tourney

Tuesday afternoon, March 29, the Atlas Club Bowling Team, winners of the second half of a split season, defeated a team from the Iota Tau Sigma house, winners of the first half, to cop the Sigma Sigma Phi trophy for the coming year.

Competition this season was the closest and most exciting seen in many years. The winner of the second half was not decided until the final day's play between the Phi Sigma Gamma and Atlas Club teams. Final standings found the teams in the following order: Atlas Club, first; Iota Tau Sigma, second; Phi Sigma Gamma, winners last year, third; and Non-Frats, fourth.

The highest single game of the tournament was a 235 rolled by G. A. Noble of the Phi Sigma Gamma team. Clem Andreen had the highest season average for the champs with 173, and Captain Johnson was close on his heels with 170. The winning Atlas Club group had a season team average of 780.

## Osteopathic Child Study Association

One of the most valuable and far-reaching lay organizations connected with the Osteopathic Profession in the Osteopathic Child Study Association. The purpose of the Association is to collect and study data on children's diseases and injuries from the Osteopathic standpoint. The effects of lesions and the results of Osteopathic treatment will be carefully studied and detailed reports made and published.

The Journal of the A. O. A. has been publishing a questionnaire asking for results observed in the Osteopathic treatment of children suffering from falls and injuries. The association plans to print a bulletin based on this data in a short time.

One can easily see what a great amount of good work this organization can and will do. Any one wishing to aid in the work of the association is urged to send a contribution of one dollar to the Osteopathic Child Study Association, 40 Passaic St., Hackensack, N. J.

What a piece of work is man! How noble in reason! How infinite in faculty! In form and moving how express and admirable! —(Hamlet, II, 2.)

## All-School Dance Proves Great Success

Two hundred and twenty-five persons gathered in the Masonic Building Saturday evening, April 2, to enjoy the all-school carnival dance sponsored jointly by Sigma Sigma Phi and Square and Compass. The hall was brilliantly decorated with Still College banners and various fraternity emblems.

Hundreds of balloons, whistles, streamers and confetti were released at 10:45 and in a few moments the hall assumed the proportions of an area following a Kansas cyclone. Thirty-five valuable prizes, donated by Des Moines merchants, were raffled off between the dances and articles of clothing, books, meal tickets, and what not were carried home by the more fortunate of those present. Drs. J. M. Woods and H. V. Halladay were awarded special faculty prizes, Dr. Woods winning a singing pipe to keep him entertained on his fishing trips and Dr. Halladay winning a trained mule which emits a cigarette when properly prevailed upon.

Music was furnished by a negro orchestra of eight pieces. The surprise of the evening was the serving of a chicken dinner at 11:30. Several of the students and faculty did not eat all day in order that they might be in shape for this big banquet but alas it turned out merely to be a candy bar, facetiously labeled "Chicken Dinner." While the party was at its height festivities were stopped long enough for a group picture to be taken.

The committee in charge was Maurice J. Schwartz, representing Square and Compass, and Burton Poundstone and Gerald Whetstine, representing Sigma Sigma Phi.

## Marriages

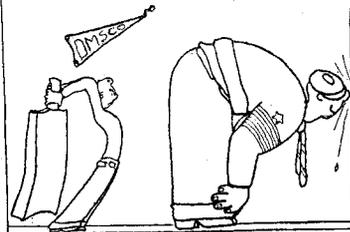
### de Ledesma-Webb

W. Trego and Mrs. Webb of 5, Alma Terrace, Kensington, England, announce the marriage of their daughter, Dr. Edith Mary Webb, to Alfred Fabian de Ledesma on February 27, 1932, in London, England. Dr. Webb graduated from D. M. S. C. O. in the Class of May, 1923.

### Davies-Ball

Mr. and Mrs. George S. Davies announce the marriage of their daughter Irene to Dr. C. S. Ball on Saturday, February 20, 1932, at Ocala, Florida. The couple will reside in Ocala, where Dr. Ball is in practice.

ERATERMITY NOTES



ATLAS CLUB

Portrait of a Man Talking to Himself—

(Apologies to Walter Winchell) **WONDER** what this Bachelor's Club will come to? . . . Jack Campbell leads the Bachelor's great contest but 'tis rumored about that Cookie Moore is soon to show Detroit's Pride the way to go home. . . . 'Tis said that Tiny Andreen has great broncho-busting qualities and practices his art on the dining room furniture . . . The Twadells, Potters and Schefolds seem to have profited by the latest skid in the stock market . . . at any rate the new gas buggies these families are sporting belie the much discussed Hooverpression . . . Des Moines is in the midst of a taxi war . . . to make matters worse a young country upstart from a place called Radcliffe has fetched himself a cab and offers to haul we metropolitans for 5 cents per mile . . . they say his name is Kessler.

**CONDOLENCES** to Lloyd Horace Tannehill, who lost a couple of molars last week and well nigh bled himself sick . . . Ed Leininger is rapidly becoming known as the "sleeping beauty" . . . at least he has shown great talents along that line . . . The Wards, who middle-aisled it over a year ago, visited the old homestead recently . . . welcome and come again . . . Paul Wynn (blessed event fame) is resting up in a Michigan Sanitorium . . . he is better known as Speed and we trust he will live up to his name and be back in the old saddle right quick.

**JIM DONOVAN**, the Lethal Lancastarian, was a week late in returning from his Good Friday holiday . . . they whisper that he and an Ohio charmer will tell it to a preacher in the good old summer time . . . Gus Porter, who journeyed to the bright lights from Michigan, is recognized as one of the avenue's hardest working heart breakers . . . if his dates were potatoes they would fill many a bushel basket . . . I wish I had his ability . . . Spoon Hutson, the Albert Leaper, recently parked his car in a quiet, deserted spot, switched off the lights, and turned to embrace his fair friend only to remember that he had left her in one of the stem's calorie huts . . . Ed (Brains) Lodish and Paul (Zick) Isaacson are going to have a thinking contest . . . the one that thinks the longest and hardest about Republican prosperity wins a headache.

**THE DALE COMPANY**, now on the boards at the Princess, nightly shows the best theatrical talent seen in these parts in many a day . . . if you don't go weekly you're missing something . . . Roy Mount, a steady patron, threatens to go every night if his luck of last Friday night holds out . . . The baseballers are now at work and we hope for a pennant winning season for the home team . . . I will be the score-keeper . . . George Warren Swartzbaugh seems to be that way about a local beauty . . . it's his first case of ga-ga as far as we can tell . . . his brother Ed said "I do" last summer . . . See you when Mrs. Forbes' son Robert gets over the insults that will greet this column.

DELTA OMEGA

(N. L. Abolt)

Initiation of Lillian Peterson and Stella Sley was held March 16 at the home of Dr. Aldine Kenworthy, 207 Fifty-sixth St. Those present for the ceremony included Dr. Nossie Lovegrove, Dr. Fern Woods, Mrs. Byron Cash, Dr. Grace Abolt, Dr. Erma Townsend, Viola Buckholz, Dr. Genevieve Stoddard, Rachel Hodges, and Norma Abolt.

Lillian and Stella show much interest and enthusiasm in their work. More power to you, girls! I've been told that one's interest is doubled the third year, that might be a convenient fact!

When Rachel says she doesn't care for coffee—let her have a smell; she will even drink it cold!

Phoebe has arrived from Minnesota again! Must be great to be in much demand. Phoebe, a very fond dog, tries to show no partiality for Viola or Mrs. Buckholz, thus she spends much time on the road between here and Minnesota.

Dr. Fern Woods has recently moved to her new home, 1104 Thirty-fifth St.

IOTA TAU SIGMA

(B. Herbert)

Sore arms and split fingernails are now very much in evidence since baseball has started. It sure seems great to get out and throw a few around but invariably the end result is a sore arm and increased appetite. It usually isn't safe to make predictions before a season starts, but we will take a chance and say that we should have a fairly decent team this year.

Just the other night we surely thought that a stranger was amongst us. A very nice voice over the phone sweetly asked if "Buddy" was there. After several minutes of inquiry it was discovered that Brother George Hall was the person in demand. Well, you know Spring weather does that.

During the last all-school dance we had the pleasure of having as our guests the following Brothers from Alpha Chapter at Kirksville: Brothers Emmett Binkert, J. Leonard O'Hare, and Everette Gross. We sincerely hope they had a good

time and would like to see them again soon.

It was with a great deal of pleasure that we were able to add another trophy to those which we now have. This cup was given in honor of winning the bridge tournament, and we gratefully thank Sigma Sigma Phi for the beautiful gift.

Well, Brother Perdue went and did it! In just a few words we'll explain that Roy is now incorporated for life. Congratulations, Roy, and may your future be as bright as this fine Spring weather.

Brother Whetstine, having heard of Brother Hall's technique in placing a pin, succeeded in hanging his in like manner. Did you enjoy it, Gary?

Someone here at the house has a great big Chrysler with a nice shiny finish. The other day, Brother MacLaughlin washed his car, (surprise), after he finished the car had a beautiful shiny luster—it positively sparkled—all the paint had come off!

PHI SIGMA GAMMA

(Senior Issue—Army)

Station W A G A broadcasting: Mrs. Armbrust's naughty little boy, Walter, will now give you the latest scandal and ultimate outcome of the graduating P. S. G's.

O K—STILL COLLEGE—

Little Willie Brace is my first victim. Another local boy makes good. Billy has often said he would like to live at the house. But really, Bill, could you leave your fair one and the restaurant? With your hash-house experience, we will expect great changes in the dietetic field.

Harry Cloyed, my buddy and co-obstetrical assistant. Old. H. L. has had a time of it but he still holds his head up and is still fighting. He has been keeping the bacterial count down and the white count up, at Flynn's. I'll miss your cream. Put 'arry, Vi, oh Vi, do you do vot you do?

Grau. You know David of the Bible—well, our David is just his return. Dave is perhaps Still's best student of past, present and future. Good work, Grau. A lot will be expected of you. I have been keeping a close check on you and your doings. I do hope your mother does not get air to what I am about to unfold. Do you realize that during your four years here at Still, you have actually neglected your books, studies and school work for a total of 22 hours, 14 minutes, and 35 seconds. You are forgiven. I love you.

Now for my chum and boyfriend, a real pal from Jackson, Michigan. Still's only 20 letterman. We girls have our fun—don't we, Jack? LeRoy Edward Jagnow has had four years experience with the Chas. Walgreen Company of Chicago, Ill., as their all around fountain boy. Olsen, the "Terrible Swede." From frying-pan to fire, or visaversa. Which is it? Can't you leave these little girlies alone? You may be handsome and pret-

ty but don't let them spell "pan" with an "e".

Oh, Freddie Schaeffer, won't it be a relief to be back home with no more letter writing to be done? Yes, but what will the Des Moines girls do for correspondence and Osteopathy? Do you realize how many 'fems' are suffering from Myo-cardial crackture, purely due to your technic? (What a man).

John Jacob Stivenson. Just plain John, to his mother, Jay to his many suitors, "JO-JO" to the boys, and "Stinky" to me. Are you in LOVE? I know you are not doing right by our Lill "Alice". Simpson will suffer a loss when you graduate. I do hope you go back to Ohio (Oh, ho, a big groan) and leave us men alone.

Stoike Stokkee, the "Timid Soul" of 1928 and "Answer to a Maiden's Prayer" in 1932. Boy—what a change! Ellsworth is my very dearest giggilo boy friend. Osteopathy needs more temperature producers and male nurses as you.

Well, folks, I hope you all realize how screwy I really am. I am the original nut, but who wouldn't be, with such associates for the past four years. As for my destiny, I do not know just what FATE has in store for me. Any time you feel tired and worn—stop in at one of "THE ARM-BRUST SWEDISH BATH PARLORS" and be refreshed. Thank you.

In conclusion, I think this bunch of P. S. G's. are the most practical, up-to-date, non-resisting Osteopaths ever turned loose in our profession. One side for the big stampede. O K—OSTEOPATHY! Onward PHI SIGMA GAMMA! See you in the A O A.

Dr. Halladay Speaks In Council Bluffs

Friday, April 15, Dr. H. V. Halladay of the college faculty, journeyed to Council Bluffs, Iowa, where he spoke before a convention of a divisional society of the Iowa State Osteopathic Association. At the afternoon session Dr. Halladay spoke on "The Involuntary Nervous System." In the evening a banquet was held to which all the athletic coaches of Council Bluffs and vicinity were invited. Dr. Halladay spoke to this group on "The Osteopathic Care of Athletes."

Dr. H. L. Roberts of Missouri Valley, was in charge of the program.

She: "I'm afraid it's going to be a stupid party."

He: "Well, we'll simply have to gin and bear it."

There was an old fellow named Sydney, Who drank till he ruined a kidney, It shriveled and shrank, As he sat there and drank— But he had a good time of it, didn't.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor....H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

## Endocrine Series Proves Popular

The response to the series of articles by Ava L. Johnson entitled "Endocrines and the Osteopathic Physician" has been so great as to break all such previous records. So many have asked for extra copies of the various LOG BOOKS containing these installments that they are at a premium.

We felt at first that such a series could not fail to awaken and renew thought and research along a line too easily overlooked and the flood of favorable comments has proven us right.

Among the many letters we will quote the following from Dr. Fannie E. Carpenter and Dr. G. H. Carpenter of Chicago:

"About 26 years ago Dr. Fannie Carpenter met the famous Dr. Chas. DeM. Sajous in Florence, Italy. He was very busy spending his time finishing a new edition of his work on Internal Secretions. One day he asked Dr. Fannie what school of practice she represented. Upon being told, he replied 'I do not know anything about Osteopathy but I am sure of this: the reason the Osteopath is able to get the results attributed to his manipulative treatment is because of the effect he produces upon these glands of internal secretion in which I am so interested.'"

## Location Open in Southwest Kansas

Dr. F. C. Tabler, secretary of the South West Kansas Society of Osteopathic Physicians and Surgeons, writes of many desirable locations in that part of Kansas. There are many towns from 500 population up which do not have the services of a D. O. and many of them have no physician of any school. The Leopold Osteopathic Hospital in Garden City offers good hospital facilities for any one locating in the vicinity. Address inquiries to Dr. F. C. Tabler, Garden City, Kansas.

## Births

### McKeon

Born to Dr. and Mrs. David E. McKeon, a daughter, Anne Hathaway, on March 3, in Battle Creek, Michigan. Dr. McKeon graduated from D. M. S. C. O. in the class of May, 1929.

## Convocation, March 18

According to Dr. D. L. Clark, of Denver, who addressed the assembly March 18, the young and just starting into practice physician must early learn to become a business professional man. This does not mean a professional business man, Dr. Clark hastened to differentiate, but a professional man who runs his office on a strictly business basis. The butcher, the baker and the candle stick maker receive their pay for services rendered and so must the physician for he, too, must pay rent.

Dr. Clark, Past President of the A. O. A., stopped off in Des Moines while on a trip in the middle west, to speak to the student body in hope of passing on to them some of the important things experience has taught him in many years of practice. This, he said, is the service the field man can give the student. Our schools are splendidly equipped now-a-day, Dr. Clark said, the preliminary training received by the student is superior to that offered in his student days, but there are still lessons to be learned in practice which the schools cannot include. It is the duty of the practitioner to pass such lessons on when he has the opportunity, Dr. Clark believes. Primary among them is for the physician to realize he is also a business man. Unquestionable conduct, absolute honesty, the completest possible knowledge of his science, are necessary to every physician who hopes to be successful. He must learn, too, to become a part of his community; not only to attend church but to become an active member of his church, not only to be seen at his Rotary or Country Club but to be recognized as an interested and responsible member in it. But after having so established himself in his community the physician may still fail of what he might attain if he does not incorporate business principles into his office management.

These principles, according to Dr. Clark, are fundamentally accurate records; collecting pay for service rendered; and charging adequate fees for especial services. Dr. Clark believes that when an osteopathic physician accomplishes an extraordinary result through the application of his science and principles he cheapens his profession in his own eyes and those of his public if he does not charge according to the importance of the results obtained. He gave a number of interesting instances throughout his experience which proved his point. This charge must be, however, upon the basis of results, Dr. Clark said. No physician can afford to give greater consideration to the man most able to pay large fees. He cited the instance of a multi-millionaire who had difficulty believing he would have to wait his turn in the card which was filled with appointments until six o'clock.

When he realized he could either wait until six, or go elsewhere, he bowed to the inevitable and later expressed himself as admiring the physician who would so stand by his principles of fair conduct.

When introducing Dr. Clark, Dr. L. L. Facto, of the faculty, related an anecdote of the former's early days when he made an examination and said honestly to the patient: "There is nothing I can do for you." Then as the man passed through his office door, Dr. Clark realized he had just 13 cents in his own professional pocket. "A man of such moral integrity," said Dr. Facto, "is one who is certain to have a message of value for any student group."

—A. L. J.

## Convocation, March 25

On this day we were very fortunate in having Dr. Yale Castlio of the faculty of the Kansas City College of Osteopathy and Surgery with us. Dr. J. M. Woods introduced Dr. Castlio to the student body and requested that he give us data upon the student experimental work on the spleen now being done by the students of the Kansas City College.

"Anatomical, lesional, structural, and other types of research are now being done within the Osteopathic profession," said Dr. Castlio, "but there is a special field of research thus far left undone which the student groups could adequately and successfully do. One form of this research is now being done by Beta Chapter of Psi Sigma Alpha at our college—that of studying the physiological results of specific splenic stimulation.

"Thus far we have experimented upon about 60 healthy individuals. Five minutes of bimanual alternate compression and relaxation of the spleen is the type of stimulation now being studied. Before treating thusly we see that the subject does not eat or take vigorous exercise for at least four hours before stimulation. Just prior to the treatment a leucocyte count is taken, then the five minute stimulation, five minutes after a second white count is made and thirty minutes after a third count is recorded.

"We have found that this will, in 80 per cent of healthy individuals, increase the white count about 3,000 in five minutes, the thirty minute count shows a decrease from this number but the figure is still higher than that taken before the stimulation.

"Our next step will be to take differential counts and determine the effect upon the opsonic index of the subject. We have found that this splenic stimulation has a tendency to reduce the red cell count, thus showing an R. B. C. destructive activity on the part of the organ."

Dr. Castlio closed his most instructive discussion by stating

that similar exhaustive work should be done on the thyroid, liver, etc., and made an appeal to the students of the various osteopathic colleges to undertake some form of research work.

## Convocation, April 8

Sigma Sigma Phi, Honorary Fraternity, was in charge of the assembly and presented the Lincoln High School band in a thirty-minute concert. The band showed a snap and execution not to be expected of a school band and the director, Mr. Engels, deserves no little praise for the training of his young musicians.

The first number was a march, "Officer of the Day." Following this Mr. Engels stated that the band would compete on Friday, April 15, in the Iowa State High School Band Contest finals at Drake Field House in Des Moines. As a final bit of seasoning Mr. Engels said that they would play the music required in the contest. The first was Mendelssohn's "Overture to Ruy Blas." This number is far above anything that should be required of an amateur school band, nevertheless the whole overture was played in a style showing interpretive genius on part of the director and a most surprising sincerity and understanding on the part of the young performers.

Next came one of Filmore's trombone atrocities which, as usual, depicted an episode in negro existence—this time it was O' Mose at the Revival Meetin'. The writer, being one of the fraternity, always feels sharp pangs of pity for his fellow slide enthusiasts when it falls to their lot to foist upon their audience one of these things. However, it was well done and your reporter is undoubtedly prejudiced.

The Largetto from Luigini's "Ballet Egyptienne" was next. One would not believe that it would be possible for youngsters in their teens to become adept enough in two years or so to play the woodwind parts of this number. Yet the clarinets, flutes, piccolos, oboes and bassoons seemed to be the best trained sections in Mr. Engel's band. Following was the famous overture to Rossini's "Barber of Seville." Again the band was attempting something more in the realm of professional bands, yet they did far better than one would expect. The clarinets particularly deserve special mention for their handling of some of the difficult woodwind passages Rossini so loved to write.

A march closed this musical program. We can not praise either the director or the band members too highly for their accomplishments. We wish them all possible success in the future and hope that they return to Still College again and again.

Exceeding the feed limit, as well as the speed limit, makes business good for the hospitals.

## Endocrines and the Osteopathic Physician

Ava L. Johnson, B. H. Ec., B. Sc., M. Sc.

(Continued from Last Issue)

### Summary of Specific Action

In closing these articles I will present the briefest possible summary of the outstanding controlling function of each of these glands.

1. **THYROID.** This gland is the great energizer of the body. It controls metabolism, affects growth, exerts great power in regulating detoxification and immunity. Deficiency produces cretinism or myxedema. Over secretion results in "Grave's Disease" and various profound nervous disorders. Enlargement is known as goitre and may be of several types.

2. **PARATHYROIDS.** Primary factors in calcium and phosphorus metabolism, important for proper bone and tooth structure. They have a close relationship with nerve irritability, nervous excitability increases from 500 to 1000% in greatly inhibited parathyroid and death results when the glands are removed in toto. Edietism, caused by a slight hypoparathyroidism, can be decreased by feeding cod liver oil, which increases Ca retention. Night terrors in children have been traced to parathyroid hypofunction.

3. **ANTERIOR PITUITARY.** Stimulates growth of bones, especially the long bones, producing the perfect dwarf, the giant, or acromegaly, depending upon the condition of the gland and the amount of increased or decreased secretion. This portion of the pituitary exerts a profound control over the other glands and its tonic effect on the brain governs reason, judgement and deduction. The person with a fairly active anterior pituitary possesses the aggressive and progressive type of mind.

4. **POSTERIOR PITUITARY.** Produces pituitrin which is the tonic of the involuntary or smooth muscle cells. This portion of the pituitary governs the gentle, tender, feminine type of mind. It is in close relationship with the genitalia and if it is underfunctioning before puberty there is a failure of normal development of the reproductive system.

5. **THYMUS.** This gland is the pre-puberty check on the gonads. It is normally atrophied at puberty but when it persists there is a gonad upset which underlies much homosexuality or which causes a sexual reversion to the opposite sex—i. e. the male become effeminate and vice versa. This gland is very closely related to Status Lymphaticus. An interesting medico-legal sidelight is the fact that in 21 autopsies on criminals in the California penitentiary, nineteen were found to possess persistent thymus glands.

6. **ADRENALS.** These glands possess the reserve energy and

tonic needed by the body under stress and in emergencies. They are the seat of all emotional outbursts and reactions. When they are overtapped we have the typical neurasthenia or, as the foreigners call it, "Americanitis." The cortex of the adrenals is closely related to the gonads and is associated with skin pigmentation—"Addison's Disease" being an involvement of the cortex.

7. **PANCREAS.** Everyone is familiar with the action of insulin, the secretion of the Isles of Langerhans, on sugar metabolism.

It will not be necessary to discuss the endocrine activity of the gonads, corpus luteum, mamaries, etc., but I do suggest that you do some reading on the subject. My purpose has been to show what a great thing this glandular system is and to prompt a little thought and research on this fascinating subject. For that reason I herewith present a bibliography that, while not extensive, is representative of the work and knowledge of endocrinology.

Cobb..... Internal Glands.

Berman..... The Psychic Association.

Bandler..... Internal Secreting Glands.

Jackson..... Goiter and Other Thyroid Disease.

The Endocrine Survey.

Harrower..... Practical Endocrinology.

Harrow, B..... Glands in Health and Disease.

### If You Are Broke—

If you are broke, read this letter from an Oklahoman to his banker:

"It is impossible for me to make a further payment on my note. My present financial condition is due to the effects of federal laws, state laws, county laws, corporation laws, by laws, mother-in-laws, and outlaws that have been foisted upon an unsuspecting public. Through these various laws I have been held down, held up, walked on, sat on, flattened and squeezed until I do not know where I am, what I am, or why I am.

"These laws compel me to pay a merchant's tax, capital tax, auto tax, gas tax, water tax, light tax, street tax, syntax, and carpet tax.

"The government has so governed my business that I do not know who owns it. I am suspected, expected, disrespected, examined, re-examined, until all I know is that I'm supplicated for money for every known need, desire or hope of the human race, and because I refuse to fall and go out and beg, borrow or steal money to give away, I am cursed and discussed, boycotted, talked to, talked about, lied to, lied about, held up, held down and robbed until I am nearly ruined; the only reason I am clinging to life is to see what the hell is coming next!"

—(Lehigh Valley Argus.)

## Answers to Athletic Quiz

Several inquiries have come in for the answers to the questions published last month in an exam over the lecture work given in the Athletic Clinic at the college. In order to not have to repeat these several times we are giving you what we consider the correct replies without the complete detail with which the student is familiar but more in the form of an outline. If those of you who are interested in this work will attend the lectures and demonstrations of the Athletic Section of the A. O. A. at Detroit this summer you will have the answers to these questions and many more.

Question—

Give five rules of conduct in making contacts with coaches and teams.

Answer—

1. Remember that you are the physician and not the coach.
2. Be one of the gang but exert your authority.
3. Do not swear, smoke or chew while with the boys.
4. Be careful of your language.
5. Show a sincere interest in the work.

Question—

Classify muscle injuries and state reasons for this classification.

Answer—

1. Toxic. Due to overuse. No structural change. Recovery early. (From a few minutes to a few hours.)
2. Primary Traumatic. Due to indirect or direct strain. Slight tear of tissue and hemorrhage. Small circumscribed area of infiltration. No superficial discoloration. Heals in 24 to 48 hours.
3. Secondary Traumatic. Severe direct blow. Large area affected. Superficial hemorrhage evident but slight. Many torn fibers. Excessive pain and spasm of adjacent muscles. Recovery slow, extending over several days to two weeks.
4. Tertiary Traumatic. Very severe trauma. Capsule of muscle and fibers torn. Area of infiltration not necessarily large but presents indentation in center showing evidence of torn capsule. Hemorrhage extends beyond margins of swelling and into superficial fascia. Healing slow and may not make complete recovery during the season.

Question—

Outline treatment for muscle injuries.

Answer—

1. Hot and cold packs. Three minutes hot followed by one minute of cold. Keep up for 30 minutes.
2. Light massage around edge of injury. Never in center.
3. Strapping to keep hemorrhage from spreading and to help in approximating the torn fibers.

4. Mild heat for several hours. Rest and followed by passive movements.
5. As case gradually improves the treatment is changed to apply to improved conditions.

(Above is routine and varied with the diagnosis.)

Question—

What principle is used in taping?

Answer—

Tape should be crossed when applied to protect a ligament or other tissue. This insures a pull in all directions and is more effective than tape running in one direction only.

Question—

Name the most common joint injury, and explain why.

Answer—

Torn ligaments are found in every joint injury of traumatic origin. These vary with the articulation and the force of the trauma. External ligaments that are already on tension give first. These are followed by any internal ligaments the joint may have.

Question—

Name five conditions that may occur in the shoulder region.

Answer—

1. Epiphysis separated at outer end of clavicle.
2. Acromio-Clavicular lesion.
3. Sub-Acromial bursitis.
4. Teno-synovitis involving the long head of Biceps.
5. Traumatized muscles.

The above answers are a sort of a composite of the papers handed in by the class. The grades averaged above 85. After this class has its clinical work beginning next fall it will be well prepared to go out in the field and take care of any sort of an athletic team and give the best service along that line in their community.

—H. V. Halladay.

## State Boards

### Nebraska Basic Science

The next meeting of the Nebraska State Basic Science Board will be held in the University College of Medicine, Omaha, Neb., May 3 and 4.

Applications must be in fifteen days prior to the examination. Address all inquiries to Mrs. Clark Perkins, Department of Public Welfare, State House, Lincoln, Neb.

### Michigan

The next meeting given by the Michigan State Board of Osteopathic Examiners will be held in the City Hall in Battle Creek, June 7 to 9 inclusive. For information write Dr. H. W. Conklin, Secretary, 716 City National Bank Bldg., Battle Creek, Mich.

### Iowa

The spring examination of the Iowa State Board of Osteopathic Examiners will be held June 2, 3 and 4, 1932, at the State Capitol Building, Des Moines, Ia. For information, write Dr. Sherman Opp, Secretary, Creston, Iowa.

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 Oct. 3rd, 1917, authorized Feb. 3rd, 1923.

PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 9

MAY 15, 1932

Number 12

## Our Popular Faculty

In addition to regular duties the following members of the faculty have appeared on various programs at various times. Most of the members of the faculty expect to attend the National Convention in Detroit July 3 to 8.

Dr. H. V. Halladay will speak before the Illinois State Convention at Peoria, Ill., on May 11 and 12. May 19, he will appear at the P. T. A. program at Pilot Mound, Iowa.

Dr. J. P. Schwartz appears at the Wisconsin State Convention at Milwaukee May 10 and 11 and the Iowa State Convention May 17, 18 and 19.

Dr. John M. Woods appeared at Mason City March 13, during Normal Spine Week, and assisted in the clinic that afternoon and gave a talk on "Functional Indigestion" that evening. April 13, he gave a talk at the Algona District Convention on "Cardio Vascular Diseases."

"Osteopathy as a Profession" was the subject of a talk given by Dr. Mary Golden at the Washington Irving Junior High School early this month. On May 6, Dr. Golden talked to the Mother and Daughter Club at the Central Church of Christ.

Miss Ava L. Johnson chose the subject "Endocrinology" in a talk to the Galen Pre-Medic Society at Drake University the evening of May 12.

## In Re Texas

Quoting from a letter recently received from Dr. E. Marvin Bailey of Huston, Texas:

"The Texas law grants the right of an examination of an applicant who is a graduate of a recognized reputable school of medicine. This includes Allopaths, Homeopaths and Osteopaths. If this applicant is a graduate from either of the schools of medicine having four terms of eight months each, there is no requirement of a pre-medical education in the Texas law, therefore you are entitled to make application for examination."

This quotation is from a letter received by one of our Senior students who has been anxious to locate in Texas and wanted definite information relative to the recent action of the board there. We are glad to pass this on to those who have had some doubt about qualifying for the examinations in this fine state.

## Osteopathy at the Drake Relays

For the past several years Senior students of Still College have been sent out to assist in the care of the athletes taking part in the relays at Drake. This year letters were written to the coaches who were sending teams with the request that if they wanted this service they should reply and a student would be assigned to that particular team. This plan works much better for the work is done much more efficiently and the student knows where he is to report and with whom he is to work. To date we have not a full report of the work done but give below resumes handed in by a few of the students working.

REPORT BY H. L. GULDEN ON TEAM FROM MISSOURI UNIVERSITY

Friday A. M.—Met Dr. Huff of U. of Mo., his assistant Mr. Youngblood and the members of their team. They informed me that they have been using Osteopathy and were glad to get Osteopathic service here.

Friday P. M.—Taped ankles of two boys. One reported trouble with his foot in region of Tibialis Anticus. Examination showed restricted movement of articulations in foot and tenderness at Tibio-fibular articulation. Osteopathic manipulation obtained free movement in the joints, resulting in relief from the condition previously existing. The boys reported the cross taping of ankles felt better than the basket type to which they were accustomed.

Through this work I met Brocksmith of Indiana, who asked for a relaxing treatment prior to his race. He ran a 4:17 mile.

Saturday P. M.—Met the team at the stadium. The assistant coach had given them massages at the hotel and they felt that they did not need any more before the race. However, they did want me to tape their ankles with the cross taping.

In the first race their anchor man, Duncan, pulled a muscle, resulting in a third degree Charlie Horse. Hot and cold applications were given for 30 minutes, then taped with cross taping and on request of coach took Duncan to doctor's office for diathermy treatment.

The boys and coach reported that they were much pleased with the service. Let's hope so, for Osteopathy's sake:

(Continued on page 4)

## Dr. Petermyer of Kirksville Drowns

Just as we are going to press we have the sad report that Dr. Petermyer, member of the faculty of the Kirksville College, accidentally drowned Monday night, May 2. The report states that after a May day celebration at the college the doctor went out to the lake west of the college in Dr. Charlie's pasture and started to swim across. For some reason he sank when near the middle of the lake. Due to the depth, his body was not recovered until after 5:00 p. m. the following morning.

Kirksville suffers a great loss in the death of this young man for he had already made a name for himself in obstetrics and surgery and was one of the most popular of the instructors there. The Log Book extends sympathy to the family and expresses sincere regret in the profession's loss of this brilliant young Osteopath.

## We Will Be Busy As Follows

This season means the rush to finish the year's college work and also attend to numerous other associated affairs. Lest we forget let us remind you of the following dates in the near future: May 16—Summer Dissection begins. May 17—Corporate Board meeting. May 17, 18, 19—Iowa State Osteopathic Association. May 20—Senior Day. May 25—College Senior Banquet. May 26—Graduation of May, 1932, Class.

## State Board Exams

### Florida

The next examination of the Florida Osteopathic Board of Medical Examiners will be held in Miami, Florida, headquarters at the Tuttle Hotel, June 20, 21, 22.

### South Dakota

The South Dakota State Board of Osteopathic Examiners will hold its next examination June 15, 16, 1932. Anyone interested should communicate with Dr. C. Rebekka Strom, Sec., 321 So. Phillips Ave., Sioux Falls, So. Dak.

### Nebraska

The next Osteopathic examination will be given June 8 and 9

## IOWA STATE OSTEOPATHIC PROGRAM

Tuesday, May 17, 1932

10:00—Address of Welcome, Mayor Lewis. Response. Opening of Session.

11:00—Dr. J. Deason, "Research Findings."

12:00—Luncheon.

1:30—Dr. H. J. Marshall, "Head Conditions of Interest to the General Practitioner."

2:30—Dr. J. Deason, "Thermogenic Treatment of Arthritis." Questions on morning address.

Wednesday, May 18, 1932

9:00—Dr. A. D. Becker, "A. O. A. Matters."

10:30—President's Address and Professional Forum Discussion of State Fair Clinic.

12:00—Luncheon.

1:00—Dr. A. D. Becker, "Building a Diagnostic Routine."

3:30—Business Meeting.

7:00—Banquet.

Thursday, May 19, 1932

9:00—Dr. R. B. Gilmour, "Osteopathy in Acute Diseases."

10:00—Dr. Harry Gamble, "Things That Gripe Me."

11:00—Dr. J. P. Schwartz, "The Taking of a Case History."

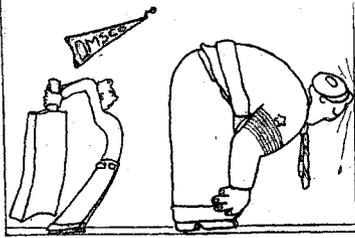
12:00—Luncheon.

1:30—Dr. W. G. Sutherland, "Skull Notions by Blunt Bone Bill."

3:00—Dr. A. G. Hildreth, "Osteopathic Treatment of Insanity."

at the State House in Lincoln, Nebraska. Applications must be filed at least fifteen days prior to these dates.

**FRATERNITY NOTES**



**DELTA OMEGA**

Miss Viola Buchholz has been ill with pneumonia and is showing satisfactory progress toward recovery.

Delta Omega was in charge of the Assembly May 4th. The full time allotted Delta Omega was given over to Dr. A. G. Hildreth of the Still-Hildreth Sanatorium in Macon, Missouri. The sorority is pleased to have been able to present this speaker.

Election of officers and business meeting was held April 22. The officers are: President, Rachel Hodges; secretary-treasurer, Lillian Peterson; escort, Stella Slev. Viola's graduation in May leaves a nucleus of four members in Beta chapter, but their enthusiasm harbingers success for an extensive fall program.

Stella Slev is anxiously planning for and awaiting summer vacation. Michigan has been made quite an attractive state to those who have heard her plans.

Lillian finds time to set amateur records as a gardner and has 350 canna bulbs to nurse into bloom during vacation. When Still college gets a grass campus the progeny of this crop may grace it.

**ATLAS CLUB**

Our annual spring dance, which was held at the house Saturday, May 25, was deemed to be the best party of the year. We were glad to have with us a number of our alumni members. We would like to know why Brother Roy Mount had his program filled for the entire evening but was left alone when the music stopped?

With disappointment but also with great pleasure we relinquish the possession of the Sigma Sigma Phi baseball trophy to Iota Tau Sigma. Each game of the series was close, in fact, so close that no one could predict the outcome. An excellent brand of sportsmanship was displayed throughout the entire series.

We are anticipating the quick return of laurels in the near future. Our golf team, under the leadership of Brother Jack Campbell, is putting everything into the tournament and are planning to bring back the cup again this year. The Kitten ball team, led by Brothers Andreen and Barquist, is also aiming at the cup. The hard ball tournament having recently been finished, the kitten ball team has not become very well organized. We are looking forward to some very fast and exciting games and

are planning to make a strong bid for the cup.

"Ginger," Brother Campbell's pup of last year, has recently returned to make her home with us. She has apparently become very much attached to Pledge Isaacson. But has she become attached to such an extent as to follow him to the dormitory and disturb the peaceful slumber in that region of the house?

Brother Schefold has recently decided to take up mechanics along with Osteopathy. He made an investment in a means of transportation and believes that one way to get his full value is to study the anatomy of it. He has been trying to find out how and why it runs—when it does run.

**IOTA TAU SIGMA**

It seems but like yesterday that this last semester started and here we are with but a couple of weeks to go. Tempus sure does Fugit.

The Seniors are getting ready to take certain state boards and the books are getting a workout. Nevertheless it's plenty smart to do a certain amount of reviewing before the exams and then it all can't be remembered.

Brothers Routzahn and Koch are preparing to take the Ohio Board while Brothers Spaulding, Morgan and Belden are finishing with the Iowa Board. We have every reason to believe that they will all pass and we would like to hear from them as to location as soon as they are notified.

Brother Gill, now practicing in Tennessee, spent several days with us in the form of a premature vacation. Doctor Gill informs us that he is betting along very nicely and that he intends to take up surgery within the near future. He has recently done quite a bit of assisting in this work and knowing Doctor Gill as we do, we have every reason to believe that he will be very successful.

We were able, with the help of Captain Peck, to win the baseball championship this year and as a result can add another cup to our collection. However, the Atlas Club made us fight plenty for it and even went so far as to make us play an overtime period to decide the final game. It was lots of fun and the Atlas Club proved themselves to be real ball players and good sports.

The kitten ball and golf tournament are now under way and thus far we have been more than able to break even.

Brothers Obenaur and Hall have been selected to represent this chapter at the National Osteopathic Convention in Detroit next July. Several of the other Brothers are making plans to also be there and were all looking forward to learning plenty and also have a very good time. Doctor Gebhart of Dayton, Ohio, and Doctor Hovis of Detroit, Michigan, are to be our field representatives.

On the fourteenth of this month we are having our last

house dance of the school year. This is to some a very sad occasion and to others just another good time. Some of the Brothers will be dancing here for the last time and will probably never be back for another one. We feel quite sure that they will always carry with them certain memories that cannot be easily forgotten and will wish many times that they could come back for just one more. Every man in the house is wishing them all the success possible and if we can be of any help in the future we certainly hope they call on us.

Goodbye and good luck.

**Sigma Sigma Phi Sports**

**Baseball**

**"The Little World Series"**

The Iota Tau Sigma team came from behind to take the cup from the Atlas Club this year after losing the first game and winning the next three. All games demonstrated the fine abilities of both teams. The ITS fielding accounting for the slight edge.

The last game was a scorcher! The score was tied three times; making it necessary to play extra innings. Johnny (McCarthy) Peck scored the winning run in the final tilt.

Judging by the enthusiasm displayed nothing will supplant the good old American game in the interfraternity sports.

**Kitten Ball**

The Atlas Club, with two games won and none lost, are leading the Diamond Ball Tourney. Iota Tau Sigma and Phi Sigma Gamma with each a win and a lose to their credit are tied for third with the Non-Frats in the cellar position.

This pastime, while new, is a fast game and with plenty of experienced players the league assumes a major aspect. All games are played at the West High Stadium and an effort will be made to obtain the field for play under the "arcs" at night.

**Golf**

BOY—this Golf Tourney with the first half almost completed looks as though the last man in the last match played will decide the winner. The four teams in the play have no greater separation than four points.

Jack Campbell of the Atlas tops the field in low with a 73 while Frazier of the Phi Sigs is second with a 76. Morgan of the ITS and Joe Devine of the Non-Frats are only a stroke or so behind.

Each favorite has his own gallery and on play days Waveland golf course looks as though Bobby Jones were giving an exhibition. These embryo physicians will certainly add prestige to some country club when they emerge as Osteopathic physicians.

**Track Meet**

Friday, May 20, the stands of the Valley Junction stadium will be packed to follow the various fraternity brothers as they

pound the cinder path to victory.

The following events will take place: 50-yard dash, 100-yard dash, 440-yard dash and 440-yard relay. In the field the pole vault, high jump, running broad jump, shot put, javelin throw and hop-skip-and-jump (not forgetting the married man's 50-yard dash) will take place.

One man is entitled to enter two track events, two field events and one team event. Entries must be in by May 17. Entries may be withdrawn after that date but no new entries will be allowed after that date. Each team is entitled to three men in each event with the exception of the relays where a team consists of four men.

Beautiful cups have been selected for the baseball, diamond ball and golf tourneys and will be presented to the winners Senior Day Assembly. The track meet will not be held until after Senior Day but the cup will be awarded early next semester.

**PSI SIGMA ALPHA**

Psi Sigma Alpha held the last of its series of banquets for the school year at Doty's Tea Room May 3. Speeches by the graduating Seniors, Brothers Toepfer, Brookman and Stiverson were followed by the presentation of life membership certificates from the national grand council in Kirksville.

Gamma Chapter will suffer greatly from the loss of these three men. They carry with them our most sincere well-wishes and Gamma Chapter is certain that young doctors with their high scholastic attainments and wide-spread clinical experience cannot but help being a success in future practice.

We, at Still College, were very happy to have met Dr. Yale Castlio from Beta Chapter, who addressed the assembly last month on "Osteopathic Research."

At this time, which marks the completion of Psi Sigma Alpha's first semester at Still College, we wish to announce the principles and policies on which this organization was founded. Psi Sigma Alpha is the National Honorary Scholastic fraternity of the Osteopathic Profession and as such its future members shall be selected from the upper one-fourth of each Junior class subject to the unqualified endorsement of their instructors.

**SQUARE AND COMPASS**

Plans have been formulated to make Still Chapter of Square and Compass, national collegiate Masonic fraternity, one of the leading and outstanding fraternities on the campus.

With a nucleus of eighteen prospective members this organization will take a vital part in the activities of Still College.

We have been in correspondence with Dr. William H. Brown of Washington & Lee University, who is a national officer of

(Continued on page 3)

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

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

Editor.....J. Robert Forbes

Osteopathy Without Limitation

## Your Opportunity

Seniors will soon be graduating. Locations will be selected and new doctors will begin the practice of Osteopathy. These young people are starting out with years of service ahead. Years of service based largely on the start that they make. We sincerely hope that with the opportunities and the training that they have had in our present-day efficient Osteopathic colleges that they will continue to uphold the standards of Osteopathy. In the teaching of our science we stress the place that Osteopathy has made for itself in the eyes of the public. We try to demonstrate in clinic and with lecture work the need for Osteopathy as a therapy. The body as a machine needs mechanical attention and needs an expert mechanic in attendance.

Graduates, you are to take the places of those that are dropping out each year. You are to carry on, and we bid you God-speed with confidence in your ability to take your place with those who have always led in keeping Osteopathy a science, maintaining its standards and advancing its interests for the good of mankind.

## This Issue

During the absence of J. Robert Forbes it was necessary for the faculty advisor of the Log Book to call for help. May we thank the following students who have collected the material and taken care of all of the details of the publication of this number. We miss Bob and hope that he will be back with us soon. In the meanwhile there are many willing hands that will carry on.

Dave Grau, Harold Steverson, Bill Bankes, Paul Eggleston, Maurice Schwartz, Ed Winslow, Fred McAllister, E. R. Keig, H. Kestenbaum, Rachale Hodges, Glen Bigsby, John Royer and Bob Allen.

## Cradle Roll

Dr. and Mrs. Campbell A. Ward of Mt. Clemens, Michigan, are the proud parents of a son born March 9. He has been named Robert Campbell and we would judge, having been born in the U. S. A., that he is not a foreigner.

## Assembly April 22

Under the auspices of the Sigma Sigma Phi fraternity, Major Harding Polk of Des Moines addressed the school assembly Friday morning, April 22. Being a graduate of West Point on having been in the military service for 26 years, Major Polk's interest in the international situation is very keen. "War; Its Causes and Some Preventative Measures" was the subject upon which he spoke.

"Peace on earth is a lovely idea," Major Park said, "but it cannot be attained by wishing for it. There is conflict at every level, in the school ground and in business. If individuals struggle against each other, nations will. Modern thought has tried in every way to devise measures of peace; and since peaceful measures have failed we are bound to have war, according to the speaker. As long as there is selfishness in the world, there will be war and there must be defense."

The pacifist, Major Polk feels, is one who is not informed, who is ignorant and is only courting disaster. The country cannot be led by uninformed, untrained men and women. He repudiated the thought sometimes expressed: that military men want war for self aggrandizement. "One must think us craven," he said. "I cannot wish for my family what I have gone through and hope I shall never see again."

Defense must be considered and maintained, for in the next war, Major Polk believes, it is the strong nation, well placed geographically with prompt strength and force which will win. Initial preparedness will be the deciding factor.

## Assembly April 29

Russell Morgan, acting as master of ceremonies for the Iota Tau Sigma, had charge of the regular Friday morning assembly. The introductory number was a clarinet quartet from North High and proved that our city school system is developing some high class musicians. The boys performed exceptionally well and we hope that when they compete with other organizations of a like nature in the state contests that they will be the victors.

Miss Leeds, a student at Drake University, next offered songs, playing her own accompaniment. Miss Leeds is easy to look at and easier to listen to. She croons and not through her nose and does not bub-bub-a bub every other sentence. The crowd demanded several encores.

Bob Cross and Company closed the entertainment with a rapid fire tap dance. Bob can shake a wicked hoof and proved a grand finale to an interesting program.

Wisdom is more precious than rubies.—(Confucius.)

## Assembly May 4

This being Delta Week, the girls were given the honor of presenting to the student body one of our best known Osteopaths. Rachel Hodges introduced Dr. Della Caldwell, who in turn introduced Dr. A. G. Hildreth of Macon, Mo., president of the Still-Hildreth Sanatorium. Dr. Hildreth spoke on the value of Osteopathy in the world of therapy and cited several interesting cases proving the efficiency of Osteopathy when every other method of healing had failed. We need an old timer to talk to us once in a while to get us out of the rut of thinking within our own little circle.

Dr. Hildreth issued a very kind invitation to the student body to visit the sanatorium at any time as his guests. We hope that each of our students takes advantage of this offer to see just how our therapy can do more for nervous cases than any other.

Dr. Hildreth will always be welcome at Still and we congratulate the Deltas for securing such a notable member of the profession for their program.

## Station S C O Broadcasting

It is not often that we get letters like the one below. Not that we do not hear these good things, but here is a letter that came without any previous mention. We ask you, wouldn't you be proud to have this framed in your office with your name inscribed where Hasselman's is?

Dr. C. W. Johnson,  
Still College.

Dear Doctor:

Just had my first experience with Osteopathy and will say it is wonderful.

I had three of my babies in hospitals and three of them at home. This was my seventh baby that Dr. W. Hasselman delivered and never did I have the care I had with this last one. And as far as cleanliness or asepsis is concerned, your doctors cannot be surpassed.

If ever I have the chance to recommend the doctors or Osteopathy I will do all in my power to do so, and cannot credit them enough. Or if you care to use my name or myself to recommend them I will be more than pleased.

Dr. W. Hasselman is now treating my seven-year-old boy for ear trouble and have enough faith in him that my boy will overcome this trouble.

I remain,

Mrs. Helen A. Spaulding.

"I belong to the farmers' fraternity."

"..What's that?"

"Alph' Alpha."

He: "I love as no one ever loved before."

She: "I can't see much difference."

## Home Sweet Home

We get letters from state secretaries. We hear direct from members of state board associations through members of the faculty who speak at state meetings. We have visitors drop in with the same news.

"Please send some of your graduates to our state."

For your information we have taken the list of graduating Seniors and after listing their home town asked them to fill in the board they expected to take and by doing this have a bit of information that is interesting. In other words, if you want more Osteopaths in your state and you are not represented in this list or similar ones, you know what to do about it. Most of the boys go back home; back to their home state to practice. Those of you who are interested in strengthening Osteopathy in your own state and sincerely want more to come in can see from this list what work you have ahead of you.

Senior	Home	State Bd.
Anderson—Nebraska		Michigan
Armbrust—Nebraska		Nebraska
Basore—Ohio		Ohio
Belden—Iowa		Iowa
Brace—Iowa		Iowa
Brookman—New York		Iowa
Buchholz—Minnesota		Iowa
Campbell—Michigan		Michigan
Cloyed—Iowa		Iowa
Eggleston—Iowa		Iowa
Grau—Iowa		Iowa
Hainline—Iowa		Iowa
Hinds—Washington		
Hubbard—Illinois	W. Va.-Iowa	
Jagnow—Michigan		Mich.-Fla.
Koch—Ohio		Ohio
Lamb—Iowa		Iowa
Mikan—Michigan		Michigan
Moore—Kansas		Kansas
Morgan—Iowa		Iowa
Olsen—Iowa		Iowa
Peck—Michigan		Michigan
Routzahn—Ohio		Ohio
Schaeffer—Ohio		Ohio
Seelye—Michigan		Michigan
Shideler—Iowa		Iowa
Spaulding—Maine		Iowa
Stivenson—Ohio		Iowa-Penn.
Swartzbaugh—Ohio		Ohio
Stoike—Minnesota		Iowa-Minn.
Royer—Iowa		Iowa
Toepfer—Pennsylvania		Iowa

## Another Interne

The once famous third alto soloist of the Still College Band, Harry Taylor by name, has received notice that he is to report to the Rocky Mountain Hospital June 1, ready to go to work. We will trust Harry to do his duty, and congratulate him on the appointment.

## SQUARE & COMPASS

(Continued from page 2)

Square and Compass, and he has indicated his intention of spending a week with us next September in order to get the local chapter started on a year of usefulness and activity in college and Masonic functions.

Dr. Harry J. Marshall is faculty advisor of the local chapter.

## Osteopathy at the Drake Relays

(Continued from Page 1)

REPORT BY H. G. WITHROW ON TEAM FROM MARQUETTE

I was assigned to look after the Marquette University team of Milwaukee, Wisconsin. Their coach, although not very well acquainted with our form of therapy, consented to let me try and help his star sprinter.

This sprinter's main complaint was his back and right leg. His back ached when he got down to take his mark, and his right leg seemed to ache and feel dead. I looked him over, but could find no boney lesion, but the muscles in the lumbar region were very rigid and tender. After using pressure relaxation treatment, starting lightly and increasing the pressure until complete relaxation was obtained, I then manipulated his legs, instructing him to keep off of his feet as much as possible and to rest.

The next day, about an hour before his race, I gave him the same treatment. In fact, he told his coach that he felt so much better that the coach asked me to take care of this sprinter and to treat him between the relays in which he was to run.

This athlete won the hundred yard dash in 9.5 seconds, equaling the world's record. He also won two relays for his team, by running anchor man on each team.

The athlete to which I have been referring is Ralph Metcalf, one of this country's outstanding dash men. Incidentally, he is almost sure to be one of the representatives for Uncle Sam in the coming Olympic games at Los Angeles this summer.

I also treated and cared for other members of the team. They all seemed well pleased and impressed by the work.

Their coach, on leaving, shook my hand and thanked me, wanting to know if I or some other osteopath would treat his team next year. He was very well pleased with the service rendered his team by Still College.

Osteopathy made many new friends at the relays.

REPORT BY JUDD KOCH ON TEAM FROM TUSCON, ARIZONA

The annual Drake relays held recently brought a newcomer in this international event in the University of Arizona track team who made their first appearance at the relay carnival this year.

It was my good fortune to act in the capacity of their physician during their stay in Des Moines. There were five representatives of the Arizona track team and the track coach, David S. Davis.

The men were in excellent physical condition with the exception of "contracted muscles," a "bad knee" and needed foot correction. It was their introduction to Osteopathy and methods of our care of athletes.

Although they did not qualify

in every entered event they were satisfied with their venture, as for the results obtained in their initial osteopathic attainment, I endeavored to put forth my best osteopathic education in the manner of foot correction, muscle contractions and cartilage adjustment.

The team was very appreciative and pleased with the results obtained by the osteopathic care and proclaimed their use of osteopathic practice in other branches of athletics in the future.

REPORT BY W. E. HINDS ON MISSOURI U. TEAM

The Drake relays are over for 1932, however they will long live to those many young athletes. They will have their stories to take with them and tell back home. One of these will be of the Osteopathic care given each man by the senior students of Still College under the supervision of Dr. Virg Halladay, Director of the Athletic Clinic.

Coach Merriam's University of Chicago track team fell in under my care. There were eight of them, the pick of material of that great university. Each of these stars lined up to be put in shape to do their best. After competing they were again given Osteopathic care so that their bodies would overcome the strenuous taxing received on the cinder path.

In my scrap book will be the autographed picture of John Brooks. John was very grateful to us for helping him prime his body with Osteopathy. This record breaking broad jumper spiked his hand badly and after having it dressed went back to beat Dehart Hubbard's 1924 record by flying through the air 24 feet 8 3/4 inches.

All of the men and coaches were well pleased with our services and wanted to be sure of Osteopathic care next year.

### Short Course in Foot Technic

Dr. E. P. Kane of Toledo, Ohio, well known Osteopathic foot specialist, on April 27 and 28, gave a course in foot technic to about 80 doctors at the Des Moines General Hospital, who were so enthused over it that it was extended to the students of the school at a very special student rate. The course was recommended to the student body by Dr. J. P. Schwartz and about 30 students availed themselves of the opportunity, all of whom are more than satisfied with the results.

This course is a very simple but effective method of caring for the feet. Its great feature, as compared with other osteopathic methods, is that it is less painful. In teaching this method the doctor stresses over and over the absolute necessity of relaxation on the part of the operator. If this can be accomplished, claims are made that more relaxation on the part of the patient is to be had and also

that the technic is more easily executed.

Dr. Kane is scheduled to appear at the Iowa State Osteopathic Convention at which time he will hold three of four more classes, especially for the students, to complete the course for them as well as review all the work already carried out.

Dr. Kane is one of the few Osteopathic Physicians who had the honor of serving in the late war in the Medical Corps, where over 16,000 pairs of feet passed through his hands in less than two years.

The following visiting physicians attended:

Dr. M. G. Hospers, Orange City, Iowa; Dr. W. A. Craig, Story City, Iowa; Dr. H. L. Ganzhorn, Mapleton, Iowa; Dr. W. J. Fowler, Eldon, Iowa; Dr. C. L. Wheeler, Centerville, Iowa; Dr. R. E. McFarland, Centerville, Iowa; Dr. Sherman Opp, Creston, Iowa; Dr. J. W. Rinabarger, Keosauqua, Iowa; Dr. Georgia Chalfont, Oskaloosa, Iowa; Dr. S. B. Miller, Cedar Rapids, Iowa, 1220 Third Ave; Dr. B. D. Elliott, Oskaloosa, Iowa; Dr. C. N. Maughan, Leon, Iowa; Dr. J. R. Bullard, Marshalltown, Iowa; Dr. J. H. Broadston, Newton, Iowa; Dr. B. M. Hudson, Charles City, Iowa; Dr. Gertrude Copeland, Coon Rapids, Iowa; Dr. G. W. Loerke, Ottumwa, Iowa; Dr. H. D. Wright, Hampton, Iowa; Dr. L. A. Utterback, Perry, Iowa; Dr. H. L. Gordon, Brighton, Iowa; Dr. I. S. Lodwick, Ottumwa, Iowa; Dr. J. H. Hansel, Ames, Iowa; Dr. A. G. Shook, Seymour, Iowa; Dr. Neva Moss Westfall, Indianola, Iowa; Dr. M. R. Anderson, Adair, Iowa; Dr. J. Campbell, Woodward, Iowa; Dr. James B. Parks, Ankeny, Iowa; Dr. A. D. Craft, Osceola, Iowa; Dr. Carolyn Barker, Ft. Dodge, Iowa; Dr. J. F. Steckler, Eldora, Iowa; Dr. M. Biddison, Nevada, Iowa; Dr. Jas. E. Gray, Newton, Iowa; Dr. Mabel E. Andrews, Perry, Iowa; Dr. L. E. Gordon, Iowa Falls, Iowa; Dr. C. M. Proctor, Ames, Iowa; Dr. Alan M. Nelson, Belmond, Iowa; Dr. Marvin E. Green, Sac City, Iowa; Dr. Bertha R. Crum, Ames, Iowa; Dr. Ethel L. Becker, Ottumwa, Iowa; Dr. R. E. Shaver, Sigourney, Iowa; Dr. Harold Jennings, Mason City, Iowa; Dr. Eldon L. Carlson, Madrid, Iowa; Dr. G. B. Nazarene, Dallas Center, Iowa; Dr. F. W. Nazarene, Dallas Center, Iowa; Dr. Phil S. McQuirk, Audubon, Iowa; Dr. B. O. Hoard, Spencer, Iowa; Dr. H. H. Kramer, Pella, Iowa; Dr. Walter Eddy, Boone, Iowa; Dr. G. I. Noe, Sheldon, Iowa; Dr. Laura E. Miller, Adel, Iowa; Dr. Fannie S. Parks, Winterset, Iowa; Dr. L. L. Wade, Winterset, Iowa; Dr. D. E. Hannan, Perry, Iowa; Dr. J. A. Kline, Malvern, Iowa; Dr. Henrietta Griffith, Washington, Iowa; Dr. Ella Reinertson, Prairie City, Iowa; Dr. C. F. Howe, Williamsburg, Iowa; Dr. E. R. Wilson, Chariton, Iowa; Dr. Geo. F. Wagoner, Creston, Iowa; Dr. J. A. McIntosh, Tingley, Iowa; Dr.

R. W. Gehman, Bayard, Iowa; Dr. Ralph Brooker, Grinnell, Iowa; Dr. Faye Kimberly, Knoxville, Iowa; Dr. R. B. Kale, Des Moines; Dr. W. Jay Miller, Des Moines; Dr. Mary E. Golden, Des Moines; Dr. Della B. Caldwell, Des Moines; Dr. C. Ira Gordon, Des Moines; Dr. C. F. Samp, Des Moines; Dr. John M. Woods, Des Moines; Dr. James A. Humphrey, Des Moines; Dr. F. D. Campbell, Des Moines; Dr. S. H. Klein, Des Moines; Dr. M. E. Sutphin, Des Moines; Dr. Geo. E. Moore, Des Moines; Dr. J. R. Beveridge, Des Moines; Dr. L. L. Facto, Des Moines; Dr. M. E. Bachman, Des Moines.

### Pathe-Logic

During the illness of Walter Winchell a representative of the college was sent around to the homes of the various members of the faculty in the guise of a movie operator getting shots for the weekly news reel. It was enjoyed by all and since a fabulous sum was expended in collecting these bits it is no more than right that the public as a whole should profit by the facts thusly gleaned.

Bob Bachman, in addition to the possession of a wife, two fine children and a dog, specializes in music. The operator managed to get the piano, harp, cello and Bob's cornet in the picture. Fortunately the sound apparatus was not working. Bob also has a penchant for building things among which is a complete house on wheels. We say complete, for it even has part of a bath room neatly concealed from the eye of the visitor.

John Woods has recently moved into a better neighborhood and is chesty over the ownership of a wife, three children, a cat and a canary. The last mentioned were two separate animals when we made the visit. John now weighs 200 even and evidently doesn't know that there is a depression on. Fern says that they had to move into a larger place to accommodate the increasing size of the family.

C. W. Johnson, by growing his own vegetables, is able to retain possession of his old home on Brattleboro. The 1000 watts used in lighting the room for the picture disclosed three microscopic flecks of ashes in the fireplace. This worried C. W. Ava, who also took part in the picture, and is all steamed up over another conquest of Europe.

Lonnie Facto and wife have a couple of Facto-rs in the form of two lively boys. They acted perfectly in front of the camera but a neighbor who happened in told us that Lonnie, Jr., likes to pull tailfeathers out of all the chickens in his coop. Where could he have learned such tricks? We will have to see what Lonnie, Sr., does during his evenings off.

(Continued Next Issue)

The wise man knows how little he knows of what may be known.

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 9

JUNE 15, 1932

Number 13

## Atlas Club Scholarship Awarded

Judges of the Atlas Club Scholarship Essay Contest announced the winners of the contest this week. James Robert Clawson, of Aurora, Neb., won the first prize of \$100, payable in tuition at D. M. S. C. O. Elmer Elias of Detroit, Mich., won second place, while William Reichenberg of Scotts Bluff, Neb., and R. B. Swartzbaugh of Dayton, Ohio, won third and fourth, respectively.

James Clawson chose the subject, "Osteopathy As a Profession" for his topic, from the list of available titles allowed in the contest. Judging was based upon thesis submitted, not to be longer than 5000 words, or less than 1500 words—research and choice of source material, sixty percent; thesis form, fifteen percent; and neatness, grammar, punctuation, twenty-five percent. It was required that contestants be either in their final semester of high school, or had completed their high school curricula at the time of the entrance in the contest.

Judges of the contest were: Prof. Emory Ruby, head of the Department of Journalism at Drake University; Dr. H. V. Halladay, faculty, D. M. S. C. O., and F. J. McAllister, editor The Log Book and representative of Xiphoid Chapter of the Atlas Club.

This contest is to be an annual occurrence in the future and is open to any person, male or female, fulfilling the requirements.

**Fall Semester Registration,  
September 6 and 7.**

## New Catalogue Out

Catalogues with announcements for the year 1932-33 are now ready for distribution to interested parties. The new issue of the official Still College publication is decidedly improved over previous issues. More illustrations of the various departments and complete resumes of the courses offered in each department with descriptive articles of the curricula by the various heads of each division of instruction, high grade paper stock with illustrations printed in a beautiful sepia ink, convenient and easy readability, are features of the new catalogue.

Anyone wishing copies may have them by notifying the registrar's office at the College.

## To Be Represented At National Convention

Still College and Des Moines will be well represented at the National Osteopathic Convention of the American Osteopathic Association to be held in Detroit, July 4 to 8. Many more physicians throughout the state have signified their intention of attending as well as the following: Drs. Della Caldwell, V. A. Englund, J. A. Humphrey, S. H. Klein and W. P. McPheeters.

The faculty will be represented by Drs. C. W. Johnson, James R. Beveridge and H. V. Halladay. Dr. Halladay will appear on the Athletic Injury and Orthopedic programs during the convention. Miss Ava Johnson has submitted two papers to be read at the convention; one on "Some Endocrine Facts and Their Osteopathic Significance" and the other, "Recent Diabetic Methods in the Treatment of Tuberculosis."

## Successful State Convention Held

The Iowa State Osteopathic Association held a very successful State Convention in Des Moines, May 17 to 19, at the Ft. Des Moines Hotel. About 200 physicians were in attendance to hear the various convention speakers.

The evening of May 18, a banquet was held at which time Gov. Dan W. Turner of Iowa and Dr. A. D. Becker, president of the American Osteopathic Association were featured speakers. Other speakers of the evening were officers of the Iowa State Association, which included: Dr. Roy Pierson, president, of Muscatine; Dr. Paul Park, vice-president, of Des Moines; and Dr. Paul French, secretary-treasurer, of Cedar Rapids. Dr. J. P. Schwartz, dean of the D. M. S. C. O. and chief-of-staff of the Des Moines General Hospital, also gave a short talk.

A pleasing feature of the evening was the projection of a motion picture taken by Dr. H. V. Halladay of the members of the faculty of the College and the members of their families. Included in the picture were scenes depicting the various departments of the College, clinic views and activities around the College. The film was received with enthusiasm by a large attendance.

**Fall Semester Registration,  
September 6 and 7.**

## School Calendar 1932-33

—1932—	
Registration.....	Sept. 6 and 7
Class Work Begins.....	Sept. 8
Xmas Vacation.....	
.....Dec. 23 to Jan. 9, 1933	
—1933—	
Graduation.....	Jan. 20
Registration.....	Jan. 21
Class Work Begins.....	Jan. 23
Graduation.....	May 26

## Trustees Banquet Seniors

Graduating Seniors were honored at a banquet given in their honor by the Board of Trustees of the College, the evening of May 25, at Hoyt Sherman Place.

Dr. C. W. Johnson, president of the College, and Dr. J. P. Schwartz, dean, gave short talks which were responded to by David Grau, president of the graduating class.

Tables for the banquet were arranged in unique fashion. The Board of Trustees occupied a central table, while other tables were arranged diverging in wheel-fashion, at which were seated the guests of honor.

## Our Clinics

This being the last edition of the Log Book during the college year it is proper to report regarding the work of our clinics during the past several months. There follows a brief resume of some of the work done. Additional reports will be made in the following numbers of this publication.

### General Clinic

Regardless of conditions the general clinic has continued to carry on its usual yearly average of patients. Over 19,000 treatments have been given since the present Seniors started their work. This report compares favorably with the number given last year with a larger class graduating. The variety has covered the field, completely giving the students an insight into what will be encountered in practice.

As usual, Dr. Johnson and Dr. Facto have examined before the classes. In addition, the past several weeks we have been fortunate in having the services of Dr. J. Woods on Wednesday at which time the classes were combined.

A marked improvement in the appearance of the Seniors has been effected by the majority of them wearing white treating coats. We hope that this practice continues.

### Gynecology

Under the supervision of Dr. Johnson the Gynecology work has increased greatly. About 150 patients have been taken from the General Clinic and placed in this special department. The size of the Junior class has made it necessary to divide the work of this department into three sections so that each will have an opportunity to make examinations and more thoroughly understand these special pathological conditions.

### Proctology

The lecture work in this department is given by Dr. J. L. Schwartz and the clinic conducted by Dr. Facto, assisted by Lane Moore. During the year the Seniors had the opportunity of seeing and assisting in the treatment and care of nearly 100 cases referred from the General Clinic. The range of variety was complete from the very simple types of hemorrhoids to cancer. Remarkable results have been noted in more than 75 per cent of the cases treated. Each Senior takes care of the case assigned under the supervision of the head of the department.

### Pediatrics

Pediatrics is one of the most interesting subjects in the curriculum of the first semester Junior student. The course, which includes diseases and care of infants and children, is under the direction of Dr. Mary Golden.

The baby clinic is held once a week. A student, chosen by the College Board, is in charge of the clinic under the supervision of the college examining physicians. An accurate record of the weight, height and general condition of each little patient is kept and advice pertaining to the care and feeding of the child is given to the mother.

The Still College Pediatric Clinic is a comparatively new clinic and is increasing in size and popularity. Carl V. Bleck of Milwaukee is in charge of the clinic this year under the supervision of Dr. Mary Golden.

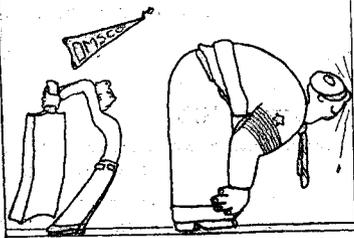
### Eye, Ear, Nose and Throat

The eye, ear, nose and throat course given at Des Moines Still College of Osteopathy offers great possibilities to the student who wishes to major in head diseases. It consists of didactic lectures of one hour each three days a week. Class clinics are held two days a week.

In some two hundred cases examined in this clinic we have witnessed such cases as the following: Acute and Chronic

(Continued on page 4)

**FRATERNITY NOTES**



**Delta Omega**

We regret the loss of our sister, Dr. Avis H. Payne, who passed away at her home, May 15. After completing her course at Still, she practiced in Beavertdale until the time of her death. Delta Omega has lost an outstanding and beloved sister.

Dr. McCreary of Omaha, Neb., visited the College a short time ago, as a representative at a Y. W. C. A. conclave held in Des Moines.

Dr. Alice Paulsen of Lemars, Iowa, visited the College during the Iowa State Osteopathic Convention.

**Atlas Club**

With the close of school, and everyone leaving for home, the house seems like a morgue.

There are a small number remaining in the house in order to take summer dissection. We who are holding down the fort, certainly miss the noise and confusion which accompanies the seven o'clock call. It seems as though some of the noisier members are missed more than the others.

Our annual Spring Banquet for the graduating members was held at Mrs. Stanley's Tearoom on Friday, May 20. Dr. H. V. Halladay was toastmaster and the speakers of the evening were Dr. H. J. Marshall and Dr. C. W. Johnson. We will surely miss our graduating brothers and we wish them the very best of luck in their work.

Brothers Bankes and Caldwell have moved into the house in order to continue their work in the clinic through the summer. Brother Donovan also seems to be very busy with his patients lately and will be with us all summer, so as to continue his work in the clinic.

Brothers Jack Campbell and John Anderson are going to Detroit this summer to take up internships at the Detroit Osteopathic hospital.

Brother Kay Davis purchased a used car and will begin his drive to the west coast before long. He will be accompanied by his wife and they intend to spend the summer with Kay's parents in La Grande, Oregon.

Brother Ed Lodish started out last week to hitch-hike to Detroit. He had twenty dollars in his pocket and didn't know whether he would be able to make Detroit. If some of us had twenty dollars when we got all

ready to leave for home, we'd consider ourselves pretty lucky.

Brothers Ogden and Dierdorff have gone to Minneapolis to take the Minnesota State Board the eighth of June. They accomplished some intensive study before taking the board, but we understand Bob had some special interest in Minneapolis, and we are in doubt as to the amount of studying he did before that time. We wish them luck and expect them to pass it in fine shape.

Brother Tannehill spent the last week-end at home. When asked why he was staying in Des Moines this summer, he says that he is going to work. Isn't there any work on the farm this summer, Red, or doesn't that work appeal to you this year?

Our traveling pledge, Paul Isaacson, is on the road again this Spring. Not content with a record of several thousand miles during the holiday season, via the thumbing method, he is starting out to Denver by the same method.

**Phi Sigma Gamma**

On Sunday, May 15, the fraternity went native. Out into Iowa deepest jungles where Seniors and Freshmen romped with utter abandon, staging what was called the second annual picnic. Brother Armbrust admits the picnic was a success even though "Swede" Oleson nearly drowned.

Howdy Toepfer donned the apron and demonstrated to the boys how good old beans and Iowa bacon should taste.

Thompson says: "Everything in its place, or hang it on the roof"—guess where Charley Naylor's teeth were found next day.

Eleven Seniors have signed over good telephone numbers to the Freshmen.

Jakie Stivenson, after passing the Penny State Board, has agreed to pilot bread line number 13 in Pittsburgh.

"Little Italy" Olsen says he is going to take Dr. Johnson's advice and join the Des Moines Street Cleaning department and make the city safe for blondes.

Bill Brace, while undecided, makes up his mind saying that "Indeed Iowa is fortunate—I have completed my Osteopathic course."

Hal Steele says: "I've had my share—now to Michigan and try it some more."

Schaefer, with broken heart, head, hat and fountain pen, says "What is this life to me and who?"

Stoike plans on taking a determined vacation after which he says he will recuperate.

David Grau will investigate the potentialities of Chicago.

Howard "Toby," "Tuffy Wuffy" Toepfer narrates bed time stories as his hobby—but has planned more strenuous exercise for his new indoor sport.

"Hairy" Long Cloyd plans to be a specialist, quoting: "If a man builds a mouse trap, he's

bound to get mice—that is, if the trap works."

Walter G. Alloyis Armbrust, Nebraska's Philly-Lu bird, says an obstetrical clinic for side hill wampus birds is good enough for him.

Patient: "It there anything wrong with me?"

Jagnow: "Don't worry; the autopsy will reveal everything."

**Fall Semester Registration,  
September 6 and 7.**



**Sigma Sigma Phi, Attention!**

The Sigma Sigma Phi Annual Luncheon will meet in Detroit the noon of July 5th. Please watch for definite announcement for exact location.

**Atlas, Phi Sigma Gamma, Iota  
Tau Sigma, Etc.**

Notice is called to the fact that all fraternity banquets will be held on Tuesday evening, July 5, while the convention is in session in Detroit. Watch for definite announcements of time and place.

**Fall Semester Registration,  
September 6 and 7.**

**Summer Dissection  
Class Busy**

Summer dissection opened in the Anatomy Department under the direction of Dr. H. V. Halladay, May 16 and will continue until the work is completed. Many students sacrificed a part of their summer vacation to avail themselves of the opportunity of taking this work. The following are registered for the duration of the work: Halladay, Potter, Sheffield, Cichy, Buleau, Twadell, Andreen, Bigsby, Lininger, Mikelman, Fraser, Secor, Jungman, Ashmore, Johnson, Theberge, Joseph, McAllister, Fagen, Dennis, Abolt, Baird, Ennis, Stephens, Morehouse, Kinzie, Ramsey, Slater, Wolecheck, Me-naugh, King, Griffin, Peterson, and Rankin.

**Commencement  
Exercises**

Thirty-two members of the Class of May, 1932, received their diplomas, May 26, at the commencement exercises held at the Hoyt Sherman Auditorium. Rev. F. J. Weertz of St. John's Lutheran Church, gave the address of the evening. Dr. J. P. Schwartz, dean of the College, presented the class to Dr. C. W. Johnson, president of the College, who conferred the degrees.

The processional march was played by Robert Tessien and the invocation given by Rev. Lester P. Fagan. The Roosevelt High School Quartette, composed of Lewis Cook, Ralph Detrich, John Huyck and Jurgen Cohrt, sang two selections on the program.

Rev. Weertz gave an unusually fine address and complimented the Seniors upon the completion of their prescribed work and wished them success in their chosen calling as Osteopathic physicians.

Graduating members were: John Anderson, Walter A. G. Armbrust, George H. Basore, Walter R. Belden, Wilford J. Brace, Edwin C. Brookman, Viola E. Buchholtz, John P. Campbell, Harry L. Cloyd, Paul E. Eggleston, David H. Grau, William E. Hinds, Robert W. Hubbard, LeRoy E. Jagnow, Justin L. Koch, Raymond R. Lamb, Venzel R. Mikan, Lane E. Moore, Donald D. Olsen, John H. Peck, Paul C. Routzahn, John I. Royer, Harold R. Steele, Frederick C. Schaeffer, William D. Shideler, Leslie W. Spaulding, John J. Stivenson, C. Ellsworth Stoike and Howard C. Toepfer.

**Dr. Avis Payne Dies**

Dr. Avis H. Payne died at her home here in Des Moines, May 15, after a lingering illness. Dr. Payne was graduated from Des Moines Still College in the January class, 1925.

**New Locations**

Drs. C. F. Samp and Ellen M. Phenicie announce the removal of their office in Des Moines, from the Flynn building to 1126 Des Moines building.

Dr. C. Ira Gordon, faculty member, has moved his offices from 507 Southern Surety building, Des Moines, to 806 Southern Surety building, where he will office with Drs. R. B. and M. E. Bachman and John M. Woods.

**Fall Semester Registration,  
September 6 and 7.**

Boy: "Do you know, Dad, that in some parts of Africa, a man doesn't know his wife until he marries her?"

Dad: "Why single out Africa, my boy?"

Webster says that taut means tight. I guess I've been taut quite a bit at college after all.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser...H. V. Halladay

Editor.....F. J. McAllister

Osteopathy Without Limitation

## Marriages

Announcement is made of the marriage of Miss Blanche Blakey of Des Moines, and Dr. Robert Hubbard, member of the May, '32, graduating class of D. M. S. C. O. The wedding took place June 5, in Omaha, Neb. After a wedding trip to Rapid City, S. D., the couple will be at home in Des Moines.

\* \* \*

The marriage of Miss Margaret Neville and Dr. Stanley Evans was solemnized the evening of May 5, in London, Ohio. Dr. Evans and his wife will be at home in London, Ohio.

## Cradle Roll

Dr. and Mrs. Roy Edward Dewart of Fort Collins, Colo., are the parents of a daughter, born May 27.

\* \* \*

Dr. and Mrs. H. D. Meyer of Cantril, Iowa, announce the birth of a son, born May 31.

\* \* \*

Dr. Vernon V. Casey of Arnold, Neb., writes that he is the father of a fine baby girl, born June 1. Both Dr. Casey and his wife are Osteopathic physicians.

## Took Iowa State Board

At the June semi-annual examinations for practice in Iowa, the following members of the May '32 class of Des Moines Still College of Osteopathy, took the Iowa State Board: Walter Belden, Wilfred Brace, Edwin Brokman, Viola Bucholz, Harry Cloyed, Paul Eggleston, David Grau, Robert Hubbard, Raymond Lamb, Russell Morgan, Donald Olsen, John Royer, William Shideler, Leslie Spaulding, John Stivenson, C. E. Stoike, and Howard Toepfer.

Several students took the first half of the board offered to students who have completed half of their collegiate work.

## Assembly, May 13

Under the sponsorship of Psi Sigma Alpha, national honorary fraternity, Harry G. Wallace, president of the Des Moines Kiwanis Club, spoke on the "Relationship of the Professional Man to Civic Organizations."

Mr. Wallace stressed the necessity of making worthwhile contacts in practice, through the medium of the church, service clubs, and other agencies.

## Senior Day Assembly

Graduating Seniors were feted at an assembly in their honor on May 19. Dr. A. D. Becker, president of the American Osteopathic Association and graduate of D. M. S. C. O., was the principal speaker of the day.

The program opened with several selections by the band, under the direction of Dr. H. V. Halladay. Following this, Dr. Halladay presented the various members of the Senior class with special awards earned by them during their student days.

Dr. C. W. Johnson introduced Dr. A. D. Becker, who made an appeal to the Seniors to work for organized Osteopathy for the good of the profession and to join their local, state and national associations.

Dr. Becker said, "You have a great background built by those in practice. The public has confidence in the modern Osteopath. In the future Osteopathy will be just as big and just as successful as the people in this room make it—as you make it, so shall it be. After visiting all the Osteopathic schools in the United States, I am convinced that never before have the schools been so well equipped, never before has the spirit and morale been so good as it is today. I have no time for the Osteopath who goes out with an inferiority complex—I believe the profession is facing a great future."

President Bankes of the Sigma Sigma Phi fraternity then awarded cups to the winners in intra-mural sports. Iota Tau Sigma won the baseball cup and golf cup, while Phi Sigma Gamma was awarded the golf trophy.

David Grau, president of the Senior class gave a brief history of the activities of the class and bid the student body good-bye and good luck. Dr. C. W. Johnson replied in behalf of the student body and wished the Seniors success in their chosen work in the field.

This Senior class contained the last members of any football team sponsored by Still College. Eight members of the class received gold footballs as reward for their athletic activities for the College. They were: Brace, Eggleston, Hinds, Jagnow, Koch, McDonald, Rutzahn and Swartzbaugh.

A new award contributed this year by Sigma Sigma Phi for the student receiving the highest scholarship in Freshman work, was awarded Del Johnson. An award for service to the College was given John Royer and one for efficiency to David H. Grau, by the fraternity. The Dr. Marshall medal was awarded Russell Morgan.

Certificates awarded were as follows:

General Clinic—Walter A. G. Armbrust, David H. Grau, Wm. E. Hinds, Russell Morgan, John I. Royer, John J. Stivenson, C. Ellsworth Stoike.

Obstetrical Assistants—Walter

A. G. Armbrust, Harry L. Cloyed, John I. Royer.

Obstetrics—Six or More Deliveries—Viola Buchholz, John P. Campbell, Wilfred J. Brace, David H. Grau, Raymond R. Lamb, Donald D. Olsen, Wm. D. Shideler, C. Ellsworth Stoike, Russell Morgan, Edward LeRoy Jagnow, Wm. E. Hinds, Carl Paul Rutzahn, Leslie W. Spaulding.

Gynecology—Viola E. Buchholz.

Pediatrics—Walter A. G. Armbrust.

Proctology—Lane E. Moore.

Basic Laboratory Science—Justin L. Koch, Wm. E. Hinds.

Anatomy Pro-Section—Walter A. G. Armbrust, Paul E. Eggleston, Wm. E. Hinds, Justin L. Koch, Raymond R. Lamb, John I. Royer.

Band—Wilfred J. Brace, David H. Grau, Justin L. Koch, Wm. D. Shideler, Howard C. Toepfer.

Laboratory Diagnosis—Walter A. G. Armbrust, Paul Elbert Eggleston, Wm. E. Hinds.

The assembly closed with the band playing the "New Colonial" march.

Fall Semester Registration,  
September 6 and 7.

## Pathe-Logic

(Continued from May Issue)

J. P. Schwartz and family have recently moved into a palace and we don't mean perhaps. J. P. confided in the operator that he now had everything his heart desired but money. Well, as long as your credit is good what is the use of worrying about a little thing like that. We shot a few feet in the play room or nursery and thought that we were in Younkers at Christmas time. Personally, we would like to occupy the guest suite, but not the master's.

Harry Marshall, with wife and three real little Marshalls offered a good shot. The entire Marshall family is troubled with throat irritation of one form or another. We also understand that they do not feed the boy very well. He has to get up early in the morning and go over to the neighbor's for breakfast. Mrs. Marshall is still experimenting with a device to control Harry's infectious laugh.

Byron Cash and family make a real home group. After arriving we were invited out into the back yard to select a few children. After a sifting and sorting process the roll was called and we were surprised to find that only four of the seventeen were Cash customers.

Jim Beveridge, with wife and good looking daughter, made another good home set-up. When we called Jim to make the appointment he said to come out any evening as he was always at home. We know why now. We were introduced to her. Have forgotten the name but we still have Jim's phone number.

The Gordon family have also

moved. Nice, big roomy place and needed with the two boys and a trick dog that must be related to the whirling dervishes of old.

Parisi with six Parisites made a real family group. We will always marvel at the work of the good wife in this family who has to keep six of them in order. She does it, too. Even with Parisi musing things up along with the children.

In order to get both J. L. and Sarah in one picture we had to make a trip to the hospital. Sarah prefers golf, J. L. likes bridge. These two sports do not take well in the same scene, so we posed the two as if J. L. were issuing orders to Sarah. Perfect home scene, we think.

Run out to Forty-third around the corner off of Grand and spy a picturesque stucco home surrounded by tulips and you would expect to see Mary Golden in the midst. Mary had just finished dinner and was comfy at the corner of her fireplace with a book. At home she does not walk so fast.

Glen Fisher and wife were caught during the process of washing the dinner dishes. Evidently, Mrs. Fisher has Glen well under control for he appeared with apron and drying cloth in hand. He was finally posed without these domestic instruments, explaining carefully the difference between the high Republican tariff and the high Democratic tariff with our local paper as authority.

Several telephone calls recently have decided the author to cut this article at this point. We do want to live a few years yet, and so will not tell all that we saw or heard.

Fall Semester Registration,  
September 6 and 7.

## Diet

Methuselah ate what he found on his plate,

And never, as people do now, Did he note the amount of the caloric count;

He ate it because it was chow.

He wasn't disturbed, as at dinner he sat,

Destroying a roast or a pie, To think it was lacking in granular fat,

Or a couple of vitamins shy.

He carefully chewed every species of food,

Untroubled by worries or fears,

Lest his health might be hurt by some fancy dessert

—And he lived over Nine Hundred Years!

(Axone)

Fall Semester Registration,  
September 6 and 7.

Sam: "Why did you tip that girl so much when she gave you your coat?"

Henry: "Look at the coat she gave me!"

## Our Clinics

(Continued from page 1)

Rhinitis, Tonsillitis, Pharyngitis, Laryngitis, Conjunctivitis, Vincent Angina, Sinuitis, Mucous Polypus, Nasal Spurs, Deviated Septum, Ulcerated Septum, Enlarged Turbinates, Para-tonsillar Abscess, Pyorrhoea, and Abscess of the teeth. Some others were: Impacted Cerumen, Furunculosis of the External Auditory Meatus, Otitis Media, Otosclerosis, and a few cases of Mastoiditis.

The class is also allowed to witness and assist on operations at the Des Moines General Hospital. I have seen some five hundred Tonsilectomys, Adenoidectomys, Submucous Resections and Sinus operations.

Doctor H. J. Marshall conducts the course in outline form. He examines, diagnoses and outlines the treatment for each patient and is very generous in explaining his technic.

### Surgery

The Surgery Department of Still College, directed by Dr. J. P. Schwartz, is one of the most thorough courses offered by any of the Schools of Osteopathy.

The academic course is conducted by Dr. Schwartz, whose experience and knowledge of surgery is literally "poured on" the students in such an interesting and forceful manner that one would have to be impervious to knowledge not to assimilate most of it. A series of motion pictures of major surgery, illustrating various operations, are used each year in addition to the regular course.

The surgical clinics are held at the Des Moines General Hospital. This department boasts of a clientele of tonsillar and adenoid cases which numbers into the thousands each year. Those cases which may be removed by local anesthesia are usually taken care of by Dr. H. J. Marshall, while in those cases requiring general anesthesia the tonsilectomy is done by Dr. J. L. Schwartz or one of the hospital staff physicians.

The major surgical clinic is conducted by Dr. J. P. Schwartz. In these clinics he thoroughly explains and illustrates each movement as he proceeds with the operations. The clinic patients of the school are admitted to the hospital and receive the same excellent care as do all patients of Des Moines General Hospital.

The senior students acquire their hospital technic at these clinics and are allowed to assist with some of the operations and to give anesthetics under the supervision of the hospital staff. A certificate of service is awarded to the senior of each graduating class who has given the most time and service to the hospital during his matriculation.

### Obstetrical Department

Still College has for many years taken considerable pride in its Obstetrical Department.

The work of this department has had a phenomenal growth in the number of cases cared for. Much of this growth and efficiency is directly due to the untiring effort and conscientious work of Dr. R. B. Bachman, head of the department and Professor of Obstetrics. Under his most able guidance and direction the obstetrical clinic has set an enviable record for volume of cases and an unusually low maternal and infant mortality. Dr. Bachman has established a close association of class room lectures and actual practice at bedside and

15 to 20 deliveries both in the home and at the Des Moines General Hospital. Only senior students are permitted to make deliveries. Many seniors have to their credit 10 to 15 deliveries at the time of their graduation. Cases are assigned to the student during the early months of pregnancy so that he may make frequent calls and observation of the patient and follow the course of pregnancy to them. By frequent observations the student gains an intimate knowledge of his patient before delivery, and has ample opportunity to note

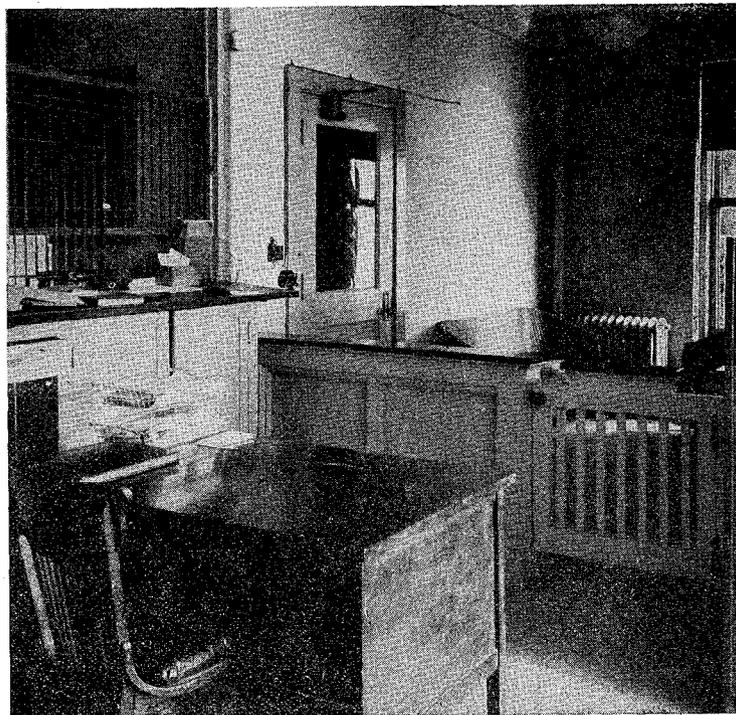
the actual delivery is under the careful supervision of an experienced licensed assistant who serves in an advisory capacity and in difficult cases may aid the student obstetrician.

All unusual cases are under the direct council of Dr. Bachman. At any time during pregnancy, during delivery or following delivery the student is guided by his advice and receives the benefit of his extensive experience.

All operative deliveries such as forceps deliveries, versions, perineal repairs and other complicated cases are cared for by Dr. Bachman personally with the student in charge of the case assisting. Caesarean operations are cared for at the Des Moines General Hospital by Dr. J. P. Schwartz, chief surgeon. In cases of this character the entire senior class is permitted to observe the operation from the amphitheatre.

Each semester two senior students are selected to serve as obstetrical apprentices. After the completion of one year of class room work these apprentices serve as student assistants and two other senior students are selected to serve apprenticeships. Thus each year several students particularly interested in obstetrics are given an unusual opportunity for intensive training and experience in this branch of practice.

At the present time the following two Senior "A" students are serving as assistants: O. E. Campbell and E. R. Keig. Those serving apprenticeships are Russell McLaughlin and Verdell Newman. These men are receiving a degree of training and experience in obstetrics we believe equal to an internship in a maternity hospital.



## NEW STUDENTS

Your introduction to the college will be through these offices

**Matriculate Early  
Be On Time**

*Registration, September 6-7*

in the operating room. The importance of this to the student cannot be emphasized too much. He thus develops confidence and a degree of clinical art in obstetrics which can be obtained in no other way. Obstetrics at Still College is extremely practical and thorough in every detail.

The work in obstetrics is given during the second semester of the junior year and the first semester of the senior year. Junior students are permitted to witness deliveries and assist in various ways. Not infrequently a junior student may witness as many as

the high percentage of uncomplicated cases under Osteopathic care. After delivery the patient remains under his care for six weeks, thus he gains considerable experience in postpartum care of the mother and infant.

At each delivery the senior student in charge of the case is assisted by another senior and two junior students. Each one is given specific duties such as preparation of the delivery room and instruments, giving of anesthetics and care of the new born infant. Their work as well as the work of the student doing

### Corporate Board Meets

The Des Moines Still College of Osteopathy held its annual corporate board meeting at the College building, the evening of May 17, at which time the entire faculty was re-elected, officers and trustees re-elected and reports for the recently completed year read and approved.

Each department of the College reported more satisfactory progress than any year previous in the history of the school. The board complimented the officers and faculty on the efficiency and success with which the College has been conducted the past year.

Re-elected officers for the ensuing year are: Dr. C. W. Johnson president; Dr. Robert Bachman, treasurer; Mrs. K. M. Robinson, secretary. Trustees include Drs. H. V. Halladay, J. P. Schwartz, and John M. Woods, of Des Moines, and Bertha Crum, of Ames, Iowa.

The Board of Trustees convened the evening of June 3, at the College building, at which time Dr. J. P. Schwartz was again elected Dean of the College.

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 Oct. 3rd, 1917, authorized Feb. 3rd, 1923.

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Volume 9

JULY 15, 1932

Number 14

## The Detroit Convention

Thursday morning I sat on a stool behind the registration desk and watched the crowd. It came to me that our annual meeting has developed into a multi-ringed circus. Fourteen sections, a general assembly, trustees, house of delegates, associated colleges, technic advisory committee, secretaries association, several women's divisions, the exhibitors, fraternity council and chapter meetings—and innumerable inter-committee meetings, etc. The local committee in charge of all of this deserves commendation that it will never receive for it is impossible to please everyone.

I think that the convention was a great success. There was a good crowd in spite of the financial condition of the country. Almost everyone seemed to be in a good humor. Detroit did not charge us extra rates. The accommodations were not high-priced and the arrangements were well taken care of. Some complained about the inability to find things, but the information desk was on duty all the time and not hard to find.

Registration was well arranged. Having the whole floor to ourselves, we found no other visitors getting in our way. My own personal criticism is summed up in this statement. Never again will I allow myself to be billed for a talk on the 4th of July. I missed a magnificent parade with bands galore and beautiful floats of all kinds—while talking in one of the sectional meetings. This was not a mistake on the part of the program committee but my own personal error in accepting an hour when something of that kind might happen.

From what I heard, the program was well arranged and favorably accepted. The arrangements were better than in some places and not as good as some others. We will have this again and again. To some in the profession, one convention that they especially liked will always stand out as the ideal one.

I went to the convention to attend to some business relative to the College and two fraternities. I also appeared on the program twice. By working every minute of the time, these things were all done and we were ready to come home on Thursday immediately after our lunch. With Dr. C. W. Johnson and my daughter, Frances, in the car, we drove continuously,

(Continued on page 2)

## Polk County Association Elects Still Men

Still College faculty members figured prominently in the annual meeting of the Polk County Osteopathic Association held at the Chamberlain Hotel in Des Moines, July 8.

Dr. C. W. Johnson, President of D.M.S.C.O., gave the address of the evening. At the election of officers for the ensuing year, Dr. B. L. Cash and Dr. J. R. Beveridge, faculty members at Still, were chosen as President and Vice-President, respectively.

Other elections included Dr. James A. Humphrey, Secretary, and Dr. F. D. Campbell, Treasurer.

## Twenty Takers—Twenty Passers

Every graduate of D.M.S.C.O. that took the Iowa State Board in June, passed, according to a letter received from Dr. Sherman Opp, Creston, Iowa, Secretary-Treasurer of Iowa Board of Osteopathic Examiners.

The following took the board: Drs. C. H. Toepfer, J. J. Stivinson, R. W. Hubbard, W. J. Brace, D. D. Olsen, E. C. Brookman, J. I. Royer, P. E. Eggleston, R. R. Lamb, and C. E. Stoike.

Drs. D. H. Grau, Viloa E. Bucholz Cloyed, H. L. Cloyed, W. D. Shidler, W. R. Belden, M. J. Hydeman, L. W. Spaulding, W. C. McWilliams, R. G. Morgan and J. P. Wright were also successful passers.

## New Catalogues Prove Popular

Reports from the Registrar's Office of the College indicate that the new D.M.S.C.O. catalogues are meeting with highly favorable comment.

This year's catalogue is a decided improvement over that of other years. Each department has been treated separately and subjects taught are covered thoroughly. Actual photographs of various scenes about the College and Des Moines are incorporated within its covers in a beautiful sepia color. Information covering every possible question has been answered fully and clearly.

Copies of the catalogue will be gladly forwarded to interested parties—merely address the office of the College.

## Large Class to Register

Indications point to a big registration September 6 and 7. Inquiries have been received from practically every state in the union, and several foreign countries.

A notable fact is the marked increase in the number of inquiries from eastern states—practically every Atlantic coast state has at least one inquiry.

Plans are now being formulated to take care of all new students. Class schedules have been completed, registration details worked out, and D.M.S.C.O. is ready for another big year.

Fall Semester Registration,  
September 6 and 7.

## The Faculty Relaxes

Summer vacations have been in order for various members of the faculty and their families. Iowa and Minnesota lakes were popular with Drs. Bachman, Marshall, Schwartz, and Woods.

Drs. Johnson and Halladay attended the A. O. A. Convention in Detroit. Dr. Halladay will leave on an extended trip to his old favorite vacation spot—Messa Verde—early in August. From there he will go to Tuscon, Ariz., where his daughter, Frances, will enter the University of Arizona to major in Anthropology and Archaeology.

Professors Parisi and Fisher report a good time had at the A. O. A. Convention. Prof. Parisi will attend the C.M.T. Camp as a Lieutenant on the Surgeon's Staff at the Station Hospital at Fort Des Moines the latter part of July and the month of August.

After an extended trip thru the east, by motor, Miss Ava Johnson plans to spend the balance of the summer vacation in her cottage at McGregor, writing and relaxing.

Drs. Mary Golden, Cash, Beveridge, Gordon and Facto, all plan varied diversions later in the vacation period.

The main office at the College is on vacation schedule during the hot season. Miss Crawford has just returned from an extended trip to the east, where she visited Niagara, Atlantic City and other points of interest. Mrs. Robinson expects to leave in the very near future on an extended vacation tour.

With faculty and student body all "unlaxing" everyone will be all set for another big year at D.M.S.C.O. starting in September.

## Des Moines Comes Home With the Bacon

In looking over the list of representatives to the A. O. A. meeting in Detroit, and the results, we are gratified to be able to publish the following resume of what happened.

Dr. C. W. Johnson, one of the official representatives of the college, was a prime factor in a number of constructive motions made at the meeting of the Associated Colleges. He was also the recipient of the honorary certificate in Education awarded this year by the Grand Chapter of Sigma Sigma Phi.

Dr. H. V. Halladay, also an official representative of the College, was retained as Chairman of the Board of Trustees of Sigma Sigma Phi, and elected to the office of Grand Editor of the Atlas Club.

Drs. Parisi and Fisher attended the meeting of the Associated Colleges also.

Dr. Marshall was reelected to the office of Grand Noble Skull of the Atlas Club.

Dr. Raymond Kale was elected to the office of Grand President of Sigma Sigma Phi.

Dr. Paul Park won a prize at the outing of Bab-Lo Island. Mrs. Sam Klein and Miss Frances Halladay also won prizes.

## Milwaukee Gets Double Honor

At the thirty-sixth annual Osteopathic Convention, held in Detroit a short time ago, Milwaukee, Wisconsin, was chosen as the convention city for the National A. O. A. Convention in 1933. Beside this honor, Dr. Victor M. Purdy of that city was elected president of the A. O. A. for the ensuing year.

The following also were chosen: Dr. Perrin T. Wilson, of Cambridge, Mass., first vice president; Dr. John J. Dunning, London, England, second vice president, and Dr. Louise Jones, Portland, Me., third vice president.

Trustees selected are: Dr. Arthur G. Chappell, Jacksonville, Fla.; Dr. Canada Wendell, Peoria, Ill.; Dr. Edward S. Merrill, Los Angeles; Dr. Thomas R. Thorburn, New York City; Dr. Arthur E. Allen, Minneapolis, and Dr. O. Y. Yowell, Chattanooga, Tenn.

Fall Semester Registration,  
September 6 and 7.

# DES MOINES STILL



H. V. HALLADAY, D. O.

Following two years at Kirksville State Teachers College, H. V. Halladay entered the American School of Osteopathy, at Kirksville, Missouri, and graduated in 1916. Following his graduation he served a surgical internship in the A. S. O. Hospital, after which he took post-graduate work in the Children's Hospital, Boston, Mass. He has been a member of the College faculty for seven and one-half years.

Dr. Halladay teaches classes in Anatomy and Orthopedics, has charge of the Dissection Laboratories, and the Orthopedic and Athletic Clinics.

His text books, "Applied Anatomy of the Spine" and "Practical Anatomy and Laboratory Guide" are used and quoted extensively throughout the entire profession. In addition to his teaching and writing activities he has charge of the College Band and is faculty advisor for the Log Book. He is also Chairman of the Board of Trustees of Sigma Sigma Phi, National Scholastic Fraternity and Grand Editor of the Atlas Club.

## Reverses Birth Process To Watch Life

Embryonic animals growing on outer portions of their mother's bodies were described to the American Association of Anatomists recently by Prof. J. S. Nicholas of Yale University.

"By this unique method," said Prof. Nicholas, "science is able to see for the first time among mammals many of the heretofore hidden processes of life at its beginnings. Heretofore studies of development have been mainly confined to those species in which normally the eggs developed outside of the parent body. This new method has developed to the point at which the young mammal embryos, rats, which are less than the size of the head of a match, can be successfully transplanted to other parts of the animal body than

## Visits Halladay Home

Dr. H. L. Davis and family of Walla Walla, Washington, visited with Dr. H. V. Halladay, June 29. Dr. Davis was a delegate to the National Convention in Detroit, from the State of Washington, and drove through, making the trip from Walla Walla to Des Moines in four and one-half days.



R. B. BACHMAN, D. O.

Following a two-year general course at Des Moines University, Robert B. Bachman entered D.M.S.C.O. and graduated in 1916. After his graduation he took a course in Surgery under Dr. S. S. Taylor. He has been a member of the faculty of the College for fifteen years.

Dr. Bachman teaches classes in Obstetrics, has charge of the Obstetrical Clinic, and is head Obstetrician at the Des Moines General Hospital. Under his direction the Obstetrical Clinic at the College has increased from just a few cases each year, to its present position, where well over two hundred cases are handled annually.

"Father," said little Mickey, "wasn't it Patrick Henry who said: 'Let us have peace?'"

"Nivver," said the old man, "Nobody by the name of Patrick ivver said innynthing loike thot."

that which they usually occupy. The tissues which at the time of transplantation are poorly developed continue to develop into normal tissues although they are considerably retarded.

"After a considerable time, parts of the embryonic transplant undergo disintegration and eventually disappear completely as the result of an inflammatory process.

"These experiments hold promise of aiding to clarify certain vital facts behind one of the greatest theories of cancer, that the disease is due to embryonic tissue gone wrong."

## The Detroit Convention

(Continued from page 1)

arriving in Des Moines at 5:00 a. m. Friday, and the distance is 617 miles.

May I suggest to the committee in charge of setting the time at which the meeting in Milwaukee is to be held next year, that they give us the Fourth to celebrate as we have always done and would like to continue to do, and have the convention either follow that day or precede it. I have lost a Fourth of July this year and it doesn't seem just right.

May I personally thank the members of the local committee for the many courtesies extended to us and for the many little things that they did to make our stay more pleasant. We should be proud of the Detroit Osteopaths and their helpers from over the state. They put across a fine convention!

—Virge Halladay.



J. P. SCHWARTZ, D. O.  
Dean

Dr. John P. Schwartz graduated from the American School of Osteopathy, Kirksville, Missouri, in 1919. He has been a member of the faculty of D.M.S.C.O. for thirteen years and has been Dean of the College since 1926. He has taken post-graduate work in surgery in the larger clinics throughout the United States.

Dr. Schwartz teaches classes in Surgery, Proctology, and Urology, has charge of the Surgical Clinics and is President and Surgeon-in-Chief of the Des Moines General Hospital.

## Serving Internships

Six members of the May class of 1932, D.M.S.C.O. are serving internships. Campbell and Anderson are at Detroit Osteopathic; Lamb at Still-Hildreth; Peck at Monte Sano, California; Grau in Chicago, and Royer at Des Moines General.

## Convention Comment

According to Des Moines physicians that attended the thirty-sixth annual A. O. A. Convention in Detroit, the convention was a huge success. Following are some comments heard:

**Dr. C. W. Johnson, President of D.M.S.C.O.:** "The meeting held by the Association of Colleges was far in advance of any meeting I have attended in all of the thirty years I have been connected with the Association. A year to year program has been definitely outlined for the advancement of the schools and the profession. The Association is really accomplishing something definite for the advancement of the Osteopathic profession."

**Dr. Paul Park:** "This year's convention was one of the best I ever attended. The section on Acute Diseases was unusually good this time. I enjoyed the session very much."

**Dr. Raymond Kale:** "I'm glad that I attended—the convention was unusually good, especially the sections on Gastro-Intestinal, Rectal and Physiotherapy."

**Dr. Della Caldwell:** "One of the finest conventions that I ever attended. Osteopathy has advanced ten years in the last year. I enjoyed every minute of the convention."

**Dr. S. H. Klein:** "I enjoyed the entire convention very much and feel that it was a highly successful meeting."



J. M. WOODS, D. O.

Following a general course in the University of Nebraska, John M. Woods entered the American School of Osteopathy in Kirksville, Missouri, later transferred to D.M.S.C.O. and was graduated in 1923. He has been a member of the faculty of the College for ten years.

Dr. Woods teaches classes in Pathology II and III and Osteopathic Therapeutics I and II.

# COLLEGE FACULTY

## The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser.....H. V. Halladay

Editor.....F. J. McAllister

Osteopathy Without Limitation

### Graduating Practiced Physicians

The convention is over, if you attended you realized what a big thing the art and science of Osteopathy has developed into. Many of you were confused at the magnitude of the meeting from the standpoint of the space the convention used and the field it covered. We wonder what you are thinking about when you send a student to one of our colleges. Do you realize that when that student graduates he must be prepared to fit into this picture that you have been working into for several years. He must have a better idea of what Osteopathy stands for and what it can do. When you consider the education of our new men and women we urge you to investigate the college of your choice and establish in your own mind and the mind of your stu-



MARY E. GOLDEN, D. O.

Following a business course at Bellevue College and a course in Liberal Arts at Drake University, Dr. Golden entered D.M.S.C.O. and graduated in 1912. Since her graduation, Dr. Golden has taken postgraduate work with the Denver Clinical Group, the Norwalk Rectal Clinic, and in Technique, under Downing.

Dr. Golden has been a member of the faculty of the College for thirteen years. She teaches classes in Pediatrics.

dent, real reasons for that choice.

Consider the faculty. It is made up of teachers who are well known and authorities in their work. Are they graduate Osteopathic physicians and do they teach Osteopathy with their subject.

Consider the equipment. Does the college have the buildings, laboratory and other equipment necessary for the demonstration of the work.

Consider the clinic. Does the student have the opportunity to actually see the results of Osteopathic care and produce these results himself, in all phases of Osteopathic work.

These are vital factors in the education of our future Osteopaths and you should appreciate them. Boost for more students!



C. W. JOHNSON, B. Sc., D. O.  
President

Dr. C. W. Johnson is a graduate of Iowa State College and holds a Bachelor of Science degree from that institution. He graduated from the S. S. Still College of Osteopathy, Des Moines, Iowa, in 1900, and has been a member of the faculty of the College for twenty-six years.

Dr. Johnson teaches classes in Nervous Physiology, Nervous and Mental Diseases, Psychiatry, and Gynecology, and has charge of the Gynecological and Nervous and Mental Clinics.

He has been President of the College since 1926, and prior to that, was Dean.

### Takes P. G. Work

Dr. L. L. Facto, member of the faculty of D.M.S.C.O. has just returned from several weeks spent in postgraduate work.

Dr. Facto says that it was an extreme pleasure to sit and listen for awhile instead of having to stand and lecture all day, as he does during the school year.

### Visitors at the College

The following physicians visited the D.M.S.C.O. offices this past month: Dr. W. R. Price from Belding, Michigan, and Dr. George Basore, Germantown, Ohio.

Iowa visitors included, Drs. H. D. Meyer of Cantril, and Walter Madson of Strawberry Point.



AVA L. JOHNSON, B. Sc.,  
B. H. Ec., M. Sc.

Miss Johnson holds three degrees from Iowa State College and has taken extensive research work under Carlson of the University of Chicago, Burtin-Opitz of Columbia University, and Elwyn of the College of Physicians and Surgeons in New York City. Beside her total of nine years as a member of the faculty of the College, she has held professorships at the Clark College of Concentration, New York City, the Pratt Institute, Brooklyn, N. Y., the Des Moines University, and Iowa State College. At present she also conducts classes at the Des Moines College of Pharmacy.

Miss Johnson teaches classes in Dietetics, Hygiene, Histology, Physiology, and Bacteriology.

Fall Semester Registration,  
September 6 and 7.

### HO, HUM!

The reason we see so many Cords about town is because the salesman doesn't enunciate plainly. People think they are buying a Ford till it's delivered—too late then!

The automobile runs satisfactorily only when in perfect mechanical condition, provided it is supplied with fuel and oil. The human body, likewise, performs its functions when mechanically perfect—food and drink supplying the motive power.

The finest eloquence is that which gets things done; the worst is that which delays them.—(Lloyd George).



H. J. MARSHALL, D. O.

Dr. Harry J. Marshall graduated from the College of Osteopathic Physicians and Surgeons, Los Angeles, Calif., in 1914. Following graduation he took post graduate courses under Drs. Ruddy and Goodfellow. He has been a member of the faculty of the College for six years.

Dr. Marshall teaches Eye, Ear, Nose and Throat in the College and has charge of the clinics in this department. He is also head of the Eye, Ear, Nose and Throat department at the Des Moines General Hospital.

He has appeared as instructor with the Denver Postgraduate College and the Mercy Hospital Polyclinic and Postgraduate College of St. Joseph, Missouri.

Dr. Marshall is National President of the Atlas Club.

Fall Semester Registration,  
September 6 and 7.

### Summer Clinics Successful

The advantages of Osteopathic Therapeutics have again been demonstrated by the large numbers of people in attendance at the various clinics held during the summer weeks at D.M.S.C.O.

Several students have been more than repaid for their sojourn in Des Moines during the period, by getting in a great number of treatments and witnessing a large variety of cases.

The Obstetrical Clinic has had all the cases that it could possibly handle on the summer schedule. Since the first of June the clinic has had twenty-eight deliveries with plenty more cases in the offing before school opens again in the Fall.

Drs. C. W. Johnson and L. L. Facto have been in daily attendance, examining and supervising the work of the students. They report that the wide variety and large number of cases handled point to the ever increasing reception by the public of Osteopathic principles of treatment.

SCHEDULE OF CLASSES

FIRST YEAR—First Semester

ANATOMY .....	H. V. HALLADAY
BIOLOGY .....	L. L. FACTO
CHEMISTRY .....	GLEN FISCHER
BACTERIOLOGY .....	A. L. JOHNSON
HISTORY AND FUNDAMENTALS .....	H. V. HALLADAY

Second Semester

HISTOLOGY .....	A. L. JOHNSON
ANATOMY .....	H. V. HALLADAY
PHYSIOLOGY .....	A. L. JOHNSON
CHEMISTRY .....	GLEN FISCHER
EMBRYOLOGY .....	L. L. FACTO

SECOND YEAR—First Semester

ANATOMY .....	H. V. HALLADAY
CHEMISTRY .....	C. I. GORDON
THEORY AND PRINCIPLES .....	H. V. HALLADAY
PATHOLOGY I .....	L. L. FACTO
PHYSIOLOGY .....	A. L. JOHNSON

Second Semester

NERVOUS PHYSIOLOGY .....	C. W. JOHNSON
COMMUNICABLE DISEASES .....	L. L. FACTO
PATHOLOGY II .....	J. M. WOODS
DIETETICS AND HYGIENE .....	A. L. JOHNSON
ANATOMY .....	H. V. HALLADAY

THIRD YEAR—First Semester

SPECIAL PATHOLOGY .....	J. M. WOODS
TECHNIC .....	J. R. BEVERIDGE
LABORATORY DIAGNOSIS .....	F. A. PARISI
PHYSICAL DIAGNOSIS .....	L. L. FACTO
PEDIATRICS .....	M. E. GOLDEN

Second Semester

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

FOURTH YEAR—First Semester

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
X-RAY AND PHYSIO-THERAPY .....	B. L. CASH
CLINIC .....	

Second Semester

BIOLOGICS .....	F. A. PARISI
REGIONAL ANATOMY .....	H. V. HALLADAY
PSYCHIATRY .....	C. W. JOHNSON
PROCTOLOGY AND UROLOGY .....	J. P. SCHWARTZ
SURGERY .....	J. P. SCHWARTZ
EYE, EAR, NOSE AND THROAT .....	H. J. MARSHALL
MEDICAL JURISPRUDENCE .....	H. W. BYERS
CLINIC .....	

LABORATORY TECHNICIAN .....	F. A. PARISI
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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.

1932-1933 CALENDAR

REGISTRATION .....	SEPTEMBER 6 and 7
CLASS ROOM WORK BEGINS .....	SEPTEMBER 8
ARMISTICE DAY RECESS .....	NOVEMBER 11
THANKSGIVING VACATION .....	NOVEMBER 24 to NOVEMBER 28
CHRISTMAS VACATION .....	DECEMBER 23 to JANUARY 9
GRADUATION .....	JANUARY 20
REGISTRATION, SECOND SEMESTER .....	JANUARY 21
CLASS WORK BEGINS .....	JANUARY 23
EASTER VACATION .....	GOOD FRIDAY to MONDAY
GRADUATION .....	MAY 26



Around Our Merry Campus

The haggard-looking man got into conversation with the happy, carefree bachelor on their train journey to the North.

"Yes," said the former, "I'm the father of six children."

"Then you and your wife have six mouths to feed," replied the bachelor.

"No; we have twelve," he returned. "They are all married."

Fall Semester Registration, September 6 and 7.

"Whaffo' yo' sharpenin' 'at razor?"

"Woman, they's a pair o' gemmun's shoes undeh yo' bed. If dey ain't no niggah IN 'em shoes—Ah's gonna shave."

Willie: "Say Pa, didn't Edison make the first talking machine?"

Pa: "No, my son; God made the first one, but Edison made the first one that could be shut off."

Fall Semester Registration, September 6 and 7.

No Further Ambition

Judge—"Now, Mose, if I give you this divorce, are you going to get married again?"

Mose—"No, suh, Judge, ah should say not. Ah wants to be withdrawn entirely from circulation, suh."

Nee Mose

Boss—"Come on now, black boy, what's your name?"

Black Boy—"Well, boss, dey calls me this and they calls me that; but mah maiden name was Mose."

Nurse: "Are you going to give my patient something to slow down his heart action?"

Doctor: "Yes; a more elderly nurse."



Birth

Dr. and Mrs. J. P. Conti announce the arrival of an eight pound baby girl, Patricia Loo, at their home in Akron, Ohio, July, 5. Dr. Conti is a graduate of the May, 1930 class of D.M. S.C.O.

Fall Semester Registration, September 6 and 7.

In 1780 it was whispered that a miscreant student in a theological school at Leipsic actually took baths and was denied his bachelor's degree for his modernism.

One need not have worry about his ancestry. It is the ancestry he is now sculpturing or growing that will concern him or, even more, his children. It is true that if our ancestors were monkeys there is little we can do about it, but if we are going to the dogs, we can detour.

Fall Semester Registration, September 6 and 7.

Wiseacre: "Haven't I always given you my salary check the first of every month?"

Mrs. Wiseacre: "Yes, but you never told me you got paid on the first and fifteenth, you embezzler."

"Triplets' sir," announced the nurse to the proud father.

"Really?" he said. "I can hardly believe my own census."

Fall Semester Registration, September 6 and 7.

Jones—Do you realize, Smith, that you've been digging a hole in the back of my coal cellar?

Smith—Good gracious, no. And all these years I've been telling myself how lucky I am to have a coal mine in my garden!

Nurse: "It's a boy, sir."

Proud Parent (a magazine editor): "Fine! I'll offer \$10,000 for the best name suggested for him."

Friml—What did your wife do with the cook book you gave her for Christmas?

Himmel—Oh, she used it as a scrap book to paste beauty recipes in which she clipped from the papers.

Fall Semester Registration, September 6 and 7.

I. Q.: "See that girl? Her face is her fortune."

P. D. Q.: "Yeah, and it runs into a darn nice figure."

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 Oct. 3rd, 1917, authorized Feb. 3rd, 1923.

PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 9

AUGUST 15, 1932

Number 15

## I. O. A. to Hold Clinic At State Fair

Through the courtesy of the Iowa Osteopathic Association, the people of Iowa will be accorded the opportunity of a complete free physical examination at the Iowa Osteopathic Adult Health Clinic to be held during the Iowa State Fair, Des Moines, Aug. 24 to Sept 2, inclusive.

A committee appointed by Dr. R. R. Pierson, Muscatine, Iowa, President of the Iowa State Osteopathic Association, has been working for more than a year on plans for the coming clinic.

The clinic has been divided into nine divisions, with men and women physicians on the sectional examining staffs who will examine adults at the clinic headquarters in the Exposition Building at the Fair Grounds, daily from 9 a. m. to 4 p. m., with the exception of Sunday.

"This is the first time a clinic of this kind has ever been held in the State of Iowa and we are expecting the unified support of every Osteopathic physician in the state," said Dr. Della B. Caldwell, chairman of the committee. "Iowa Osteopathic physicians are offering their services gratis to the people of Iowa during this clinic and we are depending on every physician in the state to send us as many patients as possible.

"The death rate of adults is not being lowered very much. Heart disease and cancer are certainly on the increase, the one causing more deaths among men and the other among women, than any other disease. Many could have been saved had an early diagnosis been made. The same can be said of diabetes, kidney trouble, and many other diseases. Every year shows an increase in infant mortality, that is, under one year of age, and it is reasonable to suppose that at least some of these could have been saved had the parents been in better physical condition—for after all, healthy parents are very apt to have healthy children.

"No treatments will be given at the clinic; no hurried examinations will be allowed, and above all, no 'pet theories' will be tried out—this is an adult clinic for the people of Iowa—and as such will be conducted for their benefit. Any patient referred to the clinic by an Osteopathic physician will be instructed to return to his home physician for treatment."

Dr. L. L. Facto, examining  
(Continued on page 3)

## Still Alumni Breakfast At Detroit

During the National Osteopathic Convention held in Detroit recently, a Still College Breakfast was held at the Book-Cadillac Hotel. Everyone that attended had a good time renewing old acquaintances and friendships, and many incidents of school days were recalled to mind. Those who answered the roll call of classes, were:

Class of 1900—C. W. Johnson. Class '02—B. C. Maxwell and E. C. Bond. Class '03—Maud C. Brokaw and Anna Belle Hicks. Class '05—J. R. Jackson and C. W. Parrish. Class '07—W. F. Murray. Class '10—J. C. and L. V. Simmons.

Class of 1911—T. Kane and Kathryn M. Lomas. Class '12—E. A. Haight and wife. Class '13—R. M. Forrester. Class '14—P. S. McQuirk. Class '16—Margaret Whalen. Class '19—Alice Potter Bauer.

Class of 1933—E. M. Schaffer. Class '24—R. Blonvelt. Class '25—Olive Mathews. Class '26—J. H. Voss, Mrs. Lloyd Woofenden and Margaret Woofenden. Class '27—Mrs. Harold C. Belf. Class '28—F. J. Wilson and F. E. Schaeffer.

Fall Semester Registration,  
September 6 and 7.

## New Locations

Dr. R. R. Lamb, graduate of the May, '32 class of the College, has opened new offices in Des Moines in suite 318 Flynn building.

Dr. F. A. Watson of the class of '31, announces removal of his offices from the Equitable Bldg., to 318 Flynn Bldg., Des Moines.

Dr. D. D. Olsen, D.M.S.C.O graduate of the class of '32, will practice at Canton, S. D.

Another member of the 1932 class announcing a new location is Dr. C. Ellsworth Stoike. He has been awarded an internship at the Dr. Gillmore Clinic, Detroit, Mich.

## Visitors at the College

Several physicians have visited the College in the last few days. Illinois visitors included, Dr. Estell A. Wise of Evanston, and John B. Baldi of Chicago.

Other welcome callers were: Drs. Curtis Parkinson, Highmore, S. D., Benten Kenter, Rapid City, S. D., and E. C. Brookman, Jr., Buffalo, N. Y.

## College Building Cleaned

Every nook and cranny of the D.M.S.C.O. five story building has been thoroughly cleaned during the vacation period.

From the roof to the boiler room, dust has been ordered out. Painters, plasterers, carpenters, janitors—all manner of tradesmen—have been busily engaged in getting the modern, fireproof building ready for incoming students that will register September 6 and 7.

All the laboratories have been made spotless, repairs have been made where ever necessary and improvements too numerous to mention have been installed in every department. All hallways have been thoroughly washed and the walls painted. Floors have been scrubbed to spotless whiteness. Windows fairly glisten in the sunlight—everything is now in shape for the opening sessions and for another big year at Des Moines Still College of Osteopathy.

## Dr. H. H. Christensen Dies

Burial services for Dr. H. H. Christensen, 36, a graduate of Still College, 1918, who passed away at the Sioux Valley Hospital, Sioux Falls, South Dakota, at 1:00 a. m., Saturday July 23, were held at Canton, South Dakota on Tuesday, July 26. Burial occurred at Schaller, Iowa.

Surviving besides his wife and one son, Paul Faye, 10, are his parents, Mr. and Mrs. Peter Christensen, 1249 N. Union St., Fremont, Nebraska, and eight sisters and four brothers.

Fall Semester Registration,  
September 6 and 7.

## Prof. Parisi to Talk

Prof. F. A. Parisi will appear before the meeting of the Colorado State Osteopathic Convention, Aug. 22 to 24, which meets in Denver. Professor Parisi will talk on "Pathology." After the convention the Parisi family will make an extended tour of Mesa Verde Park and other points of interest before returning to the College to begin the fall semester.

Fall Semester Registration,  
September 6 and 7.

## How Much Osteopathy?

Occasionally we hear the statement that the present-day Osteopath is not as good a doctor or not as good an Osteopath as the old-timer. This sets us to thinking and wondering whether or not the subjects which of necessity have been added to the schedule, have taken away or detracted from the original deep interest in the therapy itself. We think not. Let us review what is offered the present-day student in the way of specific Osteopathic education.

In looking over the new fall schedule for the students of Still College we find that in the very beginning of the work, in the Freshman year, each student is given a course of eighteen hours on the History of Osteopathy. This covers not only the early life and activities of the Old Doctor, but takes up the history and development of the profession, its legislative pursuits and the growth of the course in the colleges from the two-year up to our present four-year requirement.

In the Sophomore B. class the student at Still College takes up the study of Theory and Principles of Osteopathy. This covers the entire field of therapy in theory with the stress on the Osteopathic and with facts to prove the contention that Osteopathy is more useful in the care and cure of disease than all other factors added together.

After the student is firmly grounded in the above, his next step is a thorough understanding of the mechanics of the body. The Sophomore A class is given a full ninety hour course in Osteopathic Mechanics. This takes up the study of the articulations and all factors that influence joint activity. Stress is laid on the three primary tissues from our standpoint, that is: bone, ligament, and muscle. A special division of the work exposes the mechanics of the vascular, nervous and visceral systems of the body.

This work of body mechanics is preliminary to the Junior B class in Applied Technic. It is in this class that the student begins to correlate History, Theory, Principles and Mechanics, in their application to actual manipulative work on a subject. Applied Technic is exactly what the name implies. Straight Osteopathic work is demonstrated and discussed. The use of mechanical devices is a part of the course. Technic is applied to the

(Continued on page 2)

# DES MOINES STILL



BYRON L. CASH, D. O.

\* \* \*

Dr. Cash graduated from D.M.S.C.O. in 1920. Following his graduation he served an internship at Des Moines General Hospital, after which he took P. G. work in Pathology and Genito-Urinary at the University of Chicago and in X-Ray and Pathology at the University of Michigan. During the war he served 14 months in the U. S. Army Labs.

Dr. Cash has been a member of the faculty for nine years. He conducts classes in X-Ray and Electro-therapeutics and is Radiologist and Pathologist of Des Moines General Hospital

## Leeches Lose Medical Standing

In literature hearkening back to the days when medicine was largely a hocus-pokus affair, leeches were bloodletters.

Then the leeches, what with the rushing advance of science and the passing of country doctors to give away to specialists; well, the leeches rather passed out of the picture.

But when the druggist met recently for their state convention, it was brought out there are some left.

Dr. P. W. Baker, head pharmacist of a drug store, revealed the last stand of the leeches in Birmingham. He had a family of three of them in a porcelain jar upstairs over his store.

"These came from Hungary," he said, exhibiting one. It was grayish-black and wriggly.

"We sell about 150 of them a year, where we used to sell 500 to 600 a month. That was about 20 years ago. Now we sell them largely to old people, foreigners, or victims of fights.

"The leech takes hold of the skin and sucks out bad blood that is causing discoloration. As they feed they swell up, like true epicures. Pour salt water on 'em and they'll let go." he said.

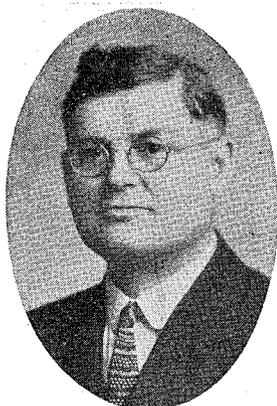
## How Much Osteopathy?

(Continued from page 1)

different regions of the body and to a variety of conditions. Bed-side and hospital technic is demonstrated and reasons given for its use. Types of technic that certain individuals have recommended are discussed and analyzed and if found dangerous or useless, are branded as such.

One feature of this work is

Fall Semester Registration,  
September 6 and 7.



C. IRA GORDON, B. A., D. O.

\* \* \*

Dr. Gordon is a graduate of Ellsworth College and holds a B. A. degree from that institution. He has taken post graduate work in chemistry at the University of Iowa and had twelve years' teaching experience before joining the faculty of D.M.S.C.O. five years ago. He received his D. O. degree from this college.

Dr. Gordon conducts classes in Physiological Chemistry.

## Fraternities Elect New National Officers

At the annual election of officers for all Osteopathic Fraternities, the following men were chosen to direct the activities of their respective organizations for the ensuing year. Elections took place during the National Convention recently held in Detroit:

### Atlas Club

Grand Noble Skull, Dr. H. J. Marshall, Des Moines, Iowa.

Grand Stylus and Receptaculum, C. R. Starks, Denver, Colo.

Grand Occipital, Wallace Pierston, Hammond, Ind.

Grand Editor, H. V. Halladay, Des Moines, Iowa.

### Phi Sigma Gamma

President, Martin Beilke, Chicago, Ill.

Vice-President, S. J. Hurst, Kansas City, Mo.

Secretary, John Denby, Kirksville, Mo.

the bringing in of eighteen field technicians to supplement the work of the regular instructor and to give the student a broader view of how certain known principles of the work are applied by the individual in as many different ways.

The Junior A student begins to work in the clinic. This means that cases are assigned to him and the patient is examined in his presence. The examining physician, after the diagnosis is made, will advise in regard to the treatment to be given. This work in the clinic, extending from the Junior A to the Senior A class, inclusive, is the climax of his work in Osteopathy, for he goes back to his work in Theory, Principles, Osteopathic Mechanics and Applied Technic to formulate the treatment of this individual case.

During this year and a half of clinical work the student develops the Art of Osteopathy. He acquires dexterity and an ease which can come only from actual practice. Each student at



H. W. BYERS, L. B.

\* \* \*

Attorney Hal. W. Byers is a graduate of Drake University, College of Law, in the class of 1922, and is a practicing attorney in this city.

Mr. Byers has been teaching classes in Medical Jurisprudence at D.M.S.C.O. for the past two years.

### Iota Tau Sigma

President, R. L. Simon, Philadelphia, Pa.

Vice-President, J. G. White, Kansas City, Mo.

Secretary, T. A. Schill, Moorehead, Minn.

Treasurer, J. E. Obenauer, Dayton, Ohio.

### Sigma Sigma Phi

President, Raymond Kale, Des Moines, Iowa.

Vice-President, L. H. Schreck, Cleveland, Ohio.

Secretary-Treas. Al Brinks, Princeton, Ind.

Trustees, P. Leonard, Detroit; W. Dooley, Los Angeles; and H. V. Halladay, Des Moines.

Still College is required to give a minimum of six hundred treatments. He may give many more.

The above resume proves that Osteopathy is now being taught four years instead of two, but that is not all.

In the teaching of each of the several divisions of the work the instructor in that subject discusses the Osteopathic Theory and Technic of caring for the condition. Thus Osteopathy is taught in Communicable Diseases, Pediatrics, Obstetrics, Gynecology, Practice, Nervous and Mental, Eye, Ear, Nose and Throat, Proctology, Urology and Surgery.

The Osteopathic Concept of Anatomy is constantly being called to the attention of the student. The intimate Osteopathic association of Physiology is brought out. Osteopathic facts are interwoven with Pathology and Osteopathic methods naturally become a very important part of Physical Diagnosis.

Each year the Trustees of the College make a special effort to improve the course and this has been the policy of the College from its beginning. We believe that we are offering more Osteopathy than ever before and we believe that our students are getting it. We know that you can lead a horse to water, etc., but we believe with the constant offering of such an excellent draught that the horse is in no danger of death from thirst.

Fall Semester Registration,  
September 6 and 7.



J. L. SCHWARTZ, D. O.

\* \* \*

Dr. J. L. Schwartz is a graduate of D.M.S.C.O. and practices Proctology in this city. Three years ago he took extensive research work in Proctology in Berlin and Vienna. Since that time he has given a special lecture course in this work each semester. This course is presented supplementary to the regular course offered by Dr. J. P. Schwartz.

# COLLEGE FACULTY

## The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser...H. V. Halladay

Editor.....F. J. McAllister

Osteopathy Without Limitation

### Modern Women

Today we have our lady sheriffs and taxi drivers, our female pastors and pawn brokers, our fair blacksmiths and jockeys, our gentle stevedores and lighthouse keepers, our lady foresters and station agents, our feminine veterinaries and trolley motormen—and so on down a long and lusty list. All over the country women are taking up odd and unusual jobs that once were considered taboo. If a lady has a desire to walk among the clouds, no longer does she suppress it; she simply becomes a parachute jumper or a mountain guide. If an unfulfilled yearning for the bright lights obsesses her, she buys a uniform and takes a job as a fireman. And if by any chance she has a top-sergeant complex, she becomes the warden of a penitentiary.

Nowadays no woman with a hidden longing—or the necessity of earning a living—need despair. She may not have the talent or the training to become an artist or a writer, a physician or

a lawyer, but she can always be a cooper, or a constable, or an auctioneer, or an undertaker, a professional packer or teacher of jiu-jitsu, or a stonemason, or a plasterer, a longshoreman or a lifeguard, a railroad porter or a policeman. Of the 572 gainful occupations listed by the U. S. Census Bureau, only 37 had not been invaded by the gentle sex.

Bonnie McCarroll, out in Idaho, is a bronco buster. Mrs. Blanche Leathers is a master pilot and captain of a Mississippi river boat. Emily Perry, Pasadena, is a skilled artist who goes into the operating room of a large hospital and sketches the vital parts on which surgeons are working.

Mrs. Mabel Orr, Oklahoma, is an oil-well-drilling contractor. Amy Carter, Long Island, is an electric welder in an airplane factory. Mrs. Charles Gay, El Monte, Calif., raises lions for zoos and movie companies. Mary Cissell, Silver Springs, N. Y., is a fire chief. Thelma Terry, Chi-

cago, directs an orchestra composed entirely of men.

They're all women and all are making good at their jobs. With more and more women entering different fields of endeavor each year, is it any wonder that women Osteopathic physicians are so successful in their chosen field? The opportunity has never been greater than it is today—Osteopathy offers an opportunity for modern women to become independent and successful in the field that is gaining favor by leaps and bounds.



F. A. PARISI, B. Sc., M. B.

\* \* \*

Professor Parisi is a graduate of Colgate University and received his B. Sc. degree in 1921. Following this he attended Harvard Medical College and received the degree of M. B. from that institution in 1925. He has a certificate in science from Boston University and has taken special work in Pathology under Dr. Gray at the Connecticut State Hospital.

The Professor has been a member of the faculty of D.M.S.C.O. for two years and, previous to that, taught in the College of St. Teresa, the Middlesex College of Medicine and Surgery, and the Massachusetts College of Osteopathy.

Prof. Parisi conducts classes in Laboratory Diagnosis and is the Director of Laboratories of the College.

both male and female physicians will be on the sectional staffs.

Physicians wishing to register are requested to file registration as early as possible with Dr. F. A. Gordon, Marshalltown. Examining physicians of the various sections will be as follows:

#### I—Structural and Feet

S. H. Klein, Des Moines; Phil McQuirk, Audubon; Sherman Opp, Creston; E. E. Westfall, Mt. Pleasant; C. J. Christensen, Keokuk; L. E. Gordon, Iowa Falls; P. L. Etter, Washington; C. E. Samp, Des Moines; H. D. Wright, Hampton; E. H. Philips, Garner; J. H. Hansel, Ames; J. K. Johnson, Jr., Jefferson.

#### II—Ear, Nose and Throat

W. D. Andrews, Algona; Martin Biddison, Nevada; P. L. Parks, Des Moines; W. E. Heinlin, Elliott; E. S. Hansinger, Wellman; B. D. Elliot, Oskaloosa; Ira Gordon, Des Moines; C. F. Howe, Williamsburg; A. W. Clow, Washington; C. K. Risser, Maquoketa.

#### III—Thoracic

W. C. Gordon, Sioux City; W. M. Furnish, Tipton; B. M. Gotschall, Waterloo; L. A. Doile,

(Continued on page 4)



L. L. FACTO, A. B., D. O.

\* \* \*

Following his graduation from Kidder Junior College, Kidder, Mo., Lonnie L. Facto entered the American School of Osteopathy, Kirksville, Mo. Later he transferred to Des Moines Still College and graduated in 1926. He served a year on the staff of the London Osteopathic Clinic, London, England, after which he returned to this country. He has been a faculty member of D.M.S.C.O. for three years.

Dr. Facto teaches classes in Biology, Embryology, and Physical Diagnosis, and has charge of the General Clinic and Out-Patient Department.

man of the committee appointed by Dr. Pierson. Drs. F. A. Gordon, Marshalltown, and S. H. Klein, Des Moines, are secretary and treasurer, respectively. Other members of the committee are: Drs. C. N. Stryker, Sioux City, J. M. Woods, Paul Park, L. L. Facto, H. J. Marshall, J. P. Schwartz, all of Des Moines.

The nine sections of the clinic will include: Structural and Feet; Eye, Ear, Nose Throat; Thoracic, embracing the heart, lungs, etc.; Abdominal, Pelvic and Rectal, including stomach, liver, gall bladder, kidneys, intestines, and pelvic contents; Nervous and Mental; Laboratory, including blood, urine, sputum, etc.; X-Ray; Surgery; and Diagnostic Evaluation. Separate examining rooms for men and women will be provided and



GLENN FISHER, B. A., B. Sc.

\* \* \*

Following his graduation from Penn College with the degree of B. A., Professor Fisher attended Iowa State University, where he received the degree of B. Sc. He holds an Iowa State Teachers' Class A Certificate and has had four years' teaching experience in Chemistry. He took his place upon the faculty of D.M.S.C.O. a year ago.

Professor Fisher will have charge of classes in Inorganic and Organic Chemistry.

He is at present pursuing a course which will lead to his M. Sc. degree.

### I. O. A. To Hold Clinic At State Fair

(Continued from page 1)  
physician at D.M.S.C.O. will be Chief-of-Staff, with Drs. W. C. Gordon, Sioux City and J. M. Woods, Des Moines, assisting.

Dr. Della B. Caldwell is chair-



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

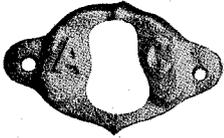
\* \* \*

Dr. Beveridge is a graduate of the Babcock School of Pharmacy, holding the degree of Graduate Pharmacist. He graduated from D.M.S.C.O. in 1925 and has been a member of the faculty for three years.

Dr. Beveridge teaches classes in Supplementary Therapeutics, Pharmacology, Anesthesia, and Narcotics, and Osteopathic Technique.

# Des Moines Still Student Activities

## Atlas Club



The Atlas Club, the first Osteopathic Fraternity, was formed at the American College of Osteopathy, Kirksville, Mo., on December 10, 1898. There are now Chapters at each of the recognized Osteopathic colleges. The Grand Chapter publishes the "Atlas Bulletin," the colors are red and white, and the flower is the red carnation.

Xiphoid Chapter is located at 1725 Sixth Avenue, on the main North and South thoroughfare of the city, with the Oak and Highland Park street car lines passing the house and providing six-minute service to all parts of the city. Breakfast and evening meals are served during the school year. There were 30 active members during the year just passed. Drs. Halladay, J. P. Schwartz, J. L. Schwartz, Fisher, Woods, Marshall, and Bachman of the College faculty are members of the Atlas Club. The "Xiphoid Bulletin" is published by the Chapter for its alumni.

Xiphoid Chapter of Atlas is anxious to be of assistance to any prospective student and welcomes the opportunity to be of service to anyone writing us.

## I. O. A. To Hold Clinic At State Fair

(Continued from page 2)

Oscage; W. L. White, Corydon; G. C. Trimble, Montezuma; Leo Sturmer, Shenandoah.

### IV—Abdominal, Pelvic and Rectal

S. A. Helebrant, Cedar Rapids; S. A. Nazarene, Dallas Center; L. E. Miller, Adel; Mabel Andrews, Perry; Lillian Davidson, Charles City; Gertrude Copeland, Coon Rapids; Marvin Greene, Sac City; C. N. Stryker, Sioux City; R. E. Brooker, Grinnell; J. J. Henderson, Toledo; W. P. McPheeters, Des Moines.

### V—Nervous and Mental

L. L. Facto, Des Moines; R. B. Gilmour, Sioux City; R. R. Pearson, Muscatine; F. D. Campbell, Des Moines; Carl E. Seastrand, Des Moines.

### VI—Laboratory

F. A. Parisi, B. Sc., M. B., Des Moines.

### VII—X-Rays

Byron Cash, Des Moines.

### VIII—Surgery

J. P. Schwartz, Des Moines; R. E. McFarland, Centerville.

### IX—Diagnostic Evaluation

John Woods, Des Moines; W. C. Gordon, Sioux City. Chairman—D. B. Caldwell. Records—F. A. Gordon.

## THE STILL COLLEGE BAND



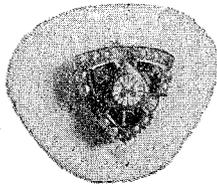
THE D.M.S.C.O. Band, under the direction of Dr. H. V. Halladay, is undoubtedly one of the best of any such organizations in any school of comparative size.

The Band appears at each of the weekly convocations held throughout the school year and presents marches, classical numbers, popular pieces, novelties and solos by various members of its personnel. The Band, from time to time, makes appearances at various conventions, meetings and at other schools.

All graduating members of the Band receive a certificate of service from the organization. This is the most popular extracurricular activity at the College. Anyone that plays an instrument is welcome to join "Virge's Gang."

## Phi Sigma Gamma

\* \* \*



Phi Sigma Gamma was formed April 8, 1919, by the union of the Phi Sigma Beta and Phi Omicron Gamma fraternities. The organization thus formed consisted of five Chapters, to which have been added two additional, making a total of seven active Chapters, one in each of the Osteopathic Colleges. The national publication is "The Speculum" and the colors are Navy Blue and White.

Delta Chapter is located at 3029 Grand Avenue, in one of the finest residential districts of the city. Ingersoll and Valley Junction street car lines pass a block from the house and provide seven-minute service to all parts of Des Moines. Breakfast and evening meals are served during the school year for the convenience of the fellows. There were 36 active members during the past year. Dr. C. W. Johnson, president of the College, is a member of Phi Sigma Gamma.

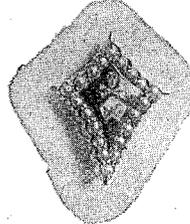
If Delta Chapter can be of service in any way to a prospective student, feel free to write and we will do all within our power to aid you.

### Fall Semester Registration, September 6 and 7.

Goodness never fears the sunlight.

## Delta Omega

\* \* \*



Delta Omega Sorority was founded at the American School of Osteopathy, Kirksville, Mo., in 1909. There are four active Chapters. The national publication is the "Alpha," the colors are green and gold, and the flower is the yellow chrysanthemum.

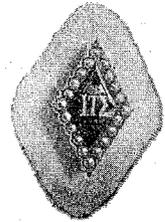
Beta Chapter is located at D.M.S.C.O. The alumni of the Chapter is organized and entertains the actives in joint meeting each month during the school year. This group, together with the honorary members made up of wives of the faculty members, aids the active group in all ways. The close association with the Kirksville Chapter is a source of enjoyment and mutual instruction. Dr. Mary Golden of the College faculty is a member of Delta Omega.

Delta Omega Beta welcomes all girls who may be considering Osteopathy as a profession and will be glad to aid all who may get in touch with us.

### TRIAL AND ERROR

Magnolia was deep in the travail of accouchement. Said she to the nurse, "Please, Miss, tell dat cullud man out in de hall dat if married life am anything lak dis, ouah engagement is off right now."

## Iota Tau Sigma



The history of Osteopathic Greek Letter Fraternities began when a group of male students attracted the attention of the College by organizing a Greek Letter society or fraternity, namely, Iota Tau Sigma. This was May 12, 1903, at the Kirksville College of Osteopathy, Kirksville, Mo. Since that period six Chapters have been added to the mother Chapter. There is a Chapter at each of the Osteopathic colleges. The national publication is the Iota Tau Sigma Magazine edited each month. The colors are green and white, and the flower is the white carnation. Although the fraternity is still in its infancy, it is well known throughout the field of Osteopathy.

Beta Chapter is located at 692 Seventeenth Street, one block from the University Avenue car line. There were 29 active members during the past year. Drs. Beveridge and Cash of the College faculty are members of Iota Tau Sigma.

Beta Chapter of Iota Tau Sigma at this time welcomes all future students of Osteopathy to Still and will gladly aid any prospective student who may write us.

## On Vacation

Mrs. K. M. Robinson, Secretary of D.M.S.C.O., left this past week on an extended trip to the eastern seaboard states. She will spend some time in the New England states and Canada before returning for the rush of fall registration.

Just as this issue of the Log Book is on the press, we are advised of the death of Dr. J. R. Beveridge. This will come as a shock to the alumni of the College since 1925, when Dr. Beveridge graduated. Since his graduation, he has conducted a practice in Highland Park, and for the last three years has been instructor in Comparative Therapeutics at the College.

Dr. Beveridge leaves his wife and daughter, Jean. The College unites with his many friends in extending sympathy to his family.

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 9

SEPTEMBER, 15, 1932

Number 16

## Funeral Services For Dr. J. R. Beveridge

Funeral services for Dr. J. R. Beveridge were held August 11 in the city of Des Moines from Dunn's Funeral Home. Dr. Beveridge died at the Des Moines General Hospital August 9. The entire College mourns the death of this fine physician and instructor. Following is an excerpt from the Des Moines "Register": "Dr. W. F. Herries, former pastor of Highland Park Presbyterian Church, who is visiting here, will officiate. Auburn



DR. J. R. BEVERIDGE

lodge, A. F. & A. M., will have charge of the services and interment will be in Glendale Masonic cemetery, with a guard by the Knights Templar, of which Dr. Beveridge was a member.

"The physician died after five blood transfusions had been given in an effort to save his life; a weakened heart was said to be the immediate cause. He was operated on July 25 and again August 1.

"Dr. Beveridge, who lived at 3711 Third St., and had offices at 217 Euclid Ave., was born January 21, 1887, at Streator, Ill. He was taken soon thereafter to Scotland where he lived until he was 21, when he returned to this country.

"A registered pharmacist in Wyoming and Iowa, Dr. Beveridge was graduated from Still College of Osteopathy January 22, 1925, and for the last years

(Continued on page 4)

## Faculty Changes Made

Due to the death of Dr. J. R. Beveridge, several changes have been made in the faculty at the College. Prof. Glenn Fisher is teaching Supplementary Therapeutics and Drs. H. V. Halladay and J. M. Woods have taken over the classes in Technic.

## Successful Clinic Held

The Adult Health Clinic conducted under the auspices of the Iowa Osteopathic Association during the Iowa State Fair was a decided success.

A total of 364 examinations were given during the session. Statistics show that 135 men and 25 boys, under 21 years of age were examined in the men's division. In the women's section 188 women, and 16 girls, under 21 years of age, were examined.

Valuable records and findings have been compiled from the cases handled. Physicians that referred cases from their private practice to the clinic have been writing letters to the secretary, Dr. F. A. Gordon, Marshalltown, asking for findings. Dr. Gordon is taking care of these requests as fast as possible. At the present time letters have also been received thanking the Iowa Association for the examinations made. All patients referred in have been instructed to return to their home physician for treatment. All case histories and other data ascertained from the examination are on file with the secretary and patients returning to the clinic next year will again be checked for progress in treatment in the year's lapse of time.

Nearly fifty physicians from all parts of the state attended and assisted in the examinations. Complete physical examinations were conducted in a thorough manner and the clinic found it necessary the latter part of the week to turn away people because the appointment books were so completely filled.

The clinic comprised nine sections: Structural and Feet; Eye, Ear, Nose and Throat; Thoracic; Abdominal, Pelvic and Rectal; Nervous and Mental; Laboratory; X-ray; Surgery and Diagnostic Evaluation.

Much of the success attributed to the clinic was due to the vast amount of work accomplished by the committee appointed by Dr. R. R. Pierson, Muscatine, Iowa, President of the Iowa Osteopathic Association. The committee was composed of Drs. Della B. Caldwell, chairman, Des Moines, F. A. Gordon, Marshalltown and S. H. Klein, Des Moines, secretary and treasurer, respectively. Other members were Drs. C. N. Stryker, Sioux City, J. M. Woods, Paul Park, L. L. Facto, H. J. Marshall and J. P. Schwartz, all of Des Moines.

Faculty members in attendance were Drs. L. L. Facto, C. (Continued on page 3)

## Visitors at the College

Since the last issue of the Log Book the following people have been very welcome visitors: Drs. Clark Hovis, Detroit; Walter Belden, Albert City, Iowa; J. R. Shaffer, Kansas City; Floyd Lindbloom, Newark, N. J.; James Parks, Ankeny, Iowa.

Dr. Howard Toepfer of Tarentum, Pa., stopped in while on his way to California with his parents. The Doctor recently passed the Florida State Board.

## Notice!

Physicians changing addresses will please notify the College of the new address. Inquiries come in daily for the addresses of men in the field. At the present postal rates it is impossible for the Log Book to stand the expense of returned copies—if you wish to get every copy of the Log Book, please notify the College so that we can give you uninterrupted service, otherwise names having incorrect address must be dropped from the mailing list.

## New Students Register



Again Des Moines Still College leads off the fall semester with a fine increase in students over the number of vacant places left by the graduating class in June. Classes opened officially on the morning of Sept. 9, with many old familiar faces and many new ones, too.

Freshmen were given their instructions as to wearing apparel, subservience to upper classmen, etc., and the year is under way. Instructors have started their assignments, curriculum conflicts are ironed out and the students have started to burn the midnight oil.

Among the new registrations, the state of Iowa leads as the home address of many; next in line comes the tie in states, Ohio and Michigan. There has been intense rivalry every year be- (Continued on page 4)

## Casa Anna Maria

If you are in Arizona visit Nogales. If you are not in Arizona make it your business to go there and visit Nogales. When you get to Nogales ask anyone, even one of the customs officials, where the Casa is.

We hope that sometime you have had the thrill of driving across a desert. Part, but only part of Arizona, is that way. We we driving south from the Casa Grande Ruins on through Tuscon where the temperature was only 110. The desert scenery, of which the most striking feature is the multitude of cacti of the giant species that grows taller than corn in Iowa, gradually gave way to green hills. We were climbing and in 125 miles went from 1200 to 3800 feet above sea level. You might think that going south this would make very little difference in the temperature but we noticed a marked difference the last fifty miles. Arriving at Nogales we made inquiries as to the location of the Casa. It was not hard to see even from the foot of a hill that compels you to shift into low.

Here, two miles north and 500 feet above the city we found the ideal of our dreams in the way of every appointment your imagination can foster. An immense lobby greets you after your entry from the double porte cochere. You may be greeted by Dr. Anna Mae Smock and if not you will be certain to meet Jackie whom you will want to meet anyway. You are at home immediately, no formality. Go just as you are—don't change your clothes—we are just one big family here—wear your pajamas if you wish—will you golf, ride, play tennis, swim? If you just want to sit and rest, the wide veranda offers easy chairs. The climate is made to order. The days warm, the nights really cool.

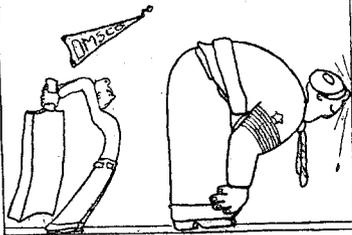
Health seekers from New York to the west coast have found this ideal—good for both body and mind. And back of it all is the magnetic personality

(Continued on page 3)

## Dr. Facto Attends Annual Meeting

Dr. L. L. Facto, faculty member, departed Wednesday for Chicago, where he will attend the annual meeting of the American Association of Proctologists held at the Hotel Stevens, Sept. 14 to 17, inclusive.

FRATERNITY NOTES



ATLAS CLUB

With the opening of school and the excitement of getting located over, everything is gradually getting into full swing again and everyone will be settled down to the books this week.

We were glad to get back and to be able to again hear the nightly discourse from a certain few brothers in the dormitory. We have noticed a few additions to this happy group and we believe the infiction must be contagious from year to year.

Brothers Dierdorff and Andreen have acquired cars during the course of the summer. Bro. Dierdorff has a Model "T" coupe and says he averaged twenty-seven miles to the gallon of gas on the trip to Des Moines—and about the mileage per hour.

Brothers Dierdorff, Mount and Andreen made a trip to Fort Dodge, Sunday, to visit Bro. Bob Forbes. We were glad to get the report that Bob is doing nicely and we hope that we will see him soon.

Brother Dene Moore tells us he spent most of his time at the Denver Osteopathic Hospital during his vacation. Bro. Harry Taylor of the January, 1932, class is interning in the Denver Hospital.

Pledge Zick Isaacson has been on the go again this fall. He hitch-hiked from Denver the last of August, then went on to Youngstown, Ohio, before school started, to visit friends and relatives.

We were pleased and surprised to see Bro. Jim Donovan come in last week and without any results of the operation, which it was rumored he was to have. His eyes are the same as ever and Jimmy seemed to be in the best of health, but tired out from the trip.

We are very sorry to hear that Bro. "Gus" Porter, Kay Davis, and "Spoon" Hutson will not be with us this year. Brother Porter says that he is planning to take some Post Graduate work in Lansing. We will miss all of these men at the house.

We have had no definite word from Brother Earl Moore, but he will probably be unable to come to school this year.

Xiphoid Chapter takes great pleasure in announcing the pledging of Schiller Frazier, Des Moines; John V. Wilkes, Detroit, Michigan; Ernest O. Bowman, Nampa, Idaho; and Dick Northrup, Detroit, Michigan.

PHI SIGMA GAMMA

Beauty tips for females. Bathe in the Atlantic and become a blond. Address all inquiries to Bunny Noble.

Notice Enderbys' pale complexion—ask him about the Bats. Carl Bleck has innovated a new fad by wearing a hat to bed as protection against the Bats.

Anyone can see Hy Kestenbaum sitting on a chair on Grand ave. waiting for Schwartz.

Engaged men are passing out cigars these days, namely, Del Johnson, and Hy Kestenbaum, but Poundstone is still a hold-out.

Withroy surprised us all by steaming in with his Buick straight sixteen. (Its a honey.)

Louie's arrival lifted an awful strain. The fellows had intensive track training while answering the telephone.

Bleck claims Tommy has excellent davenport technic—with nurses.

Dr. and Mrs. Catanzaro capped the week end by arriving with the two little Catanzaros in tow.

We're sure going to miss Monty this semester.

Since Charlie Naylor has announced his marriage, the girls of Des Moines have gone into mourning. No more midnight calls for Charlie.

Phi Sigma Gamma, Delta chapter is pleased to announce the pledging of the following men: Professor O. Edwin Owen, formerly of University of Missouri; Dale Crews, Grinnell, Iowa; Joe Bartram, Ashtabula, Ohio, James Garvey, Brainard, Minn.

IOTA TAU SIGMA

The general trend of affairs here at the house is again under way with most of the Brothers being back. Brothers Herd, Hurd, Whetstine and MacLaughlin stayed here at the house most of the summer taking advantage of the extra work which they could get in through the school clinic. However, Doc Hurd and John Herd spent a few days at home in the old country commonly known as Maine. John was lucky enough to drive back a new Plymouth.

The other day several of the Brothers found Brother Herd listening to a lecture on the radio on "The Care of the Hair". It is believed that he will probably use this added knowledge in the future in his professional advice since his worries along this line are almost at an end.

Out of a cloud of dust and smoke a car drove up stopping with a groan. Brother Lyle had just returned from the highest point between the Appalachian and the Rocky Mountains commonly known as Bellefontaine, Ohio. John informs us that he and his big luxurious Paige Sedan made the trip in four days driving day and night with no accidents except the melting of

the nickel plate on the radiator and two fenders dropping off.

This fraternity wished to take this privilege of welcoming to Still College all of the new students. We stand ready at all times to help you to the best of our ability and let us remind you that you couldn't do better.

PSI SIGMA ALPHA

Psi Sigma Alpha, national fraternity, extends a hearty welcome to the new students of the Freshman class. We compliment you on your choice of Osteopathy as your life work and can safely say that you will find the study the ideal work.

SIGMA SIGMA PHI

The Sigma Sigma Phi national honorary fraternity welcomes all new members to D.M. S.C.O. and congratulates them on their choice of Osteopathy as a life work.

DELTA OMEGA

Delta Omega sorority welcomes all new girls to the College and congratulates them on their choice of school and profession.

Atlas Club Scholarship Made Cumulative

The scholarship prize of one hundred dollars payable in tuition at D.M.S.C.O. will not be given this year. The winner of the contest sponsored by the Atlas Club, Xiphoid Chapter, was not able to avail himself of the opportunity this year and the prize was then offered to the alternate who also found it impossible to attend the College this year.

At an officer's meeting held recently at the chapter house it was decided to combine this year's prize with next year's offering on the same rules and regulations as before and thereby give the winner of the 1933 prize a double advantage.

Topics for the 1933 contest will be announced later in the year. It is hoped that the added scholarship prize will materially increase the number of contestants in the coming contest.

Engagement Announced



Dr. S. Miller of Des Moines announces the engagement of his daughter, Hannah, to H. H. Kestenbaum of the Senior class of the College. Mr. Kestenbaum is a member of Phi Sigma Gamma, and Psi Sigma Alpha, scholastic fraternity.

We Are Sorry

In the August 15 issue of the Log Book, under the general heading of "Student Activities" all the histories of the Osteopathic fraternities were given. In the Iota Tau Sigma history the fraternity was referred to as being "in its infancy." Several letters have been received by the editor objecting to the reference.

Each year every fraternity is asked to give a brief resume of its individual history. These articles are prepared by an appointed member of the fraternity and handed in for issuance in the Log Book. The article referred to was a reprint of the history of Iota Tau Sigma from the August, 1931, issue of the College media.

We are indeed sorry that the reference as printed was found objectionable and hasten to assure our readers that the article was not intended as a slight on the fraternity. We are always glad of an opportunity to correct any error made.

New Locations



Announcements of new locations have been received from the following physicians Drs. Walter Belden at Albert City, Iowa; G. H. Basore, 23 E. Fourth, Franklin, Ohio; Harold Seelye, 300 Am. Sav. Bk. Bldg., Lansing, Mich.; Robt. W. Hubbard, Hot Springs, So. Dak.; Charles L. Baker, 1429 Westwood Blvd., Los Angeles, Calif.

The College is always glad to hear of new locations and will be glad to announce them if you will drop a line to the editor of the Log Book.

Dr. O. E. Rose announces the opening of new offices in the quarters of the late Dr. J. R. Eeveridge, 217 Euclid ave., Des Moines. Dr. Rose recently completed his interne term at the Des Moines General Hospital.

Dr. R. R. Lamb announces the removal of his offices from the Flynn Bldg., Des Moines, to the second floor of the Old Colony Bldg., Des Moines.

Dr. Grace Abolt announces removal of her offices from the Southern Surety Bldg. to 2617 Beaver Ave., Des Moines.

Success comes to those who are so busy caring for and helping others that they have no time to worry about themselves.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser.....H. V. Halladay

Editor.....F. J. McAllister

Osteopathy Without Limitation

## A New Discovery?

Only recently Dr. H. H. McClellan of Dayton, Ohio, explained the causes of insanity. Today, Dr. A. P. Faulkhauser of Fairfield, who at one time was in charge of the army X-ray laboratory at Otten, North Carolina, adds his study to the discussion.

"Dementia praecox is always due to spinal nerve pressure which in turn causes poison to develop in the body. This poisoning is known as auto-intoxication. Some people are subject to poison ivy while others are immune, and both may be equally healthy. The apparent reason for this is that in some people the body glands secrete a chemical which protects the body against poison ivy.

"It is therefore a foregone conclusion and a fact, regardless of method of doctoring, that both insanity and epilepsy are caused directly by spinal nerve pressure. The only cure is to remove the nerve pressure."

## Osteopathy Pays

Dr. H. V. Halladay received a letter from his daughter, Frances, in which she states that she has just received the highest physical examination rating of all Freshmen women at the University of Arizona. She received a rating of 95.75% and would have received 3% more, if she had been vaccinated.

Naturally, Miss Halladay has received Osteopathic care all her life. She is majoring in Anthropology and Archaeology at the Arizona University this year.

## Successful Clinic Held

(Continued From Page 1)

I. Gordon, J. M. Woods and F. A. Parisi. Students assisting were: Norma Abolt, Rachael Hodges, Poundstone, Dennis, McAllister, Meyer, Withrow and several others.

Plans are already under foot for next year's clinic. The 1933 clinic will be enlarged in both the number of examining physicians and the size of the quarters. It is planned to make the clinic an annual affair. The entire osteopathic profession has advanced in the minds of the people of the state as a result of this work.

## Dear Doctor:

The faculty of Still College is constantly being complimented by the increasing number of letters containing questions. This has, a number of times, brought up the question as to whether or not the Log Book should attempt to incorporate these answers into articles or should the more common questions be answered in the somewhat informal manner of the usual reply that you receive.

We do not want this column to assume the style and tone of a well-known advertisement. We do not want to get into discussions with the field over questions that may bring in the personal element. We do not want to encroach upon the work being done by our scientific journals of Osteopathy, but we feel that if the answers that our staff sends out to the individual are of value to that one, they will also be of value to others.

The Editor of the Log Book will be glad to receive questions from the field. These will be placed in the hands of the faculty member best fitted to give the answers and the results will be published. This, we hope, will prevent repetition or the necessity of writing the same answer to several. As an example, we offer below the answer that one member of the faculty has written to four in the field during the past week. It is a seasonal question and an excellent one.

Question: What do you know about "Shin Splint"?

Ans. Shin Splint is the name applied usually by athletes to a severe pain felt mainly over the region of the anterior part of the leg. It is usually found after severe strain but should not be classified with the common Charlie Horse condition which is due to trauma of some type. Shin Splint is a nerve condition. It is not accompanied by swelling or redness. The muscle fails to respond to the usual voluntary impulse and the entire leg feels weak, altho the pain is not general. Any strenuous leg work on the part of an athlete may bring the condition on, it being common to all types of games. Some of the most severe cases have been seen in the sports that are the least trying on the muscles.

Examination of the patient should take into consideration every possible anatomical deviation along the path of the nerve to this region. The first articulation to examine is the superior tibio-fibular. This is more commonly found to be a slight forward displacement of the fibula. Hypertension in this region may be responsible for an irritation to the external popliteal nerve. Lesions may occur in the popliteal space, the back of the thigh, the sub-gluteal region and within the pelvis. Contracted pyriformis muscle has been found in a few cases. Sacro-iliac lesions

and lumbar lesions as high as the second have been noted. Since many athletes go thru the entire season without developing this condition, we believe it to be due to a previous lesion which has lowered the power of the nerve to accommodate itself to extra work, the result being that Nature demands a rest for the nerve itself.

The routine treatment is to correct any lesions that may be found along the path of the nerve. Light manipulation, and warmth, but not severe heat, rest and a support if the patient must be out of bed. Snug, but not tight, spiral taping will make the patient easier. Examine the feet for lesions that may produce reflex effects and allow the return to use gradually.

X-ray shows no bone pathology. Examination convinces us that the muscle and ligaments in the neighborhood have not suffered from trauma. We must accept the diagnosis of a neurosis and treat accordingly. It is not the common thing to find a case responding in one treatment. Recovery takes from three or four days to two weeks.

## Casa Anna Maria

(Continued from page 1)

of Smockie, as we called her a few years ago when she was studying at the old school.

If you have a patient that needs an ideal atmosphere from both the climatic and environmental standpoints send them to Casa Anna Maria and put them in care of Dr Smock. Everything will be in their favor.

We had a wonderful two days there. A Mexican dinner over in Nogales, Sonora. Riding in the morning, swimming in the afternoon and friends in for a dinner in the evening. A waffle breakfast at ten Sunday morning and the opportunity of renewing a friendship of many years ago. A former officer in the Medical Corps of the Army whom we had not seen for twenty years. Wouldn't you like it? Well, we did and we will never forget the delightful hours.

The beautiful Casa and its surroundings, the homey feel of things, the excellent food, the really nice people it was a pleasure and a privilege to meet and Smockie who is radiant all over the place.

We are going back when we are not in a hurry and take our time enjoying this outstanding feature of our trip this Summer.  
—Virg and his Kids.

Every great and commanding movement in the annals of the world is the triumph of enthusiasm. Nothing great was ever achieved without it.—Emerson.

The capacity of the human brain is tremendous, but people put it to no use. They live sedentary mental lives.—(Thomas A. Edison.)

## Senior Spotlight

All the busy embryo Doctors are back with reports for the summer such as:

Graney added one to himself to make a total of one.

Noble helped a doctor in the field and bleached his hair by swimming.

Jack had to stay and help Dr. Johnson run the clinic.

Schwartz subtracted one from himself to make a total of one.

Newman is pleased with the variety of cases seen in O. B.

Nelson wore the road out between school and Nebraska.

Porter was busy developing a line of chatter for his patients. Its pretty good.

Devine worked hard vacationing at the Minnesota Lakes.

Naylor added one to himself to make a total of one.

Poundstone rested on his ranch for the coming strenuous winter.

Whetstone has been busy perfecting his technic, for what?

Blackwood absorbed a lot of knowledge in Mexico, Missouri.

McLaughlin's practice kept him on the jump all summer.

Kahn has been busy with a stethoscope listening for a stenosis in his new motor.

Kestenbaum or Kesten, which is it?

Withrow got half rested by working every other day.

Bleck's strokes improved in golf and swimming.

Ramsey learned the reason his patients relaxed—he concealed his six-shooter.

## Drinking Women's Daughters

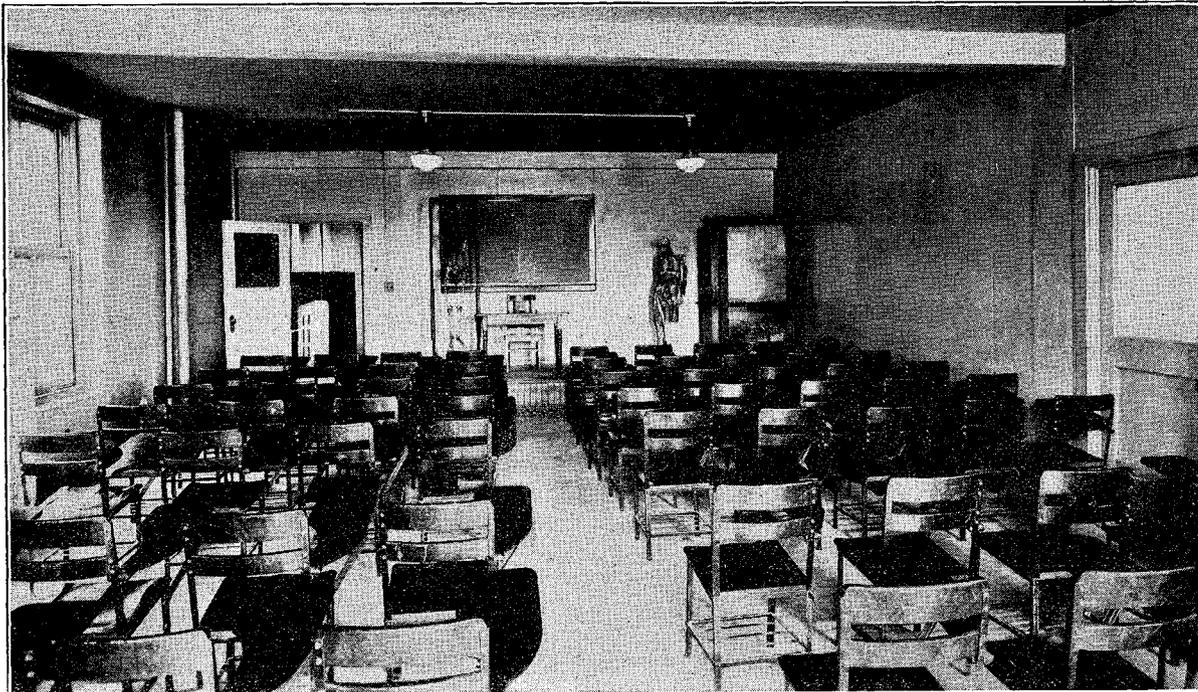
Last fortnight a eugenist reported that women loaded with lactic acid would bear daughters while alkaline women bore sons.

Last week three Yale investigators—Drs. Harold Edwin Himwich and Louis Herman Nahum, assisted by N. Ratieten — reported to the International Congress of the Federation of Societies for Experimental Biology at Rome, that alcohol loads the body with lactic acid. If drinking women bear daughters and abstainers bear sons, thence arises a problem in progeny for eugenists and sociologists to resolve.

Every man should devote a part of his time to the building up of the industry or profession of which he is a part.—(Theodore Roosevelt.)

We can guard our tomorrows from the mistakes of today, but we cannot alter our yesterdays. There is no eraser upon the pencil of time.

Character is a perfectly educated will.



## A TYPICAL CLASSROOM

Pictured here is a typical classroom scene at Des Moines Still College of Osteopathy. All classrooms are equipped with steel chairs with broad leaf arms, are well ventilated, and well lighted. The entire building is fireproof, and conveniently located to the main business section of the city.

### Around Our Merry Campus



John—"Three dollars, boss?"  
 Judge—"That's the fee."  
 John—"Well, boss, I jes' tell ya. I don't believe I wants no divorce. There ain't three dollars difference 'tween dem two wimmen."

Son: What is a co-ed?"  
 Dad: "A co-ed is something which puts the enjoyment in college, but takes the education out."

In this examination business It's not the question causes dizziness.  
 Oh, not at all. What gives us cancer  
 Is not the question—it's the answer.

"How long did you know your wife before you married her?"  
 "I didn't know her at all! I only thought I did."

Man is somewhat like a sausage,  
 Very smooth upon the skin;  
 But you can never tell exactly  
 How much hog there is within.

And now we have the Scotchman who had a boil on his neck—and consulted a free lance doctor.

"I say, Joe, your girl looked quite tempting in that, sort of Biblical gown she was wearing last night."

"What do you mean, Biblical gown?"

"Oh, you know—sort of Lo, and Behold."

The professor who gives an examination is like a dog eating bologna. He gets his products back in a much mangled form.

A real tear-bringer is the sad story of the Scotchman who died of a broken heart. He stood treat for the gang in a speak-easy so that the boys wouldn't think him as close as story tellers make his countrymen out to be, and then found out that all the time they thought he was Irish.

Those cocked down-over-the-eye Empress Eugenie hats are finding favor. A woman shopper walked into the millinery department of a store recently and said: "I'd like to see one of those eugenic hats."

It takes a brave man to be a burglar. He never knows when some woman will mistake him for her husband and shoot.

Home is a place where a man could do as he pleased—if it wasn't for his wife!

### New Students Register

(Continued from page 1)

tween these two states for leadership in the number of students registered. Kansas, Pennsylvania, Minnesota, Idaho, Nebraska, and many other states find representation among the new students.

A notable fact is the increasing number of students enrolling each year that have had previous college training before entering D.M.S.C.O. This year we find several with Bachelors degrees in either Science or Arts and one Master's degree. A high percentage of these students have had from one to three years college training before coming here; in fact those who have had previous training of some description, beyond high school, are in the majority.

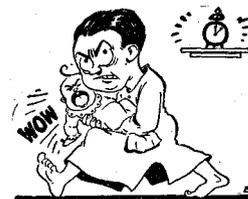
Previous occupations listed are interesting to note. Among them we find some of the following: a chemist, college professor, elementary teacher, merchant, sales executive, painter, interior decorator, wholesaler, reporter, garage owner, salesman, cafe owner, and a large number of people who have been in school as students at various places throughout the country.

The entire student body and faculty have settled down to another big year at D.M.S.C.O.—no more rest periods until the annual Turkey Day in November.

The world has no place for those who bemoan their fate, but makes way for those who move forward despite their handicaps.

A man whom no one pleases is much more unhappy than a man who pleases no one.

### Births



Dr. and Mrs. C. J. Reed, Ortonville, Minn., are the proud parents of a fine new boy, Donald Senn, born at the Des Moines General Hospital. The young man weighed seven pounds.

Drs. Doyle and Lois Richardson, Austin, Minn., have a fine new son at their home, Robert Irwin, born August 30.

Dr. and Mrs. Larry St. Amant announce the arrival of a seven pound boy, Sept. 11, at their home in River Rouge, Mich.

Born, Sept. 11, to Dr. and Mrs. Elmer Lee, of Greeley, Colorado, a seven pound boy. The young man has been named Miles David.

### Funeral Services For Dr. J. R. Beveridge

(Continued from page 1)  
 had been professor of technique and medicine. He had continued his practice along with the professorship.

"Dr. Beveridge was a thirty-second degree Mason, Scottish rite, and a Knight Templar.

"He belonged to Iota Tau Sigma fraternity, and held an honorary scholarship in Phi Sigma Alpha fraternity, honorary fraternity at Still College.

"He is survived, besides his wife and daughter, Jean, of Des Moines, by his mother, Mrs. Margaret Beveridge of Casper, Wyo.; and two brothers, David Rollo Beveridge of Pana, Ill., and Thomas Scott Beveridge of Kendallville, Ind."

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 9

OCTOBER 15, 1932

Number 17

## Forty Years of Osteopathic Education

(By John M. Woods, D. O.)

Several weeks ago Dr. C. W. Johnson asked the writer to act as representative of D.M.S.C.O. at the fortieth anniversary celebration of the founding of the first Osteopathic school, held in Kirksville, October 5. It was a rather large order, since in addition to representing our college, I had to attempt to fill Dr. Johnson's shoes upon the afternoon program. However, I collected a few bricks, made a few notes and left Des Moines at 5:30 A. M.

Our trip through Iowa was uneventful although every filling station attendant was anxious to know just what impression President Hoover had made in Des Moines the day before. We slipped over the Missouri line without having to show our passports but realized that we were in a different country when we saw a large herd of camels grazing on the circus farm north of Lancaster. I will not attempt to determine whether that was an omen of victory for the W.C.T.U. forces or otherwise.

Upon reaching Kirksville we were impressed once more by the fact that the town and the school are almost one and the same as evidenced by the decorations in the business section. Flags, banners and pictures of the Old Doctor were stretched across the streets and every signal post was decorated by plaster plaques of Dr. A. T. Still. In fact Kirksville's decorations for this occasion outshone the Des Moines welcome for President Hoover.

Upon reaching the college auditorium we found the program in full swing. Dr. George Laughlin welcomed the guests to the celebration and to the meeting of the Missouri State Assn. beginning Oct. 6. Numerous members of the first class in an Osteopathic school were on the platform and took part in the later part of the program. Dr. Q. L. Drennan, President of the Missouri Association, responded to Dr. Laughlin by telling of the society's appreciation of the work done by the college. Dr. E. E. Pickler then spoke upon the program of Osteopathy during the forty years; this was followed by a response from Dr. A. G. Hildreth, representing the first class in Osteopathy.

Dr. Victor W. Purdy, President of the A.O.A. spoke briefly upon the part the national asso-

(Continued on Page 2)

## Freshman Reception To Be Held Oct. 20

The annual Freshman Reception for members of the Freshman class at Des Moines Still College of Osteopathy will be held the evening of October 20 at Hoyt Sherman Place. This reception is sponsored and given by the trustees of the College each year. Card tables will be provided for those not caring to dance to the strains of a fine orchestra which will be provided for the occasion. All Freshmen and new students will be guests of the College that night.

## Commends College

Colonel H. Parker, commander 294th General Hospital, United States Army, and former inspector American College of Surgeons, in company with Lt. Nolan, faculty of the Graduate School of Medicine, University of Minnesota, visited D.M.S.C.O. this past summer in company with Lt. F. A. Parisi, U.S.M.C., and faculty member of this college. The army men are quoted as saying that D.M.S.C.O. has a fine institution and they find all the essentials for an excellent education in Osteopathic medicine here at this college.

## New Clinic Formed

The Osteopathic Clinical Group of Seattle, is the newest addition to the rapidly growing list of Osteopathic groups throughout the country.

This group has secured space in suite 707 Shafer Building and opened the offices, August first.

The Osteopaths co-operating are: Dr. W. J. Siemens, Eye, Ear, Nose and Throat; Dr. J. R. Honnold, General Practice; Dr. A. B. Cunningham, Gastro Intestinal and General Practice; Dr. Griffith H. Parker, Proctology and Vericose Veins. Mrs. M. Forsythe is secretary of the new organization.

Arrangements have been made and the space so divided that addition to the personnel may be made in the future when conditions warrant the change.

## Birth

Dr. and Mrs. S. J. Herst of Kansas City, Mo., are the proud parents of a fine new boy, Sherman Joseph, Jr., born at the Lakeside Hospital. The young man weighed nine pounds.

## Dr. John Rogers Visits the College

Dr. John E. Rogers of Oskosh, Wisconsin, official representative of the A.O.A., visited the college October 3 and 4. The college takes a distinct pride in Dr. Rogers, since his record in Des Moines includes teaching at West High School, later graduating from Still College and later teaching in the college. Dr. Rogers arrived Monday, without warning, stopping in Des Moines on his way to the pageant at Kirksville. He made his presence as inconspicuous as possible, but even then caught some of the faculty teaching Osteopathy to the students.

The entire day was spent in making contacts with the members of the faculty. In the evening the Phi Sigma Gamma, of which Dr. Rogers is a member of the Grand Chapter, entertained him at dinner. Tuesday he continued his observations and at noon met with the faculty and the local Osteopathic group at a luncheon at the Chamberlain Hotel. It should be mentioned here that Des Moines was in gala attire for the visit of the President, and Dr. Rogers had the opportunity of seeing the downtown district under most favorable conditions. Some of local group went so far as to make the claim that the decorations were in honor of Dr. Rogers, but he spied a banner across the street that indicated that President Hoover was the premier visitor of the day.

Dr. Rogers wants it distinctly understood that he is not an inspector, but merely contact member of the A.O.A. We care not what his office may be, we are always glad to see him and welcome his constructive criticism. May we add that he is always welcome and does not need to advise us ahead of his appearance. Still College is ready any time for this visit, whatever name it may be assuming.

## Nebraska State Board

Notification has been received that the next basic science board examination for the State of Nebraska will be held October 4 and 5. The regular board examination will be held Nov. 21 and 22. Applications must be on file with the Secretary fifteen days prior to the dates of examination. Both examinations will be held in the State House at Lincoln, Nebraska.

## Large Registration Second Semester

All indications point to a large registration at the College when registration for the second semester opens January 21, next. Efforts are being made to make the mid-year class the largest in the history of the school. Any information desired will be gladly furnished by the Registrar's Office of the College. If you have a friend that you know is interested in the study of our profession will you please send us his name so that we may furnish him with all the information that he desires?

## Faculty Members Make Talks

Ava L. Johnson, faculty member, appeared before the Nebraska State Osteopathic Association Convention on two different occasions during the sessions held in Lincoln, Sept. 26, 27 and 28. Miss Johnson spoke on "Some Endocrine Facts and Their Osteopathic Significance" and "Psychology and the Physician."

Drs. H. J. Marshall and H. V. Halladay will appear before the First District meeting of the Iowa Osteopathic Association to be held in Cedar Rapids the evening of Oct. 10. Dr. Marshall will talk on "Treatment and Diagnosis of Throat Conditions."

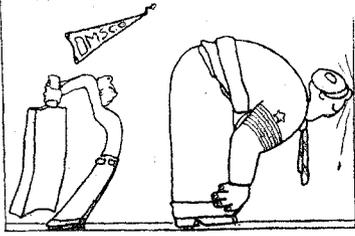
## Zuni

Forty miles south of Gallup, New Mexico, is an Indian village of the Pueblo type that still lives as it did when Columbus discovered America. We have visited Taos, San Ildefonso, and a number of other pueblos, but find Zuni less spoiled by commercial interests and the invasion of tourists.

Stop at Gallup and find the hogan of the Chamber of Commerce and the attendant there will gladly direct you and give you all the road information you need. You may need this information for rains, when they do come in this part of the country, are hard on the roads and since this by-road is not an all-weather road, you will need information. The trip is over a country of low hills with a few farms. Part of the trip is thru one of our national forests and you can see the care with which these reservations are watched. A few miles before reaching Zuni, you pass a government hospital for

(Continued on Page 4)

**FRATERNITY NOTES**



**ATLAS CLUB**

Our annual dance in honor of the new Pledges was held Saturday, October 1. A good crowd was present, among which we saw the faces of a good number of the faculty and alumni members. Everyone seemed to have a very enjoyable evening and the dance was deemed a great success.

We noticed that Bro. Mount was very conspicuous by his absence last week. We were glad that his wife could be here for the Pledge dance and spend the week-end with Roy.

Brother Schefold had a very pleasant surprise Friday night, when his parents came to Des Moines to spend the week-end with him. Sheff has been unable to go home since he came to Des Moines last fall and he has been anxiously looking forward to the visit.

Brother Dierdorff returned last week from Minneapolis, having finished and passed the Minnesota Basic Science Board. We congratulate Verne, also Brother Ogden, who passed the board last June.

We understand Brother Potter enjoyed the Drake-Oklahoma football game a great deal, but upon returning home decided that he should not have gone to see it. How about it, Cy?

Brother Kessler wishes to express his appreciation to Bro. Schefold for acting as his valet. We thought Sheff was through his pledgship, but possibly he wanted to continue for a longer period.

Brother Halladay is with us again, having been detained in Kewanee by the illness of his brother-in-law. Jay tells us he spent a good summer and seems to have improved his golf game to some extent.

Our table begins again this week. Brother Potter has been appointed Steward and anyone who doesn't believe he knows a good meal when he sees one, or rather, when he eats one—just ask him. We expect a good number to be able to take the evening meal at the house this year. Mrs. Gertrude Merrill will be back with us again to prepare the evening meal and act as house mother.

Xiphoid Chapter of Atlas Club takes great pleasure in announcing the pledging of T. D. Bell of Blair, Nebraska, and Fred Green of Iola, Kansas.

**PHI SIGMA GAMMA**

Phi Sigma Gamma wishes to announce their change of ad-

dress from Grand Avenue to 3101 Cottage Grove Avenue.

Bro. Naylor has, at last, found a suitable avocation—call Charlie for any local or long distance trucking.

"Curly" is our own interior decorator—form your own conclusions.

Harold and "Blarney" safely transported several of the Bros. to Kirksville, where they report having a nice time.

Bunny seems to have the Indian sign on Schwartz—delivered his two cases over the week-end and then took M. J. for a sleigh ride on the Valley-North football game.

The Brothers who journeyed to Missouri are grateful to Mrs. Goode of Bloomfield for a very delightful lunch. Her son, Dewitt, is one of our new Freshmen.

Pledges Storey, Garvey, and Crews manage to return to the apron strings most every week-end—same old symptoms—remember your Freshman days?

Brother Enderby remains the mysterious wanderer. Sorry we as yet do not have the low down.

Pledge Prof. Owen may be found at any time at his faithful typewriter—we professors, you know.

Last Monday the members held an informal house warming. Bro. Naylor had charge of the entertainment.

A combined Hallowe'en and Pledge dance will be held the latter part of October.

**IOTA TAU SIGMA**

"Doc" Hurd has acquired a prodigal son in the form of Pledge Pohl. As goes Maine, so goes Ohio, and pledge Pohl sure has something to look forward to.

Obenauer has taken up light opera. She is blond and takes music at Drake. Well, Obie, may all your future notes be sweet and not the kind paid off in 90 days.

For about the last six weeks there has been considerable fog here in Des Moines. John Herd has been accused of wandering around in it and has at no time been completely out of it.

Bro. MacLaughlin sold his nice shiney Chrysler and bought a new Ford. Mac tells us that this will make it much easier to take care of his extensive practice and will also protect his fingers against any future flattenings.

Bro. Malloy tells us that he is getting quite a kick out of dissection this year. He claims that everything is terribly dead anyhow, so dissection should not affect him, especially the odor.

**DELTA OMEGA**

Delta Omega sorority held a luncheon on October 11, at the Y.W.C.A., at which time Pledgship was extended to Miss Vienna Hall of Tingley, Iowa. The sorority colors, green and yellow, were made the basis for decoration.

Dr. Della Caldwell, our sponsor, made the hour more inter-

esting with reports from Delta Omega national meeting, which she attended at Detroit this last July; also instructions and good wishes from our National President, Dr. Mary Leone McNeff of Kansas City.

We miss Dr. Viola Bucholz Cloyd, but hope she is getting well acquainted at Albia by this time.

It seems "Vi" is popular at Still for one graduates and one enters. Anyway—here's good wishes to both of them.

**FRESHMEN NOTES**

The first six weeks of school is now a thing of the past and the class still intact, makes it look as if we have a group of men—and a girl—that are really taking things seriously. It seems that every member of the class is greatly enthused over the profession they have chosen to follow, even though the instructors have begun to what one might term 'lay it on.'

The three fraternities have each held a Freshman smoker, and the guests of these functions are beginning to feel more at home. Thanks, Upper Classmen.

The first class meeting was held during the second week of school and the following were elected to offices: Bauman is now the Head Man—President to you; Crewse comes next in line with the title of Vice President; the only girl in the class was unanimously elected to fill the position of Secretary and Treasurer, namely Miss Viena Hall; and last, but not least, comes Begtol, who now holds down the job of Sergeant-at-Arms.

Miss Hall was out of school nearly all day Wednesday, her father having been quite seriously injured in an automobile accident. He has been taken home from the hospital and is somewhat better.

Wilkes dislocated the clavicle from the scapula in his left upper extremity the other morning in a friendly wrestling tilt. He has his arm in a sling now but his condition is considerably improved. (Oh, yes! We know what those words mean, already)

**Fraternity Notice**

The government has ruled that hereafter fraternity jewelry sold directly from the manufacturer to the consumer is to be taxed on a basis of fifty-five percent of the retail price.

This means that hereafter all fraternity jewelry and badges selling for \$5.25 per item, or less, are tax exempt, and that articles selling in excess of \$5.45 are subject to a tax of five and one-half percent of the retail prices.

"Adolph, what would you suggest to bring a return of prosperity?"

"The horse, sir; bring back horses and the country will be stableized."

**Forty Years of Osteopathic Education**

(Continued from page 1)

ciation had played in the development of the profession. Dr. George W. Riley then spoke upon the Osteopathic physician of today; he was followed by Dr. Charles Still, a member of the first class and a representative of the A. T. Still family, who reminisced in his inimitable fashion.

The outstanding feature of many of the above speeches was a very critical attitude toward the colleges and the younger members of the profession in their teaching and practicing of real Osteopathy. Dr. R. C. McCaughan, former inspector of colleges and now Secretary of the A. O. A., closed the morning program with a rather fiery re- fense of our colleges.

My outstanding impression of the morning's program was the lack of understanding between that group which received Osteopathic inspiration from the words and works of the Old Doctor and that group which came too late for that great teacher and was compelled to substitute cold-blooded scientific proof of Osteopathy. Many of the criticisms were just and deserved, some perhaps were not. If we can combine the good in both groups the next forty years should show even more progress than those years just finished.

The afternoon program opened with an address by Dr. Q. L. Drennan as retiring President of the Missouri Assn. I discovered that we in Iowa are not the only group with problems to solve. The rest of the afternoon was devoted to a discussion of modern trends in Osteopathic education by representatives of the six Osteopathic colleges; Dr. Laughlin of Kirksville, Dr. J. M. Peach of Kansas City, Dr. R. N. MacBain of Chicago, Dr. Drew of Philadelphia, Dr. Curtis Brigham of Los Angeles, and the writer from Des Moines. These speakers endeavored to present the viewpoint and problems of the college of today and to show that many of the policies had been forced upon, rather than adopted by them. Not only must the colleges of today train Osteopathic physicians but they must prepare the student to pass examination upon subjects ranging from chemistry to surgery, and occasionally pharmacology and materia medica, given by Osteopaths and in some cases by professors of science and doctors of medicine.

If we falter in the first task at times due to attempting to meet the demands of the State boards it is a condition which should be understood by the profession and by their cooperation corrected. The demands of the present day curriculum places a tremendous strain upon the time and mental capacity of the student and some never acquire the

(Continued on page 4)

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President..... C. W. Johnson

Faculty Adviser... H. V. Halladay

Editor..... F. J. McAllister

Osteopathy Without Limitation

## Nebraska Physician Scores Legionaires

At a meeting of the American Legion Post at Wahoo, Neb., Dr. Wm. K. Stefan of that city told the assembled throng what he thought about a certain situation. Following is a reprint from the "Wahoo Wasp":

"Dr. Wm K Stefan was the speaker for the occasion and he gave some very interesting facts relative to his profession as an Osteopathic physician.

"Dr. Stefan gently scolded the members for having not included the Oosteopaths in their "physicians' night" which was held some time ago, and went on to remind his listeners that an Osteopath is a physician, and part of his speech he devoted to explaining to his hearers the actual meaning of the Osteopathic school of thought and told them of the difficulty in educating the public to the real meaning of Osteopathy.

"Physician — means briefly one skilled in the art of preventing, curing or alleviating disease.

"Any person taking a course in the healing art whose course or curriculum, subjects taught, etc., and time given is equal to any other particular course, has the moral and legal right to come under the broad and general heading of the above term. Anyone taking this equivalent in training, has the right to come under the heading and title of physician, regardless of the name of the school, be it Homeopath, Osteopath, or Allopath.

"All that I have said is but a hint of many more things that could be said about how I feel, now, you will understand why the program committee of the Legion should be and is corrected for eliminating me from physicians' day."

Senior (looking at Zamsky picture)—Hey, these pictures aren't any good. They don't do me justice.

Junior—You don't want justice—you want mercy!

"Ha, ha," he said, "I will fool these blood hounds yet," and slipping on a pair of rubbers, he erased his tracks.

You may be the apple of your mother's eye, but to me you're not even a peeling.

## Dear Doctor:

Some comment has been made on the article in the August issue of the Log Book pertaining to the teaching of more Osteopathy in this College. Several have written in asking us just what this new course in "Osteopathic Mechanics" is and what it covers.

In the first place in the Sophomore B class the student takes up the study of Theory and Principles. (This course has followed the course in History of Osteopathy.) This course covers the entire field of therapy in theory with the stress on the Osteopathic and with facts to prove the contention that Osteopathy is more useful in the care and cure of disease than all other factors added together.

After the student is thoroughly grounded in the above, his next step is a thorough understanding of the mechanics of the body. The Sophomore A class is given a full ninety-hour course in Osteopathic Mechanics. This takes up the study of the articulations and all factors that influence joint activity. Stress is laid on the three primary tissues from our standpoint, that is: bone, ligament, and muscle. A special division of the work exposes the mechanics of the vascular, nervous and visceral systems of the body.

It is the belief of the faculty of this College that Osteopathy should be taught all four years of the college curriculum. The work in the Junior and Senior years is largely clinical but at all times is accompanied by the actual teaching and demonstration of Osteopathic concepts. More Osteopathy is being taught than ever before and the belief is general that the students are getting it better as a result.

## New Locations



Following is a list of recent graduates and their new locations:

Drs. T. O. VanDeGrift, Nampa, Idaho; L. W. Spaulding, Mass. Ost. Hosp., Boston, Mass.; C. A. Newton, Williamstown, W. Va.; Robt. W. Hubbard, Hot Springs, So Dak.; John H. Peck, Merrill Sanitarium, Venice, Cal.; O. H. Olsen, South Bend, Ind.; Frank R. Spencer, Columbus, Ohio; Wm. H. Hensch, Richmond, Mich.; R. E. Jagnow, Jackson, Mich., and Paul Eggleston, 318 Flynn Bldg, Des Moines, Iowa.

Then there's the girl who actually thought a pessimist was a guy who ran a cynic railway.

## Marriages



### Reeves-Justice

Dr. Clayton A. Reeves and Miss Laura Justice were married at Crown Point, Indiana, June 11. Mrs. Reeves is a graduate from the Auburn Park Hospital in Chicago. Dr. Reeves is a graduate of D.M.S.C.O

\* \* \*

### Meyer-Crawford

An early fall marriage from the student body was announced this past week. Clayton O. Meyer, member of the senior class, and Miss Doris Crawford were united in marriage at St. John's Lutheran Church, Friday, Oct. 7. Mrs. Meyer attended Iowa State College. Mr. Meyer is a graduate of Des Moines University College of Pharmacy and is in his senior year at D.M.S.C.O.

\* \* \*

### Beebe—Stokka

A wedding of interest took place at Villa Park, Illinois, May 18th, when Miss Nordica Stokka became the bride of Dr. Donald Beebe. Mrs. Beebe was graduated from Drake University in 1925 and Dr. Beebe was graduated from D. M. S. C. O. in February, 1925. The couple reside in Kalamazoo, Michigan, where Dr. Beebe is in practice.

## Life

Man comes into the world without his consent and leaves against his will.

During his stay on earth his time is spent in one continuous round of conraries and misunderstandings. In his infancy he is an angel, in his boyhood a devil; in manhood he is everything from a lizard up. In his duties he is a fool. If he raises a family he is a chump. If he raises a check he is a thief, and then the law raises h— with him.

If he is a poor man, he is a poor manager and has no sense. If rich, he is dishonest but smart. If he is in politics, he is a grafter and crook. If out of politics, you can't place him, as he is an "undesirable citizen." If he goes to church he is a hypocrite. If he stays away, he is a sinner. If he donates to foreign missions, he does it for show. If he doesn't, he is stingy and a "tight wad."

When he first comes into the world everybody wants to kiss him. Before he goes out they all want to kick him. If he dies young, there was a great future for him. If he lives to a ripe old age, he is in the way, living to save funeral expenses.—Life is a funny proposition after all.

## Senior Spotlight

The Senior B's have assumed a professional attitude since they have been examining and making their own diagnosis before taking the patient before the clinic.

Schwartz has added a new hard coal pipe to his collection. Kestenbaum can do the 100 in 10 flat for the first row of the hospitable bench.

Devine has forsaken his golden locks for shorter sartorial splendor.

Ramsey instead of walking all night now rides.

Moore is one of the first to arrive every morning on the reception committee.

McKinley (Our Co-ed) is instructing us in technique.

King has fitted out and running our blood counting room very proficiently.

Kahn seems to be specializing in abnormal O. B. cases.

Agnew returned late with his hair even more curley.

Noble was able to take some money from Schwartz on a bet. Congratulations Noble.

Seivell is a welcome addition to our class from Kirksville.

Newman is our most professional looking member.

Blackwood is our most radical bolshevist.

Withrow and Naylor were our representatives at the Kirksville celebration.

## Dr. Owen Honored

At a banquet held during the Nebraska Osteopathic Convention the latter part of September, Dr. Claire Owen, Exeter, Neb., was given a specially designed watch in appreciation of her work for the Osteopathic profession in Nebraska. Dr. Owen has served as a member of the medical commission while attending her duties as a Representative to the Nebraska State Legislature.

The watch given Dr. Owen was one especially designed for blind persons. It strikes every fifteen minutes in different distinctive notes so the time can be approximated although the owner is totally blind. Dr. Owen has been blind for many years.

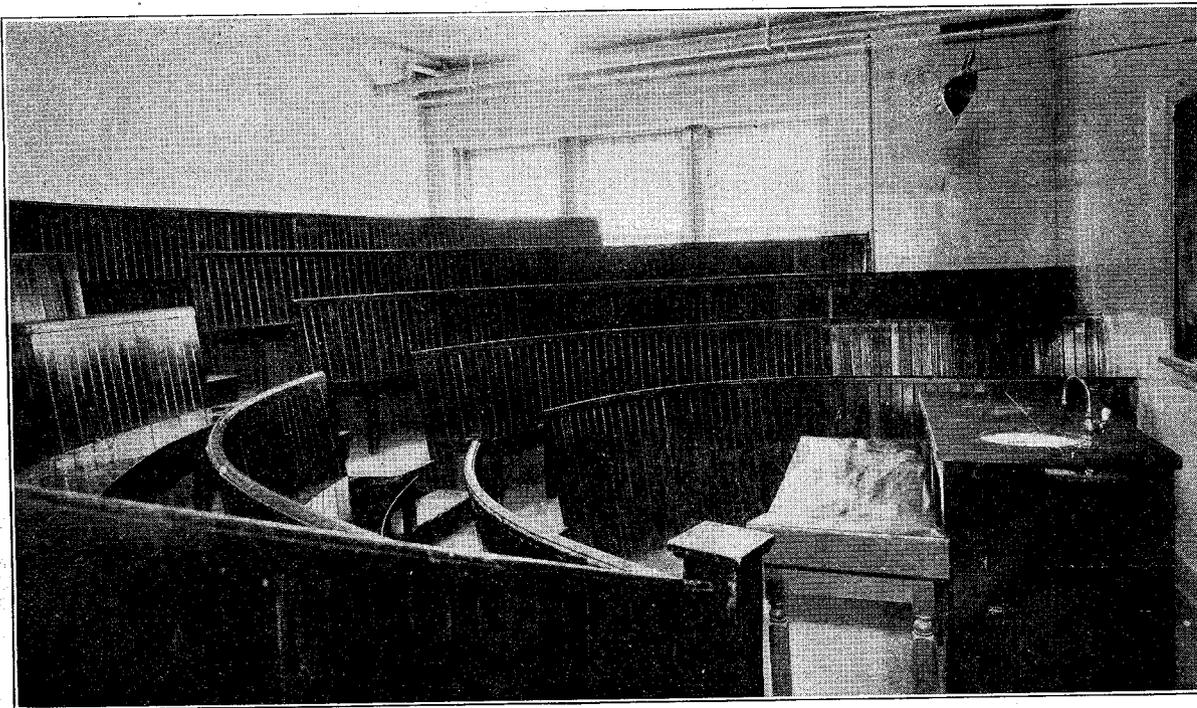
In addition to her duties as a member of the Legislature, Dr. Owen is also president of the O.W.N.A. of Nebraska.

In the election of state officers of the Nebraska Osteopathic Association, other Des Moines Still graduates were honored. Dr. Anton Kani was elected president, and Dr. Angela McCreary was chosen treasurer.

Doctor: Did the patient take the medicine I prescribed for him religiously?

Nurse: No sir; he swore every time.

"Do you go to Cornell, or did you sleep in a haystack?"



The Pit

Every institution of this kind has a "pit" for the demonstration of various clinical material, lectures and general classroom procedure. This pit is well ventilated and provides a clear view of the demonstration center from every seat. The pit adjoins the anatomy dissecting room. Classes in Obstetrics, Gynecology, and Anatomy meet here daily for demonstrations and lectures.

Zuni

(Continued from page 1)

the Indians in this part of the country. Zunis are farmers, and for several miles around the village you will see well kept fields and stock.

First, park your car in front of Wallace's Trading Post and go in and meet Mr. C. G. Wallace. If he cannot take you thru the village, he will probably ask Walter, one of the Zunis, to do so, and since Walter speaks English, everything will be explained to you perfectly. Life here is just as it was centuries ago. The women grind the corn between two stones and you may be fortunate enough to see this being done. If you are there in August, you will see the dances, and leave your kodak in the car, for the governor, a sedate and dignified Zuni, will firmly assert his authority if you do not. This last Summer, we were fortunate enough to see the women dancing. Due to the bountiful crops the women were dancing to show their appreciation to the gods for the extra returns from the soil. With the temperature at about 100, we could hardly appreciate the costumes, which consisted of heavy leather leggings, wool blankets of beautiful intricate design and heavy head and shoulder trappings that nearly covered the face of the dancer. Those watching the dances were encased in similar outfits, but not as elaborate, but every woman and girl had a heavy blanket over her head and shoulders, with just her face peeking out, and we stood there on as possible and were plenty warm.

After your visit to the village, which will take about two hours or more, you will want to stop and see Wallace's stock of Indian work. You will remember that

last winter these Indians were out hunting for Pinon nuts and got caught in a severe snow storm. They were rescued with considerable difficulty, but none died. During the summer the Zunis work their farms and store the grain. In the fall they are at harvest, and beginning very soon now will start work on baskets, rugs, blankets, jewelry, and the arts that they are proficient in. It is a treat to see the collection that Mr. Wallace has in his store. Of course, all of these wares are for sale. Mr. Wallace trades from his stock of groceries and other necessities for their work in wool, silver, pottery, etc., and then sells it to you so he can restock his trading post. Of all the traders we have met on our trips west, Mr. Wallace is by far the most reliable.

I have a recent government bulletin in which this statement occurs: "Mr. Albright has suggested that in so far as possible, that all park employees give as their gifts this year, Indian Art and Crafts." When I read that statement it occurred to me that many others would be glad to do the same thing if they knew where to get genuine articles and could rely on the trader.

May I suggest this: If you would like to make your Christmas purely American, write to Mr. C. G. Wallace, Zuni, New Mexico and tell him how much you want to spend and how many gifts you would like. He will be glad to write you what he has and give prices. Your gifts will be genuine and will not be expensive. His prices are much more reasonable than many others we have dealt with. You will not be disappointed and it should make you feel a little more of that Christmas spirit, for you will be helping some real Americans.

—VJRG and KIDS.

Frosh Frappe

We have seen many lists of examination answers that have made pungent humor, but none better than the following, which were replies received by the University of the State of New York in an exam for regent's certificates.

Among those who wrote the replies were candidates for the position of teachers, for qualification as law and medical students and for admission to colleges:

The chamois is valuable for its feathers; the whale for its kerosene oil.

The feminine gender of friar is toastress.

There were no Christians among the early Gauls. They were mostly lawyers.

Geometry teaches us how to bisect angels.

The purpose of the skeleton—something to hitch meat to.

The skeleton is what is left after the insides have been taken out and the outsides have been taken off.

A blizzard is the inside of a hen.

A circle is a round straight line with a hole in the middle.

George Washington married Martha Curtis and in due time became the father of his country.

The stomach is just south of the ribs.

The alimentary canal is located in the northern part of Indiana.

The rosetta stone was a missionary to Turkey.

A mountain pass is a pass given by the railroad to its employees so that they can spend vacations in the mountains.

A mountain range is a large cookstove.

The qualifications of a voter at a school meeting are that he

Forty Years of Osteopathic Education

(Continued from Page 2)

Osteopathic viewpoint toward the various subjects.

It is my firm belief that colleges of today are giving better Osteopathic teaching than they were ten years ago and that this work will continue to improve. Conferences such as the one of Oct 5 should stimulate both the profession and the schools to dig in together to continue that great work started forty years ago by Dr. Andrew Taylor Still.

I greatly regretted that we could not remain for the pageant of progress held in the new Laughlin Bowl, but circumstances did not permit, so we drove home with memories of an instructive and stimulating day's work, with a bit of the vision and enthusiasm of the "old timers", with new friends made and old friendships renewed, but most of all with the desire and determination to do everything possible to preserve and develop this great profession of ours—Osteopathy!

must be the father of a child for eight weeks.

Achilles was dipped in the river Styx to make him immortal.

Gender shows whether a man is feminine, masculine, or neuter.

Gravitation is that if there were none we should fly away.

The function of the stomach is to hold up the petticoats.

The stomach forms a part of the Adam's apple.

A permanent set of teeth consists of eight canines, eight cuspids, two molars and eight cuspidors.

Weapons of the Indian—bow, arrow, tomahawk and warhoop.

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# THE LOG BOOK

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Volume 9

NOVEMBER 15, 1932

Number 18

## Medical Library Opened To Still Students

Through arrangements just completed by the College Board of Trustees, the Iowa State Medical Library has been opened to students of the College. The library is maintained by the State of Iowa and is one of the biggest and most complete in the United States, containing over 10,000 volumes.

All current literature and the many shelves of the library have been thrown open to the students for their use. The Board of Trustees are issuing cards of identification to Still students which, when presented to the librarian, entitles the student to take out medical books on any subject and take them home for concentrated study. This is an unusual feature of the library—most medical libraries do not permit books to be taken from the premises.

The library is located in the State Historical Building and is easily accessible as one minute street car service is maintained with the line running in front of the building.

## Resume Practice Again

Two physicians who have been in attendance at European clinics for some time, have returned to the States and again will resume active practice in their particular specialties.

Dr. Paul J. Dodge, Eye, Ear, Nose, and Throat specialist, has resumed practice at 465 Elmwood Ave., Providence, R. I., after two months post-graduate work in his specialty at the Hajek, Fuchs, Meller and Neuman Clinics in Vienna.

Dr. Robert D. Emery announces that he has completed his three year vacation and European study and will resume the practice of Osteopathic, Medicine, Radium Therapy and General Surgery at 927 So. Gramercy Place, Los Angeles, Calif.

## Thanksgiving Recess

All classes at the College will be suspended from noon of November 23 to 8 o'clock on Monday morning of November 28 in observance of the annual Turkey Day festivities. Students not able to reach their homes because of the long distance are planning on spending the day with friends and relatives in the near vicinity.

## Appointed Examiner

Prof. F. A. Parisi, faculty member, has been appointed on the Board of Medical Examiners of the United States Army Reserve Corps. Prof. Parisi will examine graduates of Medical Institutions seeking commissions in the Reserve Corps and will conduct examinations in Clinical Pathology.

## Elephant's Job?

Although Nov. 8th proved conclusively that the donkey was the winner in the big National Sweepstakes, the majority of the students at D.M.S.C.O. were convinced that the elephant would win and some even ventured a wager or two that the pacyderm would cross the finish line ahead of the one with biblical antecedents.

At an assembly two weeks before the election, the Log Book conducted a straw vote to test the power of the various candidates that were running for the Presidency. At that time Hoover carried the field easily with Thomas running a poor third.

Hoover carried the Freshman, Sophomore and Junior classes while Roosevelt won by one vote in the Senior class. The entire faculty was not in attendance but the majority of those present favored the Republican candidate.

Of the twenty-four states represented in the poll, Hoover carried all but Missouri, Illinois, Massachusetts and South Dakota. When the ballots were passed out, everyone was instructed to place his choice, his school classification and his home state on the ballot. Of the number who failed to do so, Roosevelt was the winner.

Since the result of the election many have remarked that they changed their mind about their choice so that in the final outcome they were really victorious. From the overwhelming results accorded President-Elect Roosevelt we are inclined to believe that such was the case.

## Birth

Dr. and Mrs. J. E. Weimers of Marietta, Ohio, were presented with a fine daughter October 20th. The young lady weighed eight pounds and has been christened Eloise Anne.

Nature moves by system in all her works. She succeeds in all because her plans are perfect.—A. T. Still.

## Thank You!

The Obstetrical Clinic at D. M. S. C. O. wishes to publicly thank the members of the Chat-A-Bit Bridge Club and the Needlework Guild of Des Moines for their assistance in preparing layettes for needy mothers confined under the auspices of the College Clinic. Blankets, comforters, quilts, napkins, binders, nightgowns, dresses, bonnets, etc., are being made by these two organizations and turned into Mrs. K. M. Robinson for distribution to mothers of children delivered by the members of the staff of the O. B. Clinic.

Every delivery handled costs the College a considerable sum of money and now the Clinic is even furnishing necessities for their cases—one complete layette is kept in readiness for immediate use at any hour of the day or night.

These two organizations have taken the responsibility of keeping the clinic supplied and are to be congratulated on their charitable work—a great and commendable act. The clubs may well be proud of their endeavors.

## Michigan Board Elects

At the annual meeting of the Michigan State Board of Examiners in Osteopathy and Surgery held at the Durant Hotel, Michigan, Dr. Mark Herzfeld, Detroit, was re-elected President, Dr. J. P. Wood of Birmingham, Vice-President and Dr. Hugh Conklin of Battle Creek, Secretary-Treasurer. The other members of the Board are Dr. Edward Ward, Saginaw and Dr. W. S. Mills of Ann Arbor.

Thirty-eight doctors were given licenses to practice in Michigan during the past year.

## For Sale

The editor of the Log Book has several letters from physicians that are wishing to dispose of their practices. Some of these are very attractive offers and all are reasonable and compatible with the times. Any one wishing information concerning the purchase of a practice may have the same by writing to the editor. One location in Kansas, one in Nebraska, one in Iowa and various other localities are offered. One small hospital in a mid-western state is attractive.

## Board of Trustees Host to Freshmen

The Board of Trustees of D. M. S. C. O. were hosts at a Freshman Reception, held the evening of October 20, at Hoyt Sherman Place. All the student body was invited to come and bring one friend.

The evening was a huge success. This year's was especially enjoyable due to the fact that only students and their friends were present. In previous year "gate-crashers" looked forward to the Annual Still College Freshman Reception as a chance for a free evening of dancing and card playing. This year only friends of the student body were in attendance. As usual, those who did not care to dance found card tables at their disposal.

## Basketball Season Opens

Lady Nicotine is exacting her toll of suitors. Bones grate and muscles squeak. Whistles blow and limps predominate. Argument fly thick and the "Bunion Ball" season is opened. Sigma Sigma Phi will sponsor Intramural Basketball this winter instead of bowling.

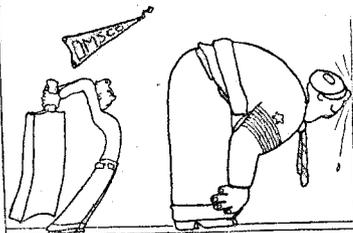
Each fraternity has whipped together a team as well as students not belonging to a fraternal organization. A schedule has been doped out and everybody is hard at work either working out the kinks on the basketball floor or exercising vocal apparatus on the side lines. Each group is out to win. It is rumored that the only way a man can become eligible for the bridge team is to have first become ineligible for the basketball team.

## Dr. Zechman Drowns

Word has just been received from Sterling, Colo., of the tragic death of Dr. J. E. Zechman. The fatal accident occurred November 11 when the Doctor and two friends capsized in a boat while trying to retrieve some ducks they had shot while on a hunting trip. Up to date the body had not been recovered from the icy waters of the Sterling, Colorado, reservoir.

Dr. Zechman was very active in executive affairs of his state. He was president of the Colorado State Association last year and has always been a loyal booster for D.M.S.C.O. since his graduation in 1914. The entire profession has experienced a distinct loss.

## FRATERNITY NOTES



### ATLAS CLUB

Now that election is over we are afraid some of the Brothers will be at a loss for a subject for argument. Possibly they will turn to the subject of Osteopathy.

Dr. H. J. Marshall returned last week from a big game hunt in Canada. Dr. Marshall brought us some of the Moose meat he brought back and a banquet was held Monday night to help him eat it. The "fixings" were prepared by Mrs. Merrill and everyone had all of the Moose meat he could eat, as well as everything that goes with it. Dr. John Woods acted as toastmaster and Dr. Marshall gave us the high points in his trip to the Canadian border after moose, including many interesting happenings of the trip. Dr. Facto and Prof. Parisi each made short interesting talks. Other guests who were present were Drs. H. V. Halladay, M. E. Bachman and R. B. Bachman, Paul Parks, Fred Campbell, O. E. Rose, Ray Lamb. The tables were set for forty-four and were not enough for all who were present.

Following the banquet, the first degree initiation was held for Pledges Paul Isaacson, Fred McAllister, C. L. Crusier and Al Dennis.

A combination of a weiner roast and an open house was held Saturday night, October 22. We had planned to have a weiner roast out-of-doors, but because of the rain it was held at the house. The early part of the evening was taken up by Bridge and dancing. Later the committee served coney and coffee in the dining room. We don't know who roasted the marshmallows but they were fine. Brother Johnson may be able to tell us something about them??? Every one had a fine time and we are planning to have another such party in the near future.

Captain Johnson issued a call for basketball practice last Thursday night. Only ten men responded but despite the number we believe we will be right there till the end. One thing for sure, there are too many poor athletes—as the old "Cigs" and tenderfeet show up.

Captain Halladay of the bridge team is beginning to make his selections for the Bridge team and tryouts will be held in a few days. We are planning to make a strong bid for the cup this year.

### IOTA TAU SIGMA

All of the Brothers are looking forward to a highly success-

ful year from now on since certain political changes have taken place. Since prosperity is again here Brother Hurd is thinking about getting another open Ford touring car. Maybe it's just another example of going back to his first love. On the other hand he may be just a lover of the great out-doors especially the kind we have around here—two miles up.

Certain other fraternities have been bragging about some of their great hunters but they have nothing on us. The other day Brothers Obenauer and McLaughlin went rabbit hunting. As soon as Mac saw a rabbit he started to yell—"whoa now, whoa now" and after several minutes of trying to pull the trigger with his little finger he found that there wasn't even a shell in the gun. Wonder how far Mac can throw salt?

We wish to congratulate Brothers Herd and Lyle on their affiliation with the Sigma Sigma Phi honorary fraternity. We know that they will be of as great a help as they are with us.

This house is beginning to look like an institution for the crippled since basketball practice has started. From all appearances we seem to have a fairly decent team but after looking things over it is evident that senility has taken its toll. However we will be in there all the time doing just a little something to make it interesting.

This fraternity wishes everyone a happy Thanksgiving.

### PHI SIGMA GAMMA

We miss the presence of former pledge James Garvey, who left school early in October. We can only hope that he will again be able to return and continue his studies.

The pledges have been razed plenty about leaving for home every week-end; now find that two of our senior members left for Milwaukee a few weeks ago. What's more, they are planning to go at least twice before January rolls around. Laugh, you'se Freshmen, laugh.

For the past few weeks a group at the house have been taking to horse-back riding. Brothers Withrow, Noble, Bleck, Kestenbaum and Pledges Storey and Bartram have been seen roving the country-side on their brave steeds. We hear that Osteopathy has great results in clearing up the after-effects and hopes have been voiced as to the condition of Hy Kesten whose legs have taken a on bowed look.

"Howdy" Toffer, commonly known as the "vagabond Osteopath", surprised us the other morning by arriving from Pennsylvania.

The first dance of the year was given by the house on the evening of November 4. An estimated crowd of fifty attended, including several of the faculty, namely: Dr. and Mrs. Cash, Prof. and Mrs. Parisi, and Miss Ava Johnson. The fraternity advisor, Dr. Klein, and his wife attended, also several of the alumni. Everyone had a great

time and comments favorable to the new house were heard on all sides.

### PSI SIGMA ALPHA

Psi Sigma Alpha, national honorary scholastic fraternity held its initiation banquet at the Doty dining room November 1, and awarded scholastic membership keys to the following men: Dr. Frank Catanzaro, Hazen Gulden, Verne Hoeffler, Baird Twadell, Robert Ogden and Louis Stingley.

Dr. C. W. Johnson, faculty sponsor of the organization, was the chief speaker of the evening and extended the official welcome to the new active members. Dr. E. C. Brookman, past president of the local chapter spoke on the ideals of scholarship and aims of Psi Sigma Alpha.

The initiation rituals were conducted by Edwin King, president, assisted by W. R. McLaughlin, Howard Graney, E. D. Moore and H. H. Kestenbaum.

### SIGMA SIGMA PHI

Formal initiation for Sigma Sigma Phi, was held at the Taylor Clinic offices the night of November 1st at which time nine men were initiated. Following the exercises the group were treated to a banquet. The following students were admitted to membership: Verne Dierdorff, Roy Mount, John Herd, James Halladay, James Donovan, Clayton Meyer, John Lyle, Lawrence Nixon and Sidney Elias.

## New Dietetic Principles For Tuberculosis

(By Ava L. Johnson, B.H.Ec., B.S., M.S.)

In any case the arrangement of diet as a therapeutic accessory must be based upon the condition of the patient. His physiology, his pathology and his individual reaction to the treatment form the foundation upon which dietetic selection is made. No carte blanc menu can be of value in every condition. But some features maintain pretty generally throughout the various examples of any one infection and it is upon this fact that we build our suggestions for tuberculosis.

Tuberculosis is classed as a febrile disease; it is debilitating and it is accompanied by emaciation. Hence the major consideration in feeding has been to arrange a diet which will prevent loss of weight. In many cases the desire has been to produce and increase to considerably over normal weight the feeling being that a gain in weight must indicate an improvement in condition. But these general conclusion are not enough. Upon study the more intricate variations in individual infections are revealed and these involve new solutions in the feeding of tuberculosis. For instance, McCann and Barr found there is not so marked an increase in metabolism rate in tu-

(Continued on Page 4)

## Freshman Notes

Undaunted by the snow storm that hit early Tuesday morning Bob Gibson and Glen Hoeffler took advantage of the day off for Armistice Day and accompanied Dr. Hobbs back to his home state of Ohio.

Joe Bartram had a slight "hitch - in - his - get - along". It seems that he and several other boys around the school went out horsing, I mean horse-back riding.

The boys are taking no little interest in the Inter-mural basketball tournament but due to the depression there are more men than usual remaining in the Non-Frat class, several of whom are former high school and college stars. There are big promises of a lot of really good ball games.

For the benefit of those individuals that were unable to, or just didn't, attend the assembly last Friday the writer is taking this opportunity to tell you what took place. As these are the Freshman notes, consequently this is aimed at those persons.

I don't know who was or wasn't there but, unless you have a meal, job, or something that makes it impossible for you to be present at these functions held every Friday morning, there is no reason why you should not be there. Your classes are cut short so you are not giving your own time, but the school's and it is no more than fair that you should show your appreciation by being there. The faculty and occasionally persons from the outside donate their time towards making this an enjoyable and beneficial period, so if you care to have it continued, PROVE IT!

## Marriage



### MEYER—RASMUSSEN

Rev. and Mrs. Richard Rasmussen announce the marriage of their sister, Lilly Thermine, to Dr. Sherman W. Meyer on Saturday, October 22 in Minneapolis. The Doctor and his bride will be at home after October 30, at Fenton, Iowa.

\* \* \*

### LASHLEE—TURNER

Miss Elizabeth Turner became the bride of Dr. Thurman O. Lashlee, November 7, at Humboldt, Tenn., where Dr. Thurman, D.M.S.C.O. graduate of '27, is in practice.

\* \* \*

### PARKINSON—BAKER

At Hurson, S. D., November 9, Miss Sarah Baker and Dr. Curtis M. Parkinson were married. The couple will be at home after November 28 at Highmore, S. D.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser.....H. V. Halladay

Editor.....F. J. McAllister

Osteopathy Without Limitation

## A Few Figures

A prevailing question of the day is: "Shall Osteopathic institutions increase their entrance requirements to one year or more of college work to include Chemistry, Physics, English, Biology and other pre-osteopathic or pre-professional subjects before permitting students to enter the professional schools per se?"

In this article we are not going to attempt a general discussion of the merits or advisability of such a venture but will confine ourselves to the facts as they exist in the Des Moines Still College of Osteopathy. This question is being asked more often every day.

The Registrar's office of this college reports the following tabulations at the present time. Of the total student body, 65% of the enrollment have had college training of some description—that is to say they give record of having attended some institution of higher learning after their graduation from High School.

Of this 65% group, more than 16% have credits in Physics Chemistry and Biology from recognized institution and over 8% are holders of degrees such as B.A., B.S., M.D., M.S., etc.

Taking the records over a period of years it is easily demonstrable that every year sees more and more of our students coming from Colleges and Universities. Practically all of our present Freshman class presented College credits with their other entrance requirement sheets. Each year has shown a marked increase in students coming to this college with a degree of some description.

- X is the Roman notation for ten.
- X is the mark of illiterate men.
- X is a ruler removed from the throne.
- X is a quantity wholly unknown.
- X may mean Xenon, a furious gas.
- X is a ray of similar class.
- X mas is Christmas, a season of bliss.
- X in a letter is good for a kiss.
- X is for Xerxes, a monarch renowned.
- X marks the spot where the body was found.

Evening dresses nowadays are often fitting but seldom proper.

Dear Doctor:

## Constipation

(By L. L. Facto, D. O.)

Constipation may be defined as the voiding of insufficient amounts or the abnormal retention of fecal material.

There are a few things about the etiology that should be mentioned before taking up the diagnosis and treatment. Constipation is caused by improper foods, because of insufficient residue, lack of fluids, bad habits, such as restraining from stool, atony of the bowel, general weakness, fecal impaction, pelvic tumors, uterine misplacement, stenosis of the rectum, fissures and internal hemorrhoids.

### Symptoms and Diagnosis

When a patient comes to you complaining of not having normal bowel actions, has headache, nausea, tired feeling, the thing to consider is whether you are dealing with constipation or obstipation. It is necessary to make a complete digital, anoscopic, protoscopic and sigmoidoscopic examination. If the cause is not found by these methods an X-ray after a barium, enema, or fluoroscopic examination after a barium meal will show whether there are any abnormal kinking or obstruction of the intestinal tract.

The prognosis depends upon the cause of the condition.

### Treatment

The first thing to consider is the type of individual suffering from the condition. A muscular athlete who is suffering from constipation would not like the advising of exercise to relieve his condition, because his constipation is due to the loss of fluid from excessive perspiration and muscular fatigue. On the other hand the individual who suffers from chronic intestinal indigestion and who cannot digest rough food such as cabbage, asparagus or cauliflower, would not be relieved by advice which involves the partaking of large quantities of vegetables of this type. These cases, of course, are not the average case, so I will outline the treatment for the average case.

Because diet plays such an important part in constipation the dietetic errors and excesses should be ascertained and corrected and the patient instructed as to the diet best suited for his condition. Form the habit of going to the stool at a certain time each morning. He should be advised to drink from six to eight or more glasses of water a day, taking a full glass upon arising and retiring, this may be either hot or cold, to take a certain amount of outdoor exercise of which long walks is the best. Exercises which will strengthen the muscles of the anterior abdominal wall will be beneficial.

Local conditions, such as ulcers and fissures must be re-

## Dr. J. F. Bailey Dies

Word has reached the College of the regrettable death of a very prominent graduate—Dr. John Forrest Bailey. Herewith is a reprint from a daily paper in Waco, Texas, where Dr. Bailey had practiced for many years.

"Death came Sunday night at 8 o'clock to take Dr. John Forrest Bailey, prominent in Waco medical circles and fraternal and civic worker, at his home, 2703 Sanger avenue.

"Dr. Bailey, who had resided in Waco for 30 years came here from Kentucky in 1902, and has since been connected with innumerable civic enterprises and fraternal order activities.

"Born and reared in Simpson County, Kentucky, Dr. Bailey received his education at the A. and M. College at Lexington, after which he was graduated from the school of Osteopathy at Franklin. He held a diploma from the Des Moines school and also an eye, ear, nose and throat diploma from Chicago.

"Dr. Bailey ranked high in state medical circles and was on the state medical board of examiners of Texas under four governors, and at one time was president of the board. He was well read and knew human anatomy thoroughly and enjoyed a successful practice.

"A devout Christian since the age of 17, Dr. Bailey was a member of the M. E. church, South, and a member of Austin Avenue Methodist church.

"He was a member of many lodges and orders and was an active worker in all of them. He was a thirty-second degree Mason, was a past high priest of Royal Arch chapter, past thrice illustrious master of council, a Scottish rite and a Shriner.

"In civic work Dr. Bailey was known for his co-operation in various movements, as director of the old Y. M. B. L. and member of the Chamber of Commerce. He was founder of an orphan's home in Bowling Green and the home is still in existence.

lieved by surgical means or local treatment. I mention here that when we have a tight sphincter due to irritation from a fissure or ulcer of the anal canal a division should be done.

Lesions may be found in the spinal column from the fifth dorsal to the coccyx, but the lower dorsal and upper lumbar are the regions most involved. therefore, Osteopathic treatment to correct the lesions is indicated. Lesions of the upper cervical may interfere with the impulses being carried by the vagus. Manipulation treatment through the abdominal wall following the course of the large intestine and stimulation of the liver often gives marked relief.

I do not have patient take laxatives or cathartics because most of them have taken everything that they have heard of for the relief of constipation.

## Senior Spotlight

Meyer certainly has a big time squirting on all the professors.

Dr. Devine has settled down to take care of his extensive practice.

We all wonder how King looks so prosperous. Perhaps it is his practice.

Nelson Porter will be leaving our ranks in the clinic soon, we understand.

Old Reynolds certainly got in 200 treatments in a hurry at Roosevelt.

Kestenbaum has condescended to aid his fellow students in overcoming state board obstacles. Very kind of him!

Dr. Naylor delivered his latest with his hat on.

What's that noise? Sounds like a horse. Oh! Pardon me, just Dr. Devine and Dr. Blackwood coming to class.

Henry get the steam shovel. Dr. Agnew is coming.

Ureka! We have found a new orator in our midst. Referring of course to Dr. Noble.

We see Dr. M. J. Swartz has himself in publicity again in court affairs.

We understand one of our good looking doctors from the east will soon be melted with one of our corn fed damsels. Keep it up Mac.

Dr. Moore is improving with his Fickelitis.

Dr. G. A. Whetstine seems to enjoy the ownership of his Chevrolet.

On Armistice Day Ramsey is going to take us all to his house. We understand his basement is quite tempting.

We all hope Allen gets caught up on his sleep.

And of course all the Democrats are having a great time.

Dr. Newman is now delivering two on one call.

## Chicago Doctors Test Hypnotism

Tests were conducted by a hypnotist before 20 Chicago physicians recently to determine if hypnotism might be used instead of anesthesia for operations, but the results, the doctors said, gave no grounds for such a belief.

The hypnotist was Capt. Jas P. O'Donovan, a psycho-analyst, who appeared before a medical round table with four subjects, three girls and a man.

After putting his subjects into what he described as a "cabalistic sleep" one at a time, Captain O'Donovan attempted to have each dilate the pupil of one eye while the other remained its normal size. The test failed.

He next tried to have his subjects lose their reflexes, but their legs jerked with normal reaction to the thumping of the doctors.

## Weekly Assemblies

Each Friday at eleven o'clock the entire student body meets in the College Auditorium for a weekly hour of recreation, entertainment and useful instruction.

On October 14, Dr. H. V. Halladay called out the band and organized "Virge's Gang" for the coming year. He announced band rehearsal would be held each Thursday afternoon at four, in the auditorium. Following this, the new Freshmen were called to the stage and introduced to the student body. Dr. J. P. Schwartz, Dean of the College, then gave a short talk on "Professional Ethics".

October 20 the band broke loose with its initial offerings of the year and was met with loud acclaim by the student body. Dr. C. W. Johnson, President D. M. S. C. O., then introduced Professor Douglas who spoke on the essentials of making a public speech. The talk was much appreciated by the assembled students.

October 28 the greater share of the time after the band numbers, was taken up in the conduction of a straw vote for President of the United States, conducted by F. J. McAllister, editor of the Log Book. During the time the ballots were being counted Drs. Facto and Woods told their impressions of the way physicians in active practice felt about present business conditions. Both of the faculty members have just returned from making talks to district conventions of physicians throughout the state. The poll results were read and the band played another number and the meeting was adjourned.

November 4 the assembly opened with band selections after which Prof. F. A. Parisi introduced a novelty for the day's meeting. He had a member of each class as well as present member of the student body who holds an M.D. degree, get up and give their impressions of the work they are pursuing at the College. Dr. Frank Catanzaro gave the talk for the medical graduate group. Senior Noble, Junior Gulden, Sophomore Siegel and Freshman Bauman each gave their impressions, following this Dr. H. V. Halladay presented several selections on his Hawaiian guitar.

Mark Antony: "I want to see Cleopatra."

Servant: "She is in bed with Laryngitis."

Mark Antony: "Darn those Greeks."

Cop (to couple in parked car) — "You can't waste your time parking here."

Stillionian—"I'm not wasting my time."

"You mean to tell me you're drunk on 5% beer?"

"Thash right (hic), the other 95% wash alcohol."

## Des Moines General Hospital



The Des Moines General Hospital has been functioning as an Osteopathic institution since 1910. It is a five story building and will accommodate seventy-five patients. One minute street car service may be had one block from the hospital.

The operating room is furnished with modern apparatus and instruments. Students attending surgical clinics are accommodated in an amphitheatre

where the college clinical surgery is done. The clinical laboratory is fully equipped. All chemical and bacteriological tests are made. Basal metabolism, microtomic tissue specimens and all function tests are carried out.

The hospital has the best X ray equipment available. All types of roentgenology are practiced, from the most delicate to the most heavy types. This department of Des Moines General Hospital has gained a national

reputation for the efficiency and high standard of its work.

The hospital owns \$10,000 worth of radium. Many conditions formerly hopeless or amenable only to surgery are now handled painlessly and without inconvenience to the patient.

The co-operation between the school and the hospital makes it possible for the student to become adequately acquainted with hospital methods and enables him to feel at ease in the operating room.

## New Dietetic Principles For Tuberculosis

(Continued from Page 2)

berculosis as in other fever conditions. This may be due to the fact that in tuberculosis there may be a high fever with relatively little toxic complication. It is true also that high toxic disturbance will produce a marked increase in metabolic rate even with little or no fever. Such factors must modify one's choice of diet; for it means that in most cases tuberculosis does not require as much increase in food as is necessary for other fevers. McCann has shown also that in tuberculosis carbohydrates materially increase respiration and metabolism. One hundred grams of cane sugar will increase pulmonary ventilation 60%. This interferes with functional rest. With this factor in mind the dietician will make conservative use of carbohydrate even though feeding to produce a gain in weight. McCann has further important data. Fat does not so markedly increase respiration. One hundred and forty grams of fat will yield 1302 calories and increase respiration but 12%. And fat has the added advantage of being a vitamin carrier.

Even the concept of feeding to produce a gain in weight needs to be given careful consideration. Clinical study is showing, as McLester words it that "increased weight follows improvement; improvement does not always follow increased weight". Actually in cases of recovery from tuberculosis, the lean persons are the most robust. Patients should be well nourished, maintain weight at the ideal weight or a few pounds over, but they should not be fat. Obesity proves a disadvantage.

Following such principles, McLester has developed three rules for diet in tuberculosis. 1—Let the diet be ample, slightly more than the estimated calorie requirement. The physician should use his clinical judgment in determining this and be guided by the appearance, vigor and sense of well being of the patient. 2—The diet should be well balanced, not lacking in vitamins, roughage or minerals. The protein should be liberal but not excessive averaging 1.5 to 1.75 grams of protein to each kilogram of weight. Carbohydrates should make up 50% of the energy supply of the diet. Fat and minerals should be abundant and green vegetables, fruit juices, tomatoes and milk used for the vitamins. Rule 3—The food

must be simple, well prepared and attractively served.

In protest against the digestive troubles which arise from overstuffing the tubercular patient, Hawes has developed the following equally valuable suggestions: Arrange for a simple well balanced diet. Food between meals is inadvisable; careful observation has shown that the tubercular patient will eat more and with more relish at three meals a day. Hawes disapproves the innocuous egg nogg and believes that cooked egg is more valuable than raw. One quart of milk a day is sufficient. And Hawes emphasizes the importance of rest before and after meals as aid to digestion.

(Continued Next Issue)

He was subject to fainting spells and before starting out he pinned the following note to his shirt. "To the Doctor: If I fall on the street and am taken to the hospital, do not operate. My appendix has been removed twice already."

Toast overheard at a fraternity banquet: "Here's to the land we love and vice versa."

Winning Crap Shooter: Baby needs a new pair of shoes.

Losing Ditto: If you don't shut up I'll give you a boot.

# Merry Christmas - Happy New Year!

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 Oct. 3rd, 1917, authorized Feb. 3rd, 1923.

PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 9

DECEMBER 15, 1932

Number 19

### Serious Accident To Dr. J. M. Woods

The morning of November 19th the College was shocked to learn of the accidental death of Mrs. Fern Woods, wife of Dr. John M. Woods, member of the faculty, and graduate of D.M.S.C.O. in the May class of 1923.

Dr. and Mrs. Woods accompanied by Mrs. Marguerite Beveridge had started hunting that morning and had traversed about 15 miles of their journey when a car approaching them struck their car in a head on collision. All three were removed to Des Moines hospitals seriously injured. Mrs. Woods died the same evening. Dr. Woods and Mrs. Beveridge have just been released from Des Moines General Hospital and are convalescing at the present time.

Besides Dr. Woods, Mrs. Woods leaves three children and a host of friends to mourn her parting. Funeral services were conducted from a local funeral home and were attended by a large number of friends. Mrs. Woods had been active in local club work and civic enterprises and was widely known throughout the entire osteopathic profession.

Dr. Woods and Mrs. Beveridge are now convalescing at their respective homes. Dr. Woods expects to resume his practice and teaching activities some time after the first of the year.

#### NOTICE

It has been circulated falsely that D.M.S.C.O. has discontinued the regular mid-year registration of new students. The new semester will start January 23, 1933, and many new students have already registered—in fact a larger mid-year class than was anticipated have already registered. If you have a prospective student that has heard that this College is discontinuing the mid-year class, please inform him that such is not the case and that we will welcome him to our next mid-year class.

**REGISTRATION  
JANUARY 23rd, 1933**

### Atlas Club Leads in B. B. Tourney

In the Sigma Sigma Phi Intramural Basketball Tournament now in progress, the Atlas Club is leading with two wins. Two games are being held each Wednesday night at which the student body of the College are being treated to some fast games of "casaba ball". These games are increasing in popularity week by week and teams in the league are working hard to win the tournament which will consist of seven games.

In the curtain raiser games the Atlas Club defeated the Non-Frats by a score of 25 to 17 and the Iota Tau Sigma quintet lost to the Phi Sigma Gammas by a score of 14 to 8. Both games were hard and fast.

The second frame found one closely fought battle between the Non-Frats and the Iota Tau Sigs. The score was tied back and forth most of the time the teams were on the floor and it was anybody's game to the last minute of the struggle. The Non-Frats emerged victorious with a score of 24 to 21. The game between the Atlas Club and the Phi Sigma Gammas was beautiful basketball but a rather one-sided struggle. When the final whistle blew the Atlas Club was found victorious with a 35 to 5 win in their favor.

Campus chatter has it doped that the next pairings will see a bloody contest and a big crowd is expected to jam the gymnasium. Dopesters have pointed out the advantages of the under dog, the over-confidence of the winners, the fact that sore muscles are loosening up now and that the arena will be filled with wild shouts, much gore, and many arguments—this all being true the admission price is not nearly high enough.

### West Michigan Society Elects

The western Michigan Society of Osteopathic Physicians and Surgeons announces the election of the following officers for 1932-1933:

President, E. M. Schaeffer; Vice President, L. Verna Simons; Secretary-Treasurer, H. A. MacNaughton.

The officers are all of Grand Rapids.

### Sigma Sigma Phi Gives \$200

1932 marks the end of the first decade in the life of Sigma Sigma Phi and in commemorating this event in keeping with the policy of the fraternity the Board of Trustees of the Grand Chapter have voted \$200.00 to send to the Student Loan Fund of the A. O. A.

Ten years ago when the first chapter of Sigma Sigma Phi was organized the founders pledged the fraternity to support in every way possible our Colleges and the science of Osteopathy. With this pledge in mind the trustees feel that any surplus they may have beyond the necessary operating expenses of the fraternity should be turned into channels that will benefit Osteopathy. It is with pleasure and pride that the Grand Chapter of Sigma Sigma Phi makes this announcement.

H. V. Halladay, Chmn.  
Wayne Dooley,  
J. Paul Leonard.

### Iowa Board

The Iowa State Board of Osteopathic Examiners will hold the next examination January 23, 24, and 25, 1933, at the Des Moines Still College of Osteopathy building, 722 Sixth Avenue, Des Moines, Iowa. Anyone who wishes to write the examination should ask for application of the secretary, Dr. Sherman Opp, Creston, Iowa. This examination is for graduates and sophomores also.

### Appointed To Board

Dr. Warren Wood Custis, Dayton, Ohio, has received notice that he has been appointed to the state examining board of osteopathic physicians and surgeons by Gov. George White. Dr. Custis has been practicing in Dayton for the past eight years and has always been a loyal booster for D.M.S.C.O.

### Michigan State Board

Dr. F. Hoyt Taylor of Lansing, Michigan, has been appointed by Gov. Brucker to act on the Osteopathic Board of Registration. He succeeds the late Dr. W. S. Mills of Ann Arbor.

### Atlas Annual Scholarship Contest Announced

Xiphoid Chapter of the Atlas Club announces that in spite of the depression that it will again offer its annual scholarship award contest this coming year.

Last year's contest failed to produce a winner. The three men ranking first in the contest were unable to take advantage of the prize of \$100 payable in tuition at D.M.S.C.O. It is hoped that this year some ambitious man or woman will win the prize.

The rules of the contest say that any man or woman either in the last year of high school or who has graduated from high school but who has not attended a school of osteopathy is eligible to enter the contest. The contestants are to write an essay chosen from a list of subjects. The essay shall not be shorter than 1,500 words or longer than 5,000 words. Judging will be based on choice of material, punctuation, grammar and spelling, treatment of the subject chosen, etc. The judges shall be comprised of one member of the faculty, one member of the Atlas Club and one person not connected with the Osteopathic profession. The contest opens immediately and closes April 1st.

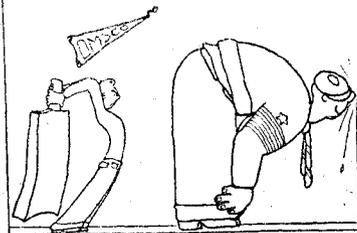
Application blanks are on file at the chapter house 1725 6th Avenue, Des Moines, and may be had for the asking. Physicians with prospective students that are willing to enter the contest are requested to write the local club for blanks so that their friends may enter this worthwhile contest.

#### RESOLVE:

When making your resolutions for the new 1933 why not incorporate one resolving to send at least one student to Des Moines Still College of Osteopathy. Then—make a solemn resolution to make one hundred new friends for Osteopathy this coming year. You do your resolving and we'll do ours and then next year will find us many steps ahead of last year.

**DO IT NOW!**

**FRATERNITY NOTES**



**ATLAS CLUB**

Thanksgiving vacations found a good number of the Brothers far away in their home towns for "Turkey dinner". Pledge Northrup went all of the way to Detroit to be home for the holiday.

Dr. Venzel Mikan and Dr. Norman D. Weir were visitors at the house in the past week.

The basketball squad under the supervision of Captain Johnson have been very successful so far in the tournament and we hope the boys will be able to keep up the record they have started. Four exciting games have been played, with an excellent show of team work on the part of all teams entered. The Atlas Club was well represented at each with a large rooting section in the galleries. It looks very much like we will have difficulty in keeping our position as the games progress.

We are at loss to know how some of Brother Halladay's "sleeper" shots get into the basket.

Some of the men who do not play basketball wish to express their appreciation to the players for bringing their "girl friends" to the games.

The Xmas dance is to be held Friday, December 16. Decoration has been begun on the house for the dance and to remain during the holidays.

We are to have some improvements on this house this week in the form of new covering for the walls of several of the rooms. Xiphoid Chapter takes great pleasure in congratulating the number of men recently initiated into the Osteopathic Honorary Fraternities. We extend congratulations to Robert P. Ogden, Bayard S. Twadell, and Luther Stingley of Psi Sigma Alpha and Roy M. Mount, Verne H. Dierdorff, James W. Halladay, and James Donovan of Sigma Sigma Phi.

Brother Andreen has not been able to sit down for some time and the Sophomores are learning some Pathology at his expense.

Brother Isaacson has had several very exciting meetings with tough characters of late and seems to have successfully eliminated them all. But we would like to know why the only blows were directed at the wall next to his bed.

Brother Kessler recently exchanged his old car for a new one. He is now driving a "Modern" Plymouth.

Brothers Potter and Schefold have been able to keep in the "pink" of condition through the

aid of their evening calisthenics. We believe the "Champ" omitted some of the lessons in a private course he took this summer.

The annual scholarship contest has opened. Any alumni wishing blanks for friends wishing to enter may have them by writing the chapter house.

Merrie Xmas and Happy New Year to everybody!

**DELTA OMEGA**

Beta Chapter of Delta Omega wishes to express seasonal greetings to everyone.

**IOTA TAU SIGMA**

Already the Brothers are looking with longing eyes at road maps because soon many of them will be on their way home for a vacation. The freshman are already itemizing certain difficult medical terms to pull on the home folks just to prove that they have been exposed and a certain percent has taken. It is ever thus.

Brother John Lyle has taken up Pharmacy as a side line since he now takes care of the opening and closing of a certain prominent drug store. However, it may be due to a certain influence.

This fraternity is looking forward to a Christmas party sometime just before vacation. This party is usually a very beautiful affair with the usual decorations and Christmas spirit.

Our basketball team has not as yet been successful in getting on the winning side of the ledger but all of the players are having a lot of fun besides getting the much needed exercise. However, they may get going before the season is over and pull a few surprises.

We wish to welcome Brother Hobbs who recently transferred from Eta Chapter at Kansas City. If we can help Brother Hobbs in any way we are certainly glad to do so.

We wish to take this opportunity to wish Dr. Woods a speedy recovery and are looking forward to seeing him in his old position after Christmas vacation.

This fraternity wishes everyone a good Christmas and New Year.

**PHI SIGMA GAMMA**

We wish to announce the pledging of Walter Irwin and De Witt Goode. Pledge Irwin hails from Rochester, Penn., and Pledge Goode from Bloomfield, Iowa. Congratulations.

Dr. Virge Halladay gave a short talk before the entire group at the house on the evening of November 14. The talk was interesting as well as beneficial to all of us. Since then we under classmates have felt more safe in the hands of the Seniors, so Virge can be assured that it helped a lot. The program was in charge of Hy Kes'en.

Hell week got under way the seventh of this month. Six

pledges went through with the usual amount of sleep lost. But they all had a lot of fun, we think, and now that it is over, they wish they had it to go through with again. Oh yeah! !

The great Phi Sig. team was really taken in the last game against the Atlas Club. Those new shirts didn't seem to do so much good, but we haven't given up by a long shot. I imagine an eminent young doctor up in Detroit, Michigan, by the name of Jagnew feels pretty tough that basketball should start after he had graduated. Better take up a P. G. course, Jag.

Bunny Noble, the rock from up over, recovered sufficiently from his recent sickness to put up a game battle against the Atlas Club. It takes a lot to stop a Noble.

Tommie furnished a goodly bit of entertainment for his lady friend at the game. We're wondering now if she liked it. Rumors were about that they had quarrelled.

Harold Withrow, Carl Blech, Bert Poundstone and his lady friend traveled to Milwaukee over the Thanksgiving vacation. They all had a great time. After all, Wisconsin is noted for its hospitality.

Charlie Naylor burned out a connecting rod coming back to school this fall. He'll most probably burn the whole car getting back to Mrs. Naylor.

Phi Sigma Gamma wishes to extend its heartiest wishes for a Merry Christmas and a Happy New Year to all its members and friends.

**PSI SIGMA ALPHA**

Psi Sigma Alpha, national honorary scholastic fraternity held their banquet and lecture December 6 at Doty's Dining Rooms.

The course of lectures and closed forum was initiated this month by Dr. S. H. Klein, president of the District Osteopathic Association and past president of the Polk County Osteopathic Society.

The doctor spoke on the psychological method of feeding and diet formation. In this talk, he divided the patients into anabolic, metabolic and catabolic types; these groups designating the character and physical make-up of the individual according to his way of eating and assimilation.

The entire lecture stressed the fact that the type of food and its chemical composition determined the type of individual; and that change of diet depended on the psychological and physical characteristics of the individual.

Merry Xmas and Happy New Year.

**SIGMA SIGMA PHI**

Sigma Sigma Phi wishes to take this opportunity to wish every friend of Osteopathy a Merry Xmas and a Happy, Healthy 1933.

**Assemblies Popular**

Weekly assemblies held each Friday morning are proving more popular every week. One of the contributing factors to this new popularity is the newly formed band—"Halladay's Stillionians".

An early in the month assembly sponsored by the Atlas Club was exceedingly popular. The newly formed band made its initial bow to the student body. Three comely co-eds from Drake University sang a few ditties and were received with loud acclaim. Following the musical number the famous "Dutch" Schmidt took the platform and cracked wise for some time. The "Dutch" covered every subject and every person in the student body in one way or another amid much laughter from the assembled throng. His treatise on "What the College Man Should Know" kept the students howling with laughter. A few numbers by the Stillionians closed this meeting.

Assembly November 9th opened by music from the band and a community sing of a popular number added to the festivities of the morning. Miss Ava Johnson, faculty member, then introduced Mr. Forrest Spaulding, civic leader and city librarian who talked on the advantages of an avocation for the busy student. Mr. Spaulding told of the many cultural facilities of this city, the art and musical organizations, the museums, libraries and places of historical interest in the vicinity and urged the student body to take advantage of their opportunities. Music by the Stillionians closed the meeting.

**New Locations**

Dr. Russel J. Patterson, 1931, Kezar Falls, Me.

Dr. Don Perry, 1931, Wyndham, Me.

Dr. Lane E. Moore, 1932, Plains, Kans.

Dr. C. A. Reeves, 1931, Muscatine, Iowa.

Dr. B. J. Heian, 1931, Stanley, Wis.

**Missouri Board Elects**

At the annual meeting of the Missouri State Board of Osteopathic Registration and Examination, held in Kirksville, in October, the following officers were elected: Dr. Pearl E. Thompson, President; Dr. H. E. Reuber, Vice President; Dr. Leon B. Lake, Secretary; Dr. E. D. Holme, Treasurer; Dr. J. L. Allen, New Member.

Doctor J. L. Allen was appointed by the Governor to take the place of Doctor Connor.

The Board will give its mid-year examinations at Kirksville, January 24, 25, and 26, 1933.

He: Last night I wandered in mind.

She: Well, you couldn't stray far.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser...H. V. Halladay

Editor.....F. J. McAllister

Osteopathy Without Limitation

## Osteopathy's Christmas Stocking

Old Man Osteopathy is looking out of the window. His thoughts are of his many children scattered over the earth. He looks back over the past forty years of his life and reviews the many events. He sees colleges dedicated to his name. He has pictures of many institutions that care for the sick in his name and he is happy in the thought that his work has been instrumental in this advancement. But is it a fair exchange? What has he given to the workers who are listed under his banner?

Independence, a family, a home with all the comforts that modern science can offer, honors and an important place in the life of the community. And for these privileges what have you given back to Osteopathy? Perhaps you feel that you have done your part but your duty is never done if you are sincere. What can you do?

At this time the profession needs new life. Each of our colleges can take more students. The profession needs them in the field and if you are to keep Old Man Osteopathy alive he will have to be fed with the new blood entering our colleges. Many of you have sent students. Some of you have never in your entire Osteopathic life sent a student to any of our colleges. The finest present that Osteopathy can ask for is a new group intensely and sincerely interested in the science and fully conscious of the responsibilities of a professional life.

Osteopathy has given you all that you have. Check this over and add to the total the pleasure you have had along with your work. In return for these favors that Osteopathy has bestowed upon you, do your part to make this the Merriest of Christmases and the Happiest of New Years for OSTEOPATHY.

## Elected To State Legislature

Dr. Mike Prather, Denver, Colo., will represent Arapahoe and Elbert Counties in the 29th General Assembly of Colorado as a member of the House of Representatives.

Dr. Prather is a graduate of D.M.S.C.O. in the May, 1923, class.

## Dear Doctor:

Since the appearance of our last ad in the Forum listing the number and sequence of obstetrical cases in the College we have received a number of letters like the one quoted below. This makes us wonder if you people in the field think we are making claims that cannot be backed up in actual experience. If you doubt for one second any of the statements made either in the Forum or any other publication where we of the College authorize the statements, all we ask of you is to make us a visit and see for yourself or ask any one of our graduates. We do not publish the name of the young man who wrote the letter for he is a student of Osteopathy but not in our College of course. We are sure that it would prove rather embarrassing to him to have his name and the name of the college mentioned.

Nov. 30, 1932.  
Des Moines Still College of Osteopathy,  
Des Moines, Iowa.  
Gentlemen:

Please send me your catalog. Do you allow all students to witness OB and operations or are clinical cases restricted to the Juniors and Seniors?

Do students in your college actually make deliveries before they graduate?

Are your laboratories equipped well? Are they in charge of regular instructors or in charge of students?

Thanking you, I am  
(Signed.)

Dr. C. W. Johnson replied to this letter as follows. We can add nothing to Dr. Johnson's reply.

Dear Sir:  
Replying to your inquiry of November 30th respecting our school will say that we are mailing you a catalog which will give you pretty thorough information as to the school.

In regard to obstetrics will say that it represents one of our large departments, that is, our clinic is divided into a number of sections, the general, obstetrical, surgical gynecological, pediatrics, eye, ear, nose and throat, proctological, athletic, etc. There is an experienced head who directs all the practical work coming under that particular division. I must say further that all work done in these departments is on actual cases. The student thereby not only does the work but must assist in the department's activity.

As to obstetrics our students are subject to the regular medical educational laws pertaining to it, which is, that a student before graduation must have delivered two cases and been in attendance upon seven. While this is the minimum requirement, yet, our students are permitted to make as many deliveries as the conditions will allow. There are students in the present Senior B Class who have

made from eight to twelve to date. I think there are none who have delivered less than three or four. The delivery is actual work at the bed-side. Our students are assigned in groups of four, under the direction of a licensed osteopathic practitioner. The student does the work and he the supervising. One of our students made over fifty deliveries before completing his work a year ago. One of our present assistants has already attended one hundred and nine deliveries. I discussed the variety of cases with one of the assistants today and he informed me that he had been in attendance at practically every known obstetrical complication.

No one but the students in the last three semesters' work are permitted on the obstetrical groups. You can judge the amount of experience from the fact that from October, 1931, to October, 1932, there was delivered two hundred and forty-two cases by the students.

What is true of the clinical practice in obstetrics is true in all the other departments. This may sound a bit like boasting, but nevertheless I am making plain statements of the facts. A visit to our school and the observance of our students at work will convince you of the authenticity of the above.

As to our laboratories, they are completely equipped for the work demanded by a medical college. We have not run to any excess for the mere purpose of laboratory display; the thing which is not necessary for us to do.

Hoping I have answered the questions asked, I am

Very truly yours,

C. W. Johnson, President.  
CWJ:FC Des Moines Still College of Osteopathy.

## Band Reorganizes

At a recent assembly a new type of Still College Band blossomed forth under the able direction of "Virge" Halladay. The old band was completely reorganized and cut down and after much judging of talent a new band has been born.

In the language of the day this new band is both "hot and sweet" and has been a source of enjoyment to the entire student body and has done more to promote good assemblies than any other single factor this semester. The "Stillionians" even boast that they have a "crooner" and back up their boast by producing Ronny (Rudy Still) Wilburn, who has been megaphoning each week.

The members of the new organization include Blech, piano; Eckleman and Green, violins; Kestenbaum, Douglass and Robinson, saxophones; Twadell, bass; Gnau, trombone; Slater and Devine, banjos; Winslow, drums and Wilburn, singer.

Special arrangements, novelty numbers, etc., are worked out each Thursday afternoon at the weekly rehearsal and presented each Friday at the regular weekly assembly.

## Senior Spotlight

How about a Dr. for Ramsey, Jack, Porter, Noble and Agnew who, for once, have a legitimate excuse for not being in class.

Moore has discovered muscles that he didn't know he had, after those basketball games.

The O. B. army should be proud of its two new captains, Whetstone and Newman.

Devine flooded us with his 97 in Nervous and Mental.

Nelson forgot his tonsils when leaving the hospital last week.

King had an Ohio Thanksgiving dinner.

Its about time Blech and Withrow were leaving for Christmas.

As red as Blackwood's blush.  
As square as Naylor's glasses.  
As important as Allen's walk.  
As smooth as Catazana's manner.

According to the telephone call pad it looks as though Meyer's wife is checking up sort of soon.

Joe impresses his patients with his name Devine Dr. instead of Dr. Devine, it works, too.

## Freshman Notes

Well into the last six weeks of the first semester and our class still intact. That sounds good.

"W. J." (Mr. Facto) was late getting back to school after the Thanksgiving vacation. He was down with the flu or something. Bob Hoeffler was also confined to his bed for a few days.

A number of Frosh have been showing their stuff on the different basketball teams in the school league, namely: Spaulter, who has been playing a bang-up game for the non-frats in the center position, Gnau, also of the non-fraternal organization at a guard, and who in the last game with the ITS was injured somewhat, chipping off part of two front teeth, banging up his nose and hurting his side. Gibson also plays a guard for the same team.

For the Iota Tau Sigma quintet Bob Gerow has been strutting his stuff at guard.

Out at the P. S. G. house we have Goode, a forward that played the first round with the non-frats, Crewse, forward, and Bartram.

About all that is heard during spare moments is "Going home for Xmas?" From the way things look most of the boys and the girl are going to take advantage of the interlude. Anyway it will give them a chance to catch up on all their studying, if by chance any of them happen to be in arrears. Mattern and Swedberg can't decide whether to make the trip home or wait until spring.

This will be our last chance to wish every one a Merry Christmas and a Happy Nineteen Thirty-three so we do that little thing now.

## New Dietetic Principles For Tuberculosis

(By Ava L. Johnson, B. H. Ec., B. S., M. S.)

(Continued from Last Issue)

So much as resume of dietetic principles in general in treatment of tuberculosis. A few year's ago some German physicians arrested the interest of the world with a diet built to specific conditions in tuberculosis. Heretofore the method had been general; these men were rigid and specific in their regime of feeding. The diet was inaugurated by Gersen, of Bielsfeld, Westphalia, and was based largely upon results from experiments with animals. He proved that a protein diet reduced susceptibility to infectious disease, and that a preponderance of carbohydrate favors infection with tuberculosis. He learned that an increased ingestion of fat results in a greater resistance to and an earlier cure from tuberculosis. He proved that liberal vitamin content and reduced sodium chloride are favorable to the arrest of tuberculosis. From these results, Gersen built a diet which would fulfill their requirements. In it appeared high fat average amount of protein, reduced carbohydrate abundance of vitamins and the minimum of NaCl.

Sauerbruch of the clinic for surgical tuberculosis in Munich, attracted by the logic of this method, incorporated it into his clinic regime. Here he, Gersen and Hermandorfer developed the diet which has been given to the world under their collective names: The essentials of their system are: (1) All but complete exclusion of NaCl (the diet is entirely salt free in the Gersen plan) with a halogen free vegetable kitchen salt preparation call "Eugasal" making an effective substitute. The NaCl is diminished to the extent that the urine elimination is 2.3 grams daily. If the output is greater there is still further restriction in the diet.

(2) Fresh, uncooked vegetables and fruits figure largely in the diet. An extract is used by pressing fresh carrots, beets, spinach, turnips, etc. And the menu include many fresh vegetable salads, fresh fruit and fruit juices.

(Continued Next Issue)

## Graduating Seniors Average 30 O. B. Cases

A report just turned in from the Obstetrical Department of the College by E. R. Keig, assistant in the department, shows that the Senior A class will average better than thirty deliveries each.

The report has the following data to offer: The class is comprised of 15 members and their membership have attended 201 cases during their clinic time in the obstetrical department. Nine of the members will receive "O. B. Certificates". Two members will receive "Assistant's Certificates". The smallest number of deliveries participated in by any one member is 15 and the largest is 12. Of the total of 201 cases there were four sets of twins. The class reports four Caesarians, six breech deliveries, six forceps deliveries and ten hospital cases.

Following is a list of the members of the class and the number of deliveries that each participated in: Bankes, 26; Boatman, 31; Chance, 32; Donovan, 31; Fischer, 35; Friend, 15; Hasselman, 20; McDonough, 31; McDonald, 30; Obeneur, 20; Parisi, 20; Phillips, 15; Sparks, 35; Campbell and Keig were assistants and participated in the total number of cases between them.

Campbell and Keig will be given "Assistant Certificates" and Bankes, Boatman, Chance, Donovan, Fischer, McDonough and Sparks will be awarded "O. B. Certificates". These certificates are given to students for delivering more than 6 cases which is the minimum required by the department.

According to Dr. R. B. Bachman, head of the Obstetrical Department, the requirements in the department will be increased in the very near future. This has been made necessary because of the constantly increasing number of cases handled each year by the clinic.

Each member of the class feels that he has received a practical training in obstetrics and will be prepared to handle such cases with ease and confidence after graduation in January.

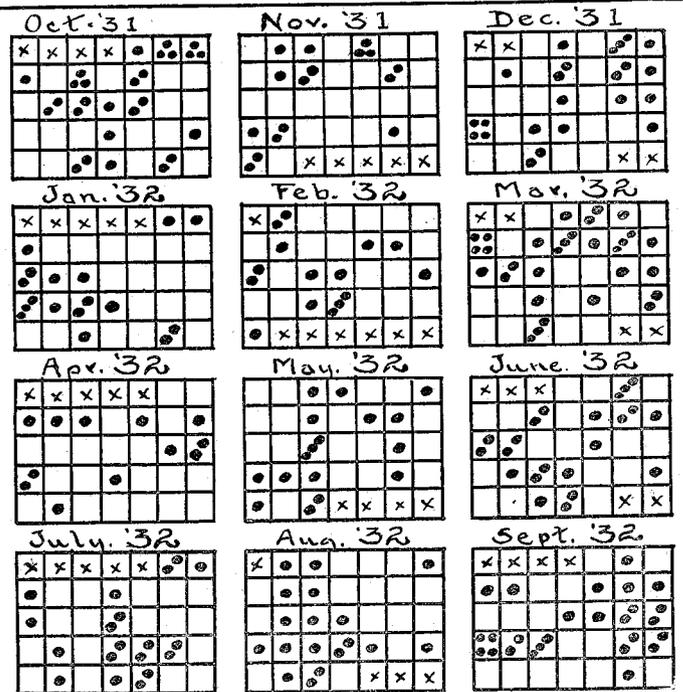
## West Virginia Board

The next meeting of the West Virginia State Board of Osteopathy will be held in Dr. John H. Robinett's offices, 612 First Huntington National Bank building, Huntington, West Virginia, February 6 and 7, 1933.

Those wishing to take the examination or who will seek a license through Reciprocity, should communicate with Dr. Guy R. Morris, Secretary of the Board, at 542 Empire Bank Building, Clarksburg, West Virginia, at once.

Your life's balance is complete only as it is summed up in Service.

## Over 1,500 Pounds of Babies A Year!



Each dot represents a baby born in the Still College O. B. Clinic

TOTAL, 242 CASES; MOST ANY MONTH, 30, MARCH, '32; LEAST ANY MONTH, 12, APRIL, '32; MOST ANY 7 DAYS, 15, SEPT., '32; LEAST ANY 7 DAYS, NONE, NOV., '31; AVERAGE— $\frac{2}{3}$  BABY PER DAY.

THE OBSTETRICAL DEPARTMENT operates a clinic of over 200 cases each year. This number of cases gives the student an opportunity to study and care for patients that present practically every phase of this important subject.

This work is given during the last half of the third year and first half of the fourth year. The class room work includes assignments from text books, lectures, quizzes and demonstrations with charts, as well as work with the manikin. The clinical work includes complete physical examination, routine check-up on blood pressure, urine, and weight, prenatal treatments, deliveries in the home or hospital, and after care.

The practical work is so arranged that each eligible student in his turn is assigned cases, and under the direction of the head of the department, directs her period of gestation. The student makes the delivery in the home, assisted by three other students, a post graduate student, and supervised by the professor of obstetrics or a licensed obstetrical assistant. Those in attendance, in turn, make the after calls each day until the patient is discharged.

Under this training the student has an opportunity to receive his instruction at the bedside by personal touch, first as an assistant, and second as a practitioner, enabling him to conduct cases as he meets them in general practice. The hospital cases are delivered by the head of the department, with 15 or 20 students in attendance. During the time of delivery a lecture is given on conduct of labor, technic, and hospital routine for obstetrical cases.

Our graduates have gained theoretical knowledge and practical experience qualifying them to act as competent obstetricians.

### MEMORIAL

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**DR. A. T. STILL**  
 Founder of Osteopathy  
 August 6, 1828  
 December 12, 1917

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**DR. GEORGE A. STILL**  
 Osteopathic Surgeon  
 March 12, 1882  
 November 23, 1922

\* \* \*

**DR. S. S. STILL**  
 Founder of Still College  
 December 7, 1851  
 November 20, 1931

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