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 procession was played by Mrs. J. A. Van Arsdale as the class roll: C. G. Nez, Kenton. Mrs. Van Arsdale, the Reverend E. G. Williams, pastor of Westminister 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 colors to Capt. C. A. Johnson for the conferring of degrees. Benediction was read by Rev. Henry.

Class of May, 29, 1931:


Michigan State Board Appointment

Dr. J. F. Woods of Birmingham, Michigan, has been appointed to the Michigan State Board of Examiners in Osteopathy by Gov. Brucker. Dr. Woods succeeds Dr. O. O. Shedd, 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, "unabated," the Iota Tau Sigma was declared winner. The cup, emblematic of the track championship, was presented to Capt. Gilj 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 Strittmatter 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 Tournament

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 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 better's 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. Bow, and A. W. G. 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, Tuesday, May 15, at 6:30 P. M.

Miss Ava Johnson, of Still College, had charge of the decoration 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.

The entertainment was provided by Millard Hydenman, tenor, Robert Forbes, trombonist, and Dr. Halliday'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. Johnston, retiring president; Dr. C. N. Stryker, Sioux City; Dr. R. C. Johnson, President of Still College; Dr. J. D. Still, Kirksville, Mo.; and Dr. R. R. Pearson, incoming president of the Association.

Following the lectures, Dr. Halliday showed his famous slides of early days in the Osteopathic profession. These were the property of the 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. K. 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 "Shouting Liza," in which each member of the band tries to out-blow the others.

Robert Homan presented the trophies won during the past semester. 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 Shadetown 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 Wanta 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:

Dr. R. R. Pearson, Dr. C. N. Stryker, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Johnson, Dr. C. H. Jo
THE LOG BOOK

DES MOINES STILL COLLEGE FACULTY

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 Wiggin's admonition—"Bring the best thought forward." We all greatly appreciate having had the mayor of Des Moines with us.

A trio of girls from the American School of Osteopathy entertained the audience with 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 introduced the second speaker, Lieut. Van Cleve of the U. S. Navy. 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, attempt to extinguish 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 suicidal." Lieut. Van Cleve gave as the main causes of war the following: International jealousy, territorial expansion, economies, 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 against us was rampant in the Philippines, Japan, European Nations, and even in Cuba and Panama. "Precaution with Preparedness" should be our motto. Lieut. Van Cleve closed by urging all to support the C. M. T. C. D. M. S. O. for five years.

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. The Visitors are always welcome and inquiries gladly answered.

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.

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, 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.

C. W. JOHNSON, D. 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...
DES MOINES STILL COLLEGE FACULTY

Senior Day Awards
(Continued from Page 1)
Proctology: R. N. Strittmatter.
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. Chretian.

The next musical number was the "Hungry Five" led by Herr 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.

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 to attain to the perfection 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 Log Book 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 of Nurses.

Miss Campbell, Superintendent of Nurses.

The Des Moines General Hospital has been functioning as an Osteopathic institution since 1916. It is a five story building and accommodates seventy-five patients. It is situated two blocks from the State Historical Building, the capitol Building and one-half block from the State Hospital. 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.

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

Wisely and slow; they stumble that run fast.
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 continuously 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, 1665.
President Johnson Honored by A.O.A.

Radio Station Champions Osteopathic Clinic

April 22, 1931, Mr. Wright Gadge, manager of W M B C of Detroit, began to make regular broadcasts of Detroit Osteopathic College. The broadcasts are made with the assistance of the Daily News. The station is being sponsored by the College and will be heard at the post office at Des Moines, Iowa, under the Act of August 24th, 1912.

Iowa State Board

Dr. D. E. Hannan, Perry, Iowa, Secretary of the Iowa State Board of Osteopathic Examiners, announced that a total of fifty-two W M B C. Mr. Gadge is doing this solely and entirely because he believes in the work being done in the Gage Clinic, which is now being sponsored by W M B C. Mr. Gadge stated in no uncertain terms that osteopathic colleges are helping the community by offering their services for free. The first complaint had yet to be heard.

Paresis Cure Asserted

Indianapolis, Ind.—Details of how a large number of victims of paresis are being cured by malaria are not reported. However, Dr. Max Bahr, superintendent of the Central State Hospital for the insane, has been treating malaria patients for some time.

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 as to remain in keeping with the ethics of the profession.

Minnesota District Meet

The Northern District Convention of the Minnesota Osteopathic Association was held at Little Falls, June 15 and 16. The highlights of the convention were the Minor Surgery and Varicose Vein Clinics.

Birth

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.

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.

Location Announcement

Mrs. Frank W. Paul and Louis Myron Monger, Osteopathic Physicians and Surgeons, announce the opening of their office 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

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-empetrum.

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 building 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. Halliday, J. F. Schwartz, J. L. Schwartz, Woods, Marshall, Fisher, and Bachman of the Des Moines University 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 and writing us.

Dr. Orville Rose is keeping house during three 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. Hanan, 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. Twaddle 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 we are glad 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 Blue and White Club. The success of this organization has prompted other 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 1899. 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 entertain 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.

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)

DELTA OMEGA

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.

Dr. 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 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 diplomaism. From this we learn: The Doctor stated that one method would be to demand a basic science law in every state.

On the same page the osteopathic profession is described as a 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 hope for recovery, if means 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 battle 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, as 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 put and knock from the outside.

This 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 increasing acceptance of the osteopathic physician by the public.

The senior class just gradu-

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

Iota Tau Sigma

(Continued from page 3) 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 Mr. Mac will undergo 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 St. John's, Chicago; Bro. Peterson, DeKalb, III.; Bro. Johnson, somewhere in old Wisconsin.

The unemployment bureau of Iota Chapter received notice that Bro. Don Hurd will act as counsellor in a boy's camp in Maine. Bros. Peck and Koch will aid the government in eradicating the European Corn Borer, for when, 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 "Moppy" traverses the country because he is quite able to sling the bull.

The final brothers to leave the house this summer are the well known trio of travelers: Bros. Rautzahn, Happle and Peterson by seldom obstinate lunacy have been forced to remain for a week longer. But spring evenings, moonlight nights—well I guess love—or well, we all get that way.

Sigma Sigma Phi

Sigma Sigma Phi is a National Honorary Osteopathic Fraternity, Beta Chapter of D.M.S.O. C.O. was installed in 1926. 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 any 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 are set 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 us and we will do all within our power to aid you.

To date we have heard from Bros. Jagn-riw, Jernigan, Johnson, Somers, and 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. Meltz's is mostly "private."

Bro. Armbrust is thinking of starting a barbecue to be called the "Retreat." Detailed information can be had by addressing inquiries to Box 1938, Des Moines.

Pledge who is due to spend the summer at the house. Jobs are scarce in North Dakota and Minnesota. He hopes to do 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.'s, jobs, and clinics, occupies most of his time. He manages his average amount of sleep, however.

The large O. B. practice of Bros. Cichy and Peterson helps them from us most of the time. We appreciate having Mrs. Cloyed help us in keeping the house in order. They are a hard 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.

Cebais, 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 pure or else boiled and the hands and nails of the operator should be cleansed."

Physical-handicaps as nothing compared to those that man fashions out of the perverseness of his own heart. The handicaps of life strike bars across the path of man, producing, among other things, impotence, revenge, and self-seeking, handicaps which in his hands become poison, acting upon his own heart and soul. His hands become 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 perceptable 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. The microscope did for science what 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 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. Helleflinder 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 demonstration 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 Muscular, Nervous, Digestive, and Respiratory Physiology. All necessary apparatus for exhaustive study is provided. A Conco "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.
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 thousands of 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. Visitors have 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 also visit the fair to stop and get a few copies of the LOG BOOK and the O. M. — Virgil will do the rest.

Births

Loghry

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

Busiek

Born to Dr. and Mrs. J. R. Busiek, 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.

Odel

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

SCHEDULE OF CLASSES

FIRST YEAR — First Semester

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<th>Subject</th>
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<td>ANATOMY</td>
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<td>HISTORY AND FUNDAMENTALS</td>
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LABORATORY TECHNICIAN

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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. C. Scatterday, but expects to practice of his own in the near future.

Gill

Dr. J. N. Gill, Osteopathic Physician, announces the opening of his office at 395 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 25 seconds. This figure is the net result of one birth every 13 seconds, one death every 23 seconds, an immigrant arrival every 1 1/2 minutes, and an emigrant departure every 5 1/2 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 1 1/2; and an emigrant departure every 7 minutes instead of 5 1/2.

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 415,241 fatalities, over twice as many as old cancer, which was second with 111,569 fatalities. Pneumonia occurred third with 109,597 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."
OLAS MOINES STILL COLLEGE FACULTY

Atlas Club

(J. Robert Forbes)
Bro. and Mrs. Larry Boatman, Bros. Ray Lamb and George Bates, and Louis Aldus are all of the "Old Guard" left protecting the fort. Bro. Tweddle departed for Kansas last week, some time ago and will not return until school starts.

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 rooster as each team won a game.

We have had letters from Bros. Gus Porter, Homer Frederick, Casey Kessler, and Dra. 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 Os-teopathic 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, Mother's pancakes and pies, and what have you, seems to be taking the toll of the home guard.

Bro. Sparks, in company with McLauglin, betook himself to "Of Virginny"; Mac leaving the land and going to Canton and the Old Homestead. Belden went home to work (ask Mr. Ripley), thus leaving only Bro. Ochy, Fleges Perdue and Mora 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 attend the A. O. A. a few things as well as represent IIS at its annual convention. We've a place for his boots and tent. We hope it is a good quiet time that he gets back but hope he doesn't bring a horse, too.

Dr. J. N. Gill has set up an office at 1027 Sixth avenue with Obstetrics and Gynecology as specialties. Dr. Peterson is in Des Moines.

It might be of interest to Howard Cook's many friends to know he is in Cincinnati, Ohio, where he has 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 out teaching. 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 Stivenson 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 Hurd's and Les Spaun of Maine. Bring us back some more osteopaths, gang—Mrs. Robinson said so.

Again let us extend to every new man the invitation to call upon us. We will be very glad to help him locate 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, Stolke, Armbrust, Cloyed, Mr. and Mrs. Oleson, Widmer, Loffus, and Allen.

We were glad to have Dr. Walt Madison 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 along.

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

To date we have heard from Bros. Grau, Schwartz, Pounds, and Yale. 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 Lane of Columbus, Ohio, Dr. Robt. Dornier of Pasadena, Calif., Dr. and Mrs. J. A. Wadkins, Boston, Mass., and Dr. Ayn, Bro. Cook, recently visited the college.

C. H. A. 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 has had ten years teaching experience before joining the faculty of D.M.S.C.O. Our 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—

and he who has hope has everything.—(Arabian Proverb)
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 disease. It is known that the general practitioner is called upon to handle. Technique will not be given as that is readily devised; the general principles are understood.

To insure a proper conception of the 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 producing a high-frequency current. The current passing through 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 facility to heal itself, 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 is known as its ohmic resistance, which is brought to the part thus treated; hence we have an increase in viscosity 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; it has the great powers of 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 integrity because of the powerful forces that are active within them being in an accurately balanced state. The molecules of a gas or of a liquid, for instance, are spaced enormously wide in proportion to their size, while the molecules of a solid are practically touching each other. This is due to the great forces holding them together in the solid state, and also because of the great distance between the molecules in the gas or the liquid state. The probability is that the molecules of a gas or a liquid might be broken up into atoms and reassembled into atoms of the same element. We also see this in the structure of a cell, these molecules, symmetrically arranged and moving rapidly in space, would present a wonderful sight. We could look within each molecule we would find its structure very complex; the molecules of the atoms, disposed symmetrically, moving in orbits, separated by great distances. The probability is that the electrons in the atoms, disposed symmetrically, moving in orbits, separated by great distances. The probability is that the electrons in the atoms, disposed symmetrically, moving in orbits, separated by great distances. The probability is that the electrons in the atoms, disposed symmetrically, moving in orbits, separated by great distances. The probability is that the electrons in the atoms, disposed symmetrically, moving in orbits, separated by great distances.
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 on 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 practitoner being known as a pathologist.

PRACTICE FOR SALE
Dr. I. N. Thompson of Oska-
loosa, 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 in that 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.”
Doc: “Well, a good wife is worth it.”

Doctor: “I shall have to pain your husband’s throat with nitrate of silver.”

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

Will Rogers is trying to convince 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 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 tissues 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. 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.”
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. Hagman, a graduate of D.M.S.C.O., with offices in the New York Bldg., St. Paul, Minn.

This Bulletin was first published June 1927, and to date 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

Dr. 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 has been taken over 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 small town. We congratulate Dr. DeWalt in his appointment and wish him success in his work.

Dr. DeWalt is also commandant 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.

Dr. Rickenbacker, a surgeon of renown, was a graduate of the University of Missouri and received his medical education at D.M.S.C.O. He has been a leader in the profession, and has rendered many valuable services to the osteopathic profession.

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 "v. 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 classical way.

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 on which her payments are recorded. She next makes payments at the rate of $5 a month, should her second child be born before the first, and $15 if it is the third, etc. Thereafter she visits the hospital each month for examination and payment of $5 for her confinement period begins. Nine payments totaling $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.

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 freshmen with a hat and a gilt medallion, but this year the Sophomores have taken the initiative and will instead present them with a small black cap and a bow tie.

Professor Davis announces the opening of the new Osteopathic Clinic in Des Moines.

Miss Johnson Speaks at Rotary Club

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

The Log Book welcomes new members to its list of exchanges. A new section has been added to the magazine, with articles on local and state-wide organizations that have brought fame to the school. We are happy to report that the school for the past year have greatly outnumbered that of last year's.

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.

The club is an important part of the osteopathic profession, and Dr. Marshall's election is a sign of his leadership and influence.

The Log Book is published by the Des Moines Still College of Osteopathy, Volume 9, Number 4, September 15, 1931.
It looks like old times again at the house. Most of the old members are back... in bed.

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

...to Norma who has been on the road to Philadelphia. With the mother chapter of Lambda Chi and two from Des Moines.

Brother to this high office for the first time in the very near future. Young couple will be at home soon.

Myers, our cook last year. Harry Moore, Ed Swartzbaugh and Kay and Sue will be back home.

...with us this semester and we look forward to so near real new baby.

McMurry, Utica, Kansas, a son, Dwight H. Stone of Knoxville, Iowa. They will be at home at Blockton, Iowa, where Mr. and Mrs. H. Buettner are living.

...in January. Dr. and Mrs. Stone left on an extended trip.

How to Spend Your Free Time.

I reckon," said the farmer, "I reckon, that I get up earlier than anybody in the neighborhood if I had reached out first, I'd have taken the smaller one.

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

"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 me and had half of the chores done. The first farmer thought he was a liar and decided to find out for himself. A few minutes after, he got up at 2 o'clock and went to the neighbor's house. He rapped on the 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."
Physiotherapy in General Practice

C. H. BOHNING
(Continued from last month)

[ED. NOTE: Last month Mr. Boening discussed the physics of Diathermia and the effects of different types of treatment upon human tissue. This month he discusses the clinical applications of Diathermia.]

Much can be said and written about the clinical application of physiotherapy but we wish to pick an argument and agitate those whose views are different from our own. The author has heard bitter criticism from men who condemn electrotherapeutics in all its forms severally and completely. Thirty years ago physiotherapy was called quackery in Europe. The World War, with all its clinical and pathological experience, has proven the beaming profession that electrotherapeutics was a most useful adjunct in the treatment of diseases of the nervous system. It was that time Prof. Schmidt of Berlin, the father of physiotherapy, was hailed as the great benefactor of human patient 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 benediction of the ultra violet ray. Rheumatic joints and septic muscular infections were greatly relieved in short time and the man repaired to reenter the trenches.

This, briefly, was the introduction of physiotherapy into old world warfields. It may have made rapid strides and is now used by every practicing physi- cian 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: Diathermia will increase the rate of metabolism and other physiological functions of the body, such as phagocytosis and the chemical reactions. (This follows the general law of chemistry, namely that the higher the temperature the higher the 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 diseases and the process of a fever. We may call a fever nature’s diathermia.

Second: Diathermia will increase the nutrition and elimination of the treated area by increasing its blood supply thus hastening the process of the spastic conditions.

Specific Application:

Now let us apply the above statement in a more specific way, e.g. varicose ulcers, osteoarthritis, circulatory troubles, and other similar CHRONIC lesions which are due to lack of vitality and nutrition and are黎 at origin. The conditions will respond very nicely to diathermia.

As the reader will know, we have the long standing inflammation, a condition of equilib- trum between the irritating inflam- mation and the nutritional bloodstream. This irritant 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, psychosis, etc. The germicidal effect in these cases, as far as diathermia is concerned, is insignificant in importance; it is the common blood supply to the affected part and the stimulation of the chemical forces of re- generation in the tissues bringing about a tissue reaction very much like the one by means of which nature normally over- comes 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 at his disposal offers benefits far more than he could hope to find in any other field of therapy.

Purchasing Equipment:

Do not purchase equipment and rely upon the salesman to give you the necessary instruc- tions to run it. Look about the field, judge by the actual results, be they good or bad; do not be over-hasty nor be un- skeptical; let them show you.

(Dr. Johnson Receives Word from Dr. Stewart)

The following is a letter sent to Dr. Johnson by Dr. Rod 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.

Dear Dr. Johnson:

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 primate jungle, where the cave man roamed, was 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 heard with nothing but a sharpened stick that served as a spear, he listened intently, for only thru his ears could he discover a sabre-tooth tiger who might at that very moment be shadowing him through the forests with the intent to kill.

Today we walk through the streets of New York with no fear of rain or other inclement. In fact we are not afraid of anything; we are thinking of business or of dates. But when an automobile backfires as if we had been struck. Although we do not know we are afraid, the alarmed 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. The rushing sound of a loud-speaker hits our ear drums. And remember that the noise that frightened a cave man in 1931, we have to face in 1931. The roar of a tiger could not be heard in all the 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 more 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 pusillanimous.

We no longer have to be harmed by such a drug as morphine is to the human brain. Perhaps we do not know of its use, but the most important noise made by the explosion of a paper bag raises the pulse rate 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 measurement on the brain by placing a small drum containing a partial vacuum on the surface of the head where the skull is gone. The drum registered all the vibrations of the brain lying beneath it. This, of course, was painful and harmful to the subject.

Dr. Kennedy found that when a paper bag was exploded behind the subject’s ear, the pressure of the explosion raised the brain pressure to four times the normal. When given morphine and nitroglycerine do not have so violent an effect.—

Dr. C. E. Johnson, Secretary of the N. Y. Noise Abatement Com- mission, in the United States Daily.)
Physiotherapy in General Practice

(Continued from page 3)

Investigate the merits of physiotherapy in general practice.

The man who has courage to think and, thinking, acts; who sees, weighs, and thinks 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 the stage.

A college honor student was my fair.

The school was proud, and likewise I.

My name—still honored in the records there.

A few more years, and hard work in the meantime.

Hard work and business ethics are tempered.

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 first time that I occupied the head, if it don't punch up thru, and the other end is at the upper side of the head.

There is another bone called the skull. The skull has bumps too. Sometimes there is a brace 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. There is a good many kinds of joints. They grease themselves and don't squeak. You can move 'cause they make good fertilizer. It gives me a lonesome, scattered feeling and brings tears to my eyes to think that I might be used on an onion patch—(J. R. F.)
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. In her report she reported 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 55 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, 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; Detroit Training School; Oberlin; Michigan State; Albion Jr. College (Ia.); Colorado U.; Butler 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; Mec-Pierson 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.; Augusta State (So. Dak.); U. of Wisconsin; and Highland Park College of Pharmacy (Des Moines).

Several of the students have been 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 in Disease" 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 permits. 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. E. H. Halladay will conduct 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 engagements 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.

October 28th, Dr. Halladay is to speak to the District Convention at Garner, Iowa. The doctor's appearance at these various district meetings is 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. Partis for outstanding work in his laboratory courses the second semester. The presentation was made before the assembled students at the Friday noon 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. The ceremony was held at the 65th annual convention in Des Moines, September 16th inclusive.

All students viewed the famous "Parade of the Grand Army of the Republic." Led by the U. S. signalmen, 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. Altogether, it was an engaging sight, which offers 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 Merey 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 Mascot Chapter of the Atlas Club at Kirkville, 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 22.

George Purdue, president of the Beta Chapter, introduced 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. B. 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 us in the first few years of Osteopathic education in Kirkville.

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.
THE LOG BOOK

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 will talk on "Fraternity Life" and Dr. Halladay 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, makes one of the most enjoyable evenings possible. The music was furnished by the orchestra from the chapter house. The feature of the evening was the delicious punch made by Mrs. Roy Mount and Mrs. Harold Stevson.

We were very glad to have as visitors during the past month Drs. C. H. Fedson of St. Ansgar, Iowa; Roy Tramble of Montevideo, Minn.; Albert Lea, Minn.; Homer Holm, Albert Lea, Minn.; Cyrus Porter, Iola, Kans.; and John Ennis, Kewanee, Ill. We also extend special welcome to James Donovan, who transferred us from Axis Chapter at Kirkville.

BLUE AND WHITE CLUB

(Sydney Ellias)

The Blue and White Club is pleased to announce the pledging of Harold Ekelman, Leslee Joseph, and Irwin Gantz, all of Des Moines. We also extend a special welcome to Edward H. Lodish, who transferred from the chapter house on Friday, September 11 in honor of our new men.

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 Aspargen, Des Moines, III.; Charles Hamton, Kewanee, Ill.; Iowa; Joseph Hamilton, Clarksburg, W. Va.; Stanley Martin, Columbus, Ohio; Robert H. Bellard, Greendale, Mass.; Walter Johnston, Bellefontaine, Ohio; and William Rankin, Hicksville, Ohio.

On Saturday, September 26, we had the first dance of the season and the junior honor of the evening was awarded to the freshmen. The boys dug out their erasers, cleaned up that celluloid collar, buttoned up their shirts, and scurried in four directions in search of one damsel who made the evening complete.

We had the pleasure of having with us at this time Mr. 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 Hewitt has been telling all about the wonderful trip to Seattle, Wash., 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 his health is not quite up to par, although he needs be he takes the greatest of pleasure in planing acquisitions accompanying them.

The grind is on; study hours at their very peak. Many of the desks are adorned with books, and it seems as if everyone is expected with the wonderful treatment received while there, and is looking forward to Detroit next year.

What's become of Arbrust? 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 that he is quite an authority on this subject, inasmuch as he has been trained at Drake U. for eleven years.

The new men are looking forward to the Freshman Reception at the Shurtleff Hotel on October 16. We are urging that they attend, so that they may become better acquainted with the freshman class, and become friends.

We are also very proud to have these young men at the Freshman Smoker, and to have them back again in the very near future.

The fraternity table has started once again under the auspices of Brothers Withrow, Blech, and Poundstone. It seems as if everything旧 times once more to sit around the old table, even if it is only for a short time.

Since J. C. Schwartz has taken unto himself a wife, needs he must have a little more capital, hence, he is looking for a couple of good runners. He has become more educated during the last half of the semester.

Many of the desks are adorned with books, and it seems as if everyone is in search of new ideas.

What's become of Arbrust? 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 for it, as it is valuable.

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

Maurice has the all the getting accustomed to the regime of school the old table, even if it is only for a short time.

Our pledges please receive word from Dr. C. I. Groff and F. K. Stewart during the past week, and hope to hear from many of the alumni in the near future.

good grace, showin' thorough training.

September 15 marked the date on which Dr. Halladay was so kind as to allow the freshmen to enter the new athletic facilities. Here is hoping that they have as good a time as the new men did last year.
**THE LOG BOOK**

**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 osteopath a “white elephant” and dis- missed his profession as a failed attempt at osteopathic self-advertisement. A word of caution is thus advised to the writer of this article which Dr. Copeland, cleverly called “Poor Posture Causes Many Complaints”, which person who ever had osteopathic care could fail to see that the Doctor Copeland presents a somewhat crude attempt to give 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 way more back in the 1870’s.)

“Orthopedic surgeons, as well as those in the many years ago the disci- plined world of osteopathy, will find there is no trouble in the world and there is plenty of food, the complaints of these children are and his medical brethren, no body posture. As soon as the body has been trained to the proper posture and, as these men call it, ‘proper body mech- anics’, there is an increase in the weight and the digestive disturbances disappear.”

(“Proper body mechanics” is a term used by osteopathic physi- cians to define and indicate what they have discovered of a new science, yet to be named. This is presented by Dr. Copeland to be commonplace in the osteopathic profession since its inception.)

“For many years it has been known that sluggish bowels, which are irregular and tend to waste away the body, are caused by poor body posture and practicing the very identical thing Dr. Copeland is now expon- ding.”

“One individual who do not hold themselves properly and hold a proper erect position, often complain of body disorders. They are likely to have actual pain in the back, is explained to them, 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 no knowledge, but Dr. Still announced his discovery, that spinal irritation is a result of poor posture, or vertebral deviations, if the posture, was an unusual and physiological impossibility! Now, in Sept. 1921, one of the foremost disciples of medical publicity de- clares that these structural devi- tions do occur and cause disease symptoms, but, at the same time, utterly fails to give osteopathic credit for the discovery of this same fact some 60 years ago!”)

“There is no doubt that if the attention could entirely correct many chronic disorders of the body could be eliminated.”

Osteopathy has known this for years. This osteopathic care and are conclusively demon- strating the veracity of this demonstra- tion—yet medicine is hailing it as among new and amazing discoveries.

What does all this mean? Simply this: medicine considers Osteopathy a menace to medicine that it is commissioned only on “high to say osteopathy, ‘you can not have anything that is ours. It is yours, take all the na- tion’s.”

What seems quite fair for our protection is that osteopathy remains only for osteopathic phy- sicians.* * * * *  

**ADDITION** — After writing the foregoing comments there is another compelled to write the writer’s answer to the very similar article syndicated by James W. Barton, M.D., un- der the title “Modern Treatment and the ‘Natural’ Methods.” In this article Dr. Barton says,—“Maternal fatalities,” con- tinued Dr. Barton, “the use of heat, massage, dietary, exercise, etc. can often do the complete job of restoring health, and it is unwise to use medicines that may upset the stomach or over- stimulate the heart, intestines, and other organs.” He goes on to say that the writer’s comments are written for the protection of the writer and his medical brethren, no osteopathy. 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.

**Convoation, Sept. 18**

The first student assembly of the new school year was held in the college auditorium Friday, Sept. 18, in the band-orchestra, under the direction of Dr. Virge Halladay, opened the program by playing two popu- lar selections called “Hail to theee” and “99 Out of a Hundred.” A vocal refrain by the “Old Doctor” in Kirksville, 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 class of the college, Dr. J. P. Schwartz.

After reading the rules of con- duct for both the college and the profession that everyone conduct himself in such a manner as to impress the name of the school to the individual of character possessed by Still College students.

Dr. R. B. Bachman, head of the obstetrical department, gave an interesting and interesting for the school this fall after an absence of one or more semesters. 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 those convocations be better attended. He said that if the students did not attend them each Friday morning, it would be necessary to lose the future with the school. The assembly closed with two numbers by the band-orchestra. The first was a trombone solo number by Filmore entitled “The University March.” The second was the “Men of Ohio,” also by Filmore.

**Dr. L. I. Wade Addresses Pediatrics Class**

Dr. L. I. Wade of Winterstet, Iowa, spoke before Dr. Mary Golden’s class in Pediatrics Friday afternoon, Sept. 18. Dr. Wade was a member of the class last fall to graduate under the “Old Doctor” in Kirkville. He told several anecdotes concerning Dr. Still and the early days of the profession.

He related several of his personal experiences in such a way as to bring out the effectiveness of osteopathic therapy. He told of several instances in which medical men had attempted to devise osteopathic technique in order to aid their patients osteopathic-ally.

The class very much appreciated Dr. Wade’s lecture, and extended 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 physician and surgeon, announced the opening of his office in Blockton, Iowa.
Dr. McFarland was a member of the 1928 graduating class and recently completed a two-year internship in the Des Moines General Hospital.

Locations

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

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

Nelson
Dr. Alan Nelson announced 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. Everett 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 the ground where we are;
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.
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 barred, though things which were recommended by the scientific advisory committee, which, in turn, was recommended by the American Medical Association. By way of apology, Mr. Fitch added, "Without pretending upon the utmost respect for the question, the arrangement will preclude exhibits by any cult or group which is not an orthodox one. 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 1921 Kent Audition Contest, Mr. Wilburn is the possessor of a tenor voice and has been practicing the past two years. Mr. Wilburn has placed second in the finals of his home state contest, South Dak. Unfortunately, his 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 osteopathic fraternities recognized by the A. O. A., and has chapters at Kiski-ville 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 past members Drs. C. A. Hardy, George Lauglin, Charles Still, Arthur Becker, president of the A. O. A., W. M. Pearse, and Yale Castle.

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, Jr., Arthur Crow-er, and Carleton Towne to investigate the eligible men and secure the endorsement of the instructors. As a result, the following men were elected and will be considered charter members: H. H. Kestenbaum, Howard Gra-ney, Lou Kestenbaum, J. Robert Forbes, Dene Moore, William Blackwood, E. C. Broo-ken, Russell McLoughlin, Winston Law-son, and John Siverson. Dr. J. R. Beveridge, assistant professor as well 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 fifteen 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 unequalled endorsement of their instructors.

The formal installation will be conducted by a dean from the national chapter, of which Dr. Earl Laughlin, Jr., is presi- dent, 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 Commo-dore Hotel, November 29. Last year this organization sponsored a similar function, which was such a great success that it was decided to continue the dances. "Brown's at the Commodore" will be the theme of the musical entertainment which the 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. Everyone 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, and it is deplored. While Dr. Johnson's decision is not unexpected, it is deplored by the students who realize the great value to be derived from such a function. It is entirely due to the grade-school-like attitude prevalent on this campus, which has 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 assuredly pleased by the President's for not securing speakers and entertain-ment 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 magni-tude of their error and universally 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.

Obstetrical Clinic Statistics Released

During the summer Walter A. G. Armbrust, one of our sen-ior students, spent a good share of his time compiling one of the most remarkable tabulations the profession has in the way of authenti-c statistics. Dr. Robert Bachman has been at the head of the obstetrical department for fourteen years, and during the PASSING MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 9

NOVEMBER 15, 1931

Number 6

THE LOG BOOK

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 handled, 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
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 the 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.

THANKSGIVING RECESS

NOVEMBER 25-30
ATLASS CLUB
(J. R. Forbes)
The first issue of the Xiphoid Bulletin brought in a very gratifying group... L. A. Utterback, Perry, Ia.; Dr. Harlow Lachmiller, Alden, Iowa; and Dr. Harry Skinner, Detroit, Mich.

BLUE AND WHITE CLUB
(Sidney Ellina)
This article will be the last under the name of the Blue and White Club. The men are anxiously awaiting the final verdict on another chapter, the 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.

DELTA OMEGA
(By Vi)
The evening of October 22, the Delta Omega active, 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 active, field and honorary members decided to have a pledge dinner before Christmas.

Delta Andreea has not been making falling form the skies, or, after this year but he did fall majestically, pompously and completely in front of a beautiful blonde on our campus last week. Instead of that he was watching a fire truck and fell for it; that's his excuse. And he sticks to it, ever, the patrons of the street car company were well entertained and, judging from the enthusiastic response, appreciated Clemmy's solo dive.

It is with the greatest of pleasure that we welcome Ed Robertson, S. K., freshman, 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.

IOTA TAU SIGMA
(2. 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 addressing upper classmen as to meaning, cause and cure. Somewhere, I believe, there is a crest for this.

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 every letter will be mailed according to the weight. The letters are to be stacked and delivered twice a day. Brother Hall hasn't the slightest idea by the books that it was formerly thought that he was quite an authority on wolves; well, for further information, see table five in section any afternoon.

As is the usual custom, Hallo ween is celebrated in the making 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 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 our guests Dr. Ray McFarland of Blokivet, Ill., and M. J. Schwartz and Prof. Parisi to the house and as many of our older friends from the Kirksville College of Osteopathy.

It is with a great deal of pleasure that we announce the pledging of two more men, Ed- win Ramsey and Robert Hazel- to the house, 3029 Grand Ave., Des Moines. Please...
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 gems such as the one above. Emerson was a genius—why? Because he was full of enthusiasm, he believed in it, and he lived for his chosen walk of life.

Osteopathy stands today because of the enthusiasm of one, Theodore Parker, osteopathic physician who is doing things, who are sending students to our colleges, who not only are backed by state, federal and national organizations, but who get behind these organizations and fight for their profession.

All osteopathic physicians in the field should be behind their professional order, for, though many of them do not seem to realize that the little cogs they foster in the educational machine are important and that, for the best results from this machine, all these little cogs must be meshed and working 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, and yet 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 professor or enlightenment worth your membership is not only worthy of your support, but you are morally obligated to be active in its behalf until it becomes 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 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 the portion, log book.

Life will see the most determined opposition to osteopathy in the history of the profession. With your 100% enthusiastic and determined support cannot fail or fall. Let’s have that support, and let us take the best 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.

Professional Enthusiasm

Pole County Association

Dines at Smouse School

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

Following the dinner, Miss Johnson, representative of the school, spoke on “The General Plan Followed at the Smouse School.” After he should return to the school he must show an intelligence quota of 75.

Five types of children are taken, orthopedic, infantile paralytic, cardiac, vision, and deafness. The children are made to feel free and unhampered by their many disabilities.

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 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 Yuba Down in Cuba.”

After the tumultuous applause for the musical numbers died down, Dr. John Wood, includ- ed an alumnus of this college, Dr. R. B. Kale, as the speaker of the morning. Dr. Kale, of 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 the business end of your practice to impress upon your patients that Osteopathy is not an adjustment, but is normalization of body structure. Dr. Paris Wood emphasized the extra-curricular activities inter- fere with your books and studies, especially at this time. This was often realized too late.

The assembly closed with a march by Ralph W. Price, entit- led “The Western World.”

Curriculum

Department of Laboratories

By F. A. Paris

The faculty of the department of laboratories of Still College consists of the following members:

F. A. Paris, Director of Laboratories in Pathology, Lab. Diagnoses, Physiology, Scrology, Immunology and Biochemistry.

Ava L. Hanson, Bacteriology and Histology Laboratories.


C. Ira Gordon, Bio-Chemistry.

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

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

The methods of instruction are basically the same as in actual applications of theories and methods taught didactically. Laboratory instruction and classroom lectures take place concurrently, the one sup- plemental to the other, practice and theory going hand in hand.

The courses are subdivided as follows:

Chemistry, 3 semesters—inorganic, organic, and physiological 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 pathologies, special, etc.

Lab. Diagnosis, 2 semesters—1st semester, clinical microscopy and histology; 2nd semester, vaccines, sera, and other bio- logies.

The standards set by the depart- ments are high, enabling Still College students to go into the field prepared, knowing that 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, developing a diet and by differential methods. Path. Lab. I is studying microscopic and gross anatomy, the various secretions, while Path. Lab. II is working on gross and microscopic speciments of the various morbid conditions. Dr. Paris Wood is conducting research and ex- periments on the heart, and Dr. Cole is studying 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 alde- hydes, while in the Bio-Chemistry Lab. is working on the digestion of proteins. The group in Histology Lab. is working on the histological sections of the stomach and small intestine.

Professor Paris, who heads the laboratory department, pre- sented an honor key each year to the student showing the most outstanding work in the basic laboratory medical sciences. The key is a token of the Professor’s and consists of a ca- duceus 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 successive issue of the LOG BOOK we plan to present a similar article dealing with the part which the laboratories play. Those to follow will include: bacteriology; pathophysics and bacteriology; pathology; eye, ear, nose, and throat; hospitals; technique; general clinic; therapeutics; and so on.

Convocation, Oct. 23

“The King’sjou” 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 subtituted as chairman in the absence of Dr. Facts. He introduced Mr. Cutler of the Y. M. C. A., who told of a special student membership drive. Those students if they would join the “Y” during the present member- ship drive. Each student present received a special key, denoting to himself; tituting him to one day’s privileges at the “Y” free of charge.

Dr. Woods next invited all students to attend the Pole 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 out the advantages 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 not your friend and knocker,” said Dr. Johnson. “You have something for sale; sell it without deference to 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’ Lizy.”
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 Sac and Foxes. Mr. Poweshiek said that there are over 290,000 American Indians, all with different speech, dress, customs, etc. The Sac and Foxes were able to get 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 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 of the United States had no right to have them there. The Sac and Foxes are doing the same thing now, because they have recently completed an internship at the Des Moines General Hospital.

Plays the Rumba on His Tuba"

The now popular "When You Love Song", featuring a chorus by Joseph Devine on the banjo.

Dr. John Wood, officiating for the day, presented consecutively to the audience a selection of music, including "I Found a Million Dollar Baby" by the band. At the opening of the meeting were of the band-orchestra conducted according to military order by Mr. Poweshiek. The function.

The entertainment was declared well performed by the Patti's Cafeteria Orchestra for the night.

In speaking of the state organization Mr. Park said, "You are the law in every state. The power of the state is to get behind all Os- teopathic organizations and make the support to establish such public officers as are open minded and will vote for a favorable state school law."

"Injuries 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."

"It furthermore approves the administration and prescribing, for internal and external purposes, such antidotes, antiseptics, narcotics, paracetamols, or other means, as may be necessary, in the prevention or alleviation of human suffering and disease."

"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 employ scientific measure, including surgery, prescribing, diet, hydrotherapy, and the use of 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 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 conference."

This work not only represents an entire summer's work in time, but also painstaking care and initiative in tabulation.

Freshman Reception

Huge Success

On the evening of October 16, the student body of Still-Higher School, parents, and faculty gathered at Hoyt Sherman Place to welcome the freshmen to their school. The attendance this year was the largest recorded in several years, and conviviality permeated the assembly.

Bernie Lowe and his famous Patti's Cafeteria Orchestra furnished the music, which was enjoyed by all present. The inclusion of the dancers, Bernie's music and entertainment was declared well high 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 all night.

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 registration of their narcotic registration.

"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 employ scientific measure, including surgery, prescribing, diet, hydrotherapy, and the use of 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."

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Obstetrical Clinic

Statistics Released

(Continued from Page 1) greatest was for last year, being 230. This means that each student graduating this year will attend seven or more cases. This is not sitting in a pit or other room and watching the progress of less than 152 names. It means 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 1.5 per cent! This is another remarkable fact. All through the report there is the fact that makes 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 conference. 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, Osteopath 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 1936, and recently commenced an extensive practice at the Detroit Osteopathic Hospital.

TREAT
Dr. Bartlett E. Treat, Osteopath Physician, announces the opening of his office at 208 Paramount Theatre Building, Cedar Rapids, Iowa. Dr. Treat has been 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 March, 1931, and has recently completed an internship at the Des Moines General Hospital.
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 and 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 person I have ever known. No matter whether the subject was celestial mechanics, archeology, anthroplogy, 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.

Kirksville 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 Kirksville has lost one of her foremost citizens. Men of his vision and personality are few and Kirksville 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 the Methodist church. His life was filled with usefulness in civic service and cultural helpfulness to young students. He was a remarkably well educated man and was a deep and profound thinker. The Still College, organized by him, is a tribute to his constructive and inspirational leadership."

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

PRESIDENT OF OSTEOPATHY

C. W. Johnson, Pres.
K. M. Robinson, Secy.
R. B. Bachman, Treas.

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

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. His father was a medical doctor, a graduate of Rush Medical College in Chicago, and a brother of Dr. Andrew Taylor Saunders. His mother was of Virginia ancestry.

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

At the age of 15 the boy entered the Methodist college, Baker University, at Baldwin, Kansas, the grounds of which had been given by Dr. A. T. Still, a brother of Dr. Still. He subsequently spent 2 years studying at the University of Kansas, where he became a doctor of medicine in 1873. He was president of the American School of Osteopathy, died at his home in Kirksville, Missouri, Friday evening, Nov. 29, 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. 30. Services were held at the grave in Woodlawn Cemetery and were conducted by the Rev. Charles Medbury, pastor of University Church and we conducted by the Rev. Dr. Medbury. Pastor of the Christian Church. The Rotary Club, of which he was a member, provided an escort of honor.

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THE LOG BOOK

ATLAS CLUB
(J. Robert Forbes)

Thanksgiving vacation saw an exodus of about one-half of the numerical strength of the Log Book.

DELTA OMEGA

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.

IOTA TAU SIGMA

The annual Christmas dance is being held this year at the usual time and this is by far the most popular event of the year. The decorations alone, plus the spirit of the occasion, leaves mem-

IT'S SIGMA GAMMA

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 the pledge (voluntary) and giving the home folks a treat. This fraternity is wishing Christmas may be of the merriest;

THE FRATERNITY

Thanksgiving vacation saw an exodus of about one-half of the numerical strength of the Log Book. 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 felt very honored by his favorable and extremely complimentary report on Xiphoid Chapter. Dr. Marshall is completing our 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 Tooth Extraction and the 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. Yule here in the closest spirit of 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 Scholar-
sip Fund has been most encouraging. Of course there are many who undoubtedly mean to send a contribution but who have missed 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, among the Christmas and Xmas Party. Bigger and better decorations, a bigger and better Christmas Tree and a bigger and better Yule here in the closest spirit of the old homestead. How are the shoulders, Par? Bigger and better Christmas Tree and a bigger and better Yule here in the closest spirit of the old homestead. How are the shoulders, Par?

Christmas vacation (16 whole days—count 'em) is in the off-

ing. Present indications are that the old battalion will be man-

ned by a very small but dauntless body of the "far away countries." The majority is busy planning on just how to get down to the coast 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.

Chapter reports of the Atlas Club takes great pleasure in announcing extension of pledge-ship to James Woodmansee and Bruce Partner of Bothell and Eanya Molineus and Lawrence Theberge of Aug-

usta, Maine.

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

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 from her and Wilburn said about our house and our members. Thank you, Mrs. Wilburn, come again.

Among those not forgot to mention a very important visitor that came to Des Moines during the Thanksgiving vacation was Mr. William Johnson (North Dakota). 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 the pledge (voluntary) and giving the home folks a treat. This fraternity is wishing Christmas may be of the merriest; in fact, the omission would have amounted to sacrilege and would have jeopardized my peace and contentment during the coming Christmas vacation.

The writer also recently acquired "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 ad-
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Editors' Note: The contents of this document are written in a narrative style, providing detailed accounts of various events and activities related to the Atlas Club, a fraternity, during a specific period. The document highlights the activities and reflections of the fraternity members, including their preparations for the Christmas season, the social life of the fraternity, and the contributions of new members. The text also touches on personal reflections and experiences, such as the author's travel plans and the appreciation of the home environment during the holiday season. The narrative style allows for a rich, descriptive understanding of the experiences shared by the members during this time.
The Log Book

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 its entirety or with widespread 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 authors and our famous "New Year Resolutions", we promptly forget them when we close the holiday season and realize that life is speeding along 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 the Christmas spirit throughout 1932. First, let us become so imbued with good will that we will act not only towards those who are nearest and dearest but also toward any and all who cross our paths. Let us, then, realize that our profession is far bigger than any one of us. Second, let us resolve to see that we express a little bit of our good will in the best way possible—that of seeing that Osteopathy reaches many new homes, that it serves more persons than it ever meant is going full blast. Several of them to save considerable in necessary paws...

Detroit Association To Banquet Students

The Detroit Association of Physicians and Surgeons of Osteopathic Medicine will hold its annual dinner and dance in the Athlillian 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. R. E. Schaeffer, 9589 Grand River Ave., Detroit, Mich. Give the name of your college and the year you will graduate. If you know 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

The annual Sigma Sigma Phi Intramural Sports 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:

<table>
<thead>
<tr>
<th>Team</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jota Tau Sigma</td>
<td>11</td>
</tr>
<tr>
<td>Phi Sigma Gamma</td>
<td>10</td>
</tr>
<tr>
<td>Atlas Club</td>
<td>0</td>
</tr>
<tr>
<td>Non-Pratees</td>
<td>0</td>
</tr>
</tbody>
</table>

Play has been unusually close and fast this year. Many upset have been registered so far. 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 are congratulated upon sponsoring this contest and providing a prize of such value.

CHRISTMAS VACATION

December 19—January 4

Greetings

As brisk as bees, if not altogether as light as fairies, did the Pickwickians assemble.... Christmas was close at hand in all his bluffs and banter; it was the season of hospitality, merriment, and open-heartedness; the old year was preparing, like an ancient philosopher, to call his friends round him and, amidst the sound of feasting and revelry, to pass gently out of our sight. Many old recollections and how many dormant sympathies does Christmas Time awaken!

DESMOINES STILL COLLEGE AND THE LOG BOOK

WISH YOU

A VERY MERRY CHRISTMAS AND A PROSPEROUS NEW YEAR!

THE CURRICULUM

STILL COLLEGE ATHLETIC CLINIC

(By H. V. Halladay, D.O.)

(Editor's Note: This is the second in 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 of course, that can not 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 athletic clinic plan. This, both sides agree, is mutually beneficial. By doing this work we make the system of athletics more comprehensive and 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 realize 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 this opposition that must be met with from the medical fraternity we have had to the value of Osteopathy in the care of athletes. This has been done to the satisfaction of all concerned, and with the cooperation of accurate statistics 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 members of the local chapter the vows of membership into the organization. The ceremony followed the banquet which was attended by the national drill team, twelve guests from Alpha Chapter of Kirkwood College and Dr. J. F. 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 organization. Further toasts were given by Dr. C. W. Johnson, official sponsor of Alpha 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: Honorary Members: Dr. C. W. Johnson and Dr. J. R. Beveridge; Active Members: L. C. Brookman, H. H. Kestenbaum, W. R. McLaughlin, H. A. Graney, L. Kestenbaum, J. R. Forbes, E. D. Beveridge, J. R. Forbes, E. D. King, J. J. Stiversen, and W. E. Lawrence.

Physicians Finance Co. Organized at Jefferson

An organization, headed by J. K. Johnson, Jr., D. O., has been organized at Jefferson, Iowa, to furnish an ethical service for the professional man in re-establishing his credits.

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 placed reach the attitude of desiring to pay their accounts. No patient is abused in any manner.

Questions 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. M. N. Welch, Detroit, Michigan; Dr. W. C. A., Denver, Colorado; Dr. Ray McFarland, Centerville, Iowa; Dr. J. W. H. Hodgkin, McCook, Neb.; Dr. John C. Wigal, Dayton, Ohio.
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, Cresson, Iowa.

New Mexico

The New Mexico State Board of Osteopathic Examiners will hold its mid-year examination on January 28 and 29, 1933, at the Chaves County Courthouse, at Alamogordo.

Applications must be filed at least one week prior to the examination.

Address inquiries to the Secretary, Mrs. Margaret J. Baker, 231 N. Main St., Alamogordo.

Endocrinology and the Osteopathic Physician

Ava L. Johnson, B. H. Ec., B. Sc., M. Sc.

[Editor's Note: The following articles are a part of a lecture by the name delivered before the A. O. A. Convention of 1929, in Des Moines, Iowa.]

I believe the osteopathic physician is atrafficking in endocrine therapy and does not know it! It is a fact that this method has a direct bearing on endocrine physiology which no one, or 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 due to inadvertent endocrine stimulation and control. For instance, an osteopathic physician specializing in cervical techniques alone may modify liver conditions, relieve certain anemias, and bring about a marked improvement in disease conditions which nervous control alone cannot account for. Thus the endocrinectomies 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 mechanically, but I don't know why it results as it does, nor how you do it."

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 I 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 this close association between hormones and vitamin B complex. This association is almost only premonition now, but the writing is on the wall—watch for it, and be prepared. It is not surprising that it was suggested too soon, it may have been there before, but three hormones or vitamins and D in a trice. 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, pouring constantly into the blood stream, and reaching and controlling far distant cells in the body. These secretions are indicated by the influence they wield over the three following sides of every individual.

Always, in future growth and development will the wise men and traditions laid down by Dr. Still guide this college to greater service to the profession.

State Boards

Iowa

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Address applications to Dr. Sherman Opp, Secretary, Cresson, Iowa.

West Virginia

The West Virginia State Board of Osteopathic Examiners will hold its mid-year examination at the offices of Dr. B. H. Dodge and Dr. William Robinson, National Bank Bldg., Huntington, W. 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 13 and 15 at the State House in Lincoln. Applications must be in at least 15 days prior to the examination. All inquiries to 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 12, 1931.

Koontz

Born to Dr. and Mrs. Edgar W. Koontz, a son, J. R. Koontz, on November 18, 1931, at Burron, Kansas.

Badger

Born to Mr. and Mrs. R. J. Badger, a daughter, Mildred Juanita, on September 26th, at Montezuma, Iowa.

Dr. Badger was formerly Dr. Mildred Trumble 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 204 A. and P. Bldg., Centerville, Iowa.

Still College

D.M.S.C.O. plans to hold in 1938 by a group of educators, led by Dr. S. S. Still, for the purpose of training in osteopathic colleges in a centrally located city where clinical material would be virtually unlimited. The plan is designed to maintain a live interest in the educational standards of the profession and put osteopathy on a par with each of our schools of the healing art. Prominent among the sponsors associated with Dr. Still were Mr. Davis, C. D. Davis, Mr. C. D. Davis, Mr. C. D. Davis, Mr. C. D. Davis, and 1807 members of the Idaho State Normal School. The college as organized at that time was known as the "Dr. S. S. Still College of Osteopathy." It was later officially approved by the American Medical Association and is still maintained by the same group.

Let us not be governed today by what we did yesterday, nor by what we plan to do tomorrow, but work day by day we must show progress.

Andrew Taylor Still.
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 the College student body function.

At 6:30 on the evening of Thursday, January 21, the college auditorium will be the scene of a banquet to be given by the student body function.

The Commencement exercises will be held Friday evening, January 22, in the college auditorium. The speaker of the College will give a banquet at the student body function.

Osteopathy Unit Saves Per Patient

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.

Dr. Odell Seriously Injured

Dr. Clarence Odell, South Bend, Indiana, was seriously injured in an automobile accident on the evening of Tuesday, December 29th, while driving from 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 injured his back. 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.

He 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.

College Employee Dies

Mr. Ed Thompson, janitor of the Still College Building, died December 19, 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 Osteopathic Association recently met and elected the following officers: Dr. R. B. Gilmour, Sioux City, Chairman; Dr. P. L. Palfrey, 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 Fatten, Fourth District; and Dr. R. R. Pearson, State President acting as ex-officio member.

Dr. O. A. Legislative Committee

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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 they were found necessary to dispense with these gatherings and, following the circulation of petitions in each of the classes, it was decided to begin them again on Friday, January 8.

In the meantime the assembly hall has been completely redecorated, the stage has been moved and rebuilt, velvet drapes were hung as a stage background and to conceal 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 conversion 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 for everyone visiting in our vicinity to come and be our guest at one of these Friday morning get-togethers.

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 these boxing under its banner.

Letters Received

Dr. J. P. Jones, Buckhannon, W. Va.; Dr. W. C. Hord, 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. Massella, 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.

Births

Born to Dr. and Mrs. K. E. Dye, of Bowling Green, Ohio, a son, Kenneth Ellsworth, on November 19, 1932.

Atlas Club Sponsors Scholarship Contest

The Xiphoid Chapter of the Atlas Club is announcing the establishment of an annual scholarship open to students 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 desires. Application blanks will be gladley furnished by the Club. Full rules will be mailed anyone upon request. All entries should be sent to the Atlas Club, 1725 Sixth Ave., Des Moines, Iowa.

The modern treatment of disease relies very greatly on what is 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 |
| Register | Jan. 22 - 23 |
| Class Work | Jan. 25 |
THE LOG BOOK

DELTA OMEGA

(Rachel Hodges)

1932 and nearly the end of another semester. Examination time being just around the corner 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 was all the more happy to see there some Santa who would know where to find her.

She delivered the New Year baby for Still College at 4:30 A.M. New Year's Day. It was another girl weighing 8 1/4 pounds. Stella seems to have raised an added wrist. We hope it doesn't prove serious, as finals come soon.

We learned something in surgery class the other day when Dr. J. P. Schwartz declared all the women were nasty. Wait till she passes her opinion on men!

Stella was quite busy before the New Year, dressing numbers for 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 Hurd and Spaulding being present. All of the Brothers report having a great time while home over the holidays.

It seems that Bro. Hall likes Champagne, Ill., so well that he is looking forward to keeping it 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, and later on, Bro. Osborn spent a busy day. It is with a great deal of pleasure that we learn that W.-S. 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 late 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 Purdu had the pleasure of hosting guests of the western Ohio Osteopathic Association at a wonderful banquet at the Blackburn Hotel, Dayton. We wish to thank them for the wonderful time we were shown and hope someday be returning.

This same group, with the addition of Bro. Koch, attended another convention at the Delta Ohio Osteopathic Sanitarium as the guests of Dr. Gebhart and his brother. Here, three major operations were seen very closely and many stimulating lectures held. A great sense of confidence that gives the student a perspective on the future and a desire to get all he can out of his course is here also.

While at Delaware, Bro. Quartel was seen. He is at present in the institution.

It is with a great deal of regret that we learn that Bro. Hewlett is graduating in six months and that he will soon be leaving us. All of us certainly hope that he will have all the success in the world and feel quite confident that he will know how we do.

With the semester being almost over the Brothers seem to have taken over stock in the Power and Light Company—important work that is, unless meant to be a deluge of epistles to be sent to the "dead ones."

Year brings more changes for 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 extra disposable tissue gained by several.

Bro. Toepfer takes the prize for the fastest. 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 wired into a wire factory or, on second thought, perhaps a telegraph system was being installed, however it developed that it had just been wired by a couple of "expert" electricians. Stoike has the wires wired in his room arranged to be 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.

Bro. Oleson and Armbrust with the aid of pledges Seelye and McCune kept the homefires burning over a very cold time. They say they had a wonderful time.

Hyndie Kestenbaum returned the proud possessor of a new Graham-Palge sedan. We're still hoping for that first ride Hyndie.

Several shiny new kits have been added to the Junior's equipment. Now if one of us gets 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 prospects for 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. Seipold 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 28. Couter 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 Earle, for their accomplishments in Osteopathic research. Those attending from 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 will hold its annual dinner dance in honor of local students and prospective students in the Cadillac Athletic Club on December 29. Dancing was enjoyed after the banquet. Among those attending were George Purdy, who is graduating, and J. Campbell, R. Stephens, H. Kestenbaum and L. Kestenbaum.

A Prayer

(Lines 260 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 some 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 futility they call "I."
Give me a sense of humor, Lord,
Give me the grace to see a joke;
To enjoy my work, 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 the day man first lifted himself into higher planes and began to measure time, whether it is common to men of all races, for whether or not it is merely another manifestation of "Americana." In the light of modern 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 jigs-and-jazz.

These resolutions, so ably 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 by the resolvers or their friends or relatives. Of course there are exceptions, no doubt many persons and families have made resolutions at the new year, kept them faithfully, and benefited thereby.

We are going to follow the crowd and make two resolutions. We hope they will be the exception.

We hope they will be the exception, and with the cooperation 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. 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 the year for the LOG Book. Perhaps this does not give us much chance to carry out our resolutions to the utmost possibilities, but we do hope to make a great stride toward the attainment of our ambition. Without positive action, the paper shall grow in volume and importance with each subsequent issue.

Even the "father of medicine" Hippocrates, taunted the value of fresh air.

American Osteopathic Foundation

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, totaling 75 persons. All health care and attention is of the cruise and is offered at no extra charge.


School—Go Slow!

(Ed. Note: The following paragraphs are excerpts from an article written by Tenney L. Davis, Associate Editor, Organic Chemistry, Massachusetts Institute of Technology. They were brought to the attention of the editor by Dr. Davis, as he appeared to be very pertinent and pertinent and are being quoted in part here. The original article 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 judgment to distinguish between the other is something that comes with the education itself.

"The process of imparting that maturity of judgment 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 when speed is more possible than 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 good. He is more valuable from the less; and the process of getting an education is the process of getting the judgment to discriminate.

"The getting of a sense of values, like the ripening of fruit, frequently ripens before it rots. But the judgment is always rotted until it is ripe."
Some time ago the LOG BOOK printed an article entitled "An Osteopathic Article by Dr. R. S. Copeland." In this editorial the editor quoted Dr. Copeland to the effect that he admitted the relationship of posture and faulty body mechanics to health. The Doctor told of children who return to health after correction of defective body mechanics, he told of the beneficial results of proper 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. Pender's addresses in which he made reference to this very thing. The following quotations from a bulletin printed by the Medical Department of the National Child Health and Protection Committee were given by Dr. Pender:

"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 in the causation of digestive disturbances to disappear as poor body mechanics are corrected to good body mechanics.

3. Irregular and insufficient bowel movement tends to become regular and ample with the accruing benefits of good body mechanics.

4. Cyclical 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 proper 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.

That the instruction in body mechanics be made an integral part of the required course of study in all medical schools.

B. In Teachers' Training Institutions.

That the required course of 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 orthopedic surgery.

C. In Schools of Physical Education.

That body mechanics should be made the basic principle of all physical education and that these principles should be underlaid in all instruction that are Known as calisthenics and games, and should be exhibited while these exercises and games are being carried out.

D. In Hospitals and Health Centres.

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 included as a part of the supervision of a physician.

As was stated in the editorial reprinted in the last issue of this article, medicine is openly adopting the osteopathic concept, but outlining it behind the 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. J. Affeldt, in a recent address, set this fact in its proper place 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 half awake to the great body mechanisms upon health as a great new revolutionary discovery of "scientific medicine."

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Endocrines and the Osseopathic Physician

Avia L. Johnson, B. H. Ec., B. Sc.

(Continued from Last Issue)

Structural Influence

I. First, the structural side. Our entire body form, structure and function, the way we stand, sit, walk and the composition of the materials of which we are made are all largely due to our osseopathic structure.

II. Second, the functional side. If the thyroid is congenitally absent, mal-formed or destroyed, by either disease or a disease, we have "cretinism." The crotin is the stunted, misshapen, and warped dwarf. If the gland secretes, the patient may live, but if the gland is absent, death is inevitable, unless treated by external hormone substance. Many cases of cretinism have responded very favorably to treatment with hormone. (Continued Next Issue.)

Open Hospitals Ordered

By Gov. Murray

There has been much widespread comment on the order of the Governor of the State of Oklahoma to the state hospitals forcing them to open their doors to practitioners of osteopathy. Governor Murray's position is strongly to be 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 medical schools 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 have no longer the right to exclude anyone from the hospital he is to be highly commended.

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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 the City Circle of the First Unitarian Church of Des Moines, Wednesday, February 10.

Dr. Golden's subject was "As a Man Eatest, So Is He." She drew the lecture, which was open to the public, was illustrated by means of slides.

Those in attendance at the meeting undoubtedly were the recipients of much valuable knowledge upon our dietary habits and the methods of correcting them.

Anent Our New Auditionary

During the past two months the college has expended approximately $1,000.00 in refinishing and furnishing 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 draperies were placed on windows in the room and when closed afforded facilities for motion pictures or IQ tests. The draperies themselves and drapes 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 lecture platform seats were installed and the old seats recoummodations 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 enamel. This finish aids greatly in diffusing and disseminating an

Commencement

Commencement exercises for the Class of January, 1922, were held in the College Auditorium on the evening of January 22, 1922. A large audience of relatives and friends assembled to rejoicing. "Realize that the big thing in life to seek is to understand men and women," said Rev. Dutton, "there is the 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 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 everything in the light of the great strata of society; a club must not be from the so-called lower strata of society; a club may get drunk with his ships 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)

Students Thanked For
Athletic Services

The following paragraph appeared in The Railsplitters, student publication of the Lincoln High School of Des Moines, a few weeks ago.

"Railsplitters of Lincoln High won a smashing victory at the hands of the M. C. Routzahn, of Des Moines Still College of Osteopathic, for the splendid work done by the football squad the past season. These two young doctors spent every afternoon during the week in study and practice, playing for the 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 area. Miss Johnson took the theme "A Brown Bird Singing" by Mr. Ralph Norman Dall as the platform. Rev. C. L. Young gave the invocation. Mr. Ronald A. Young, a Freshman student at Still College, presented two vocal solos, Handel's "Total Eclipse" and "Star Eyes" by Coucci.

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 big thing in life to seek is to understand men and women," said Rev. Dutton, "there is the 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 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 everything in the light of the great strata of society; a club must not be from the so-called lower strata of society; a club may get drunk with his ships 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.
ATLAS CLUB
(J. R. Forbes)

We are receiving a goodly number of applications for entry in our scholarship contest. However, it is not 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 prospect's do so at once. Write us and we 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 one of his new and old companions to attend. The furniture furnished the music, a goodly crowd was there and everyone enjoyed a whopping big time. If Cookie will promise to celebrate with a Bull 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 punish any player breaking training. We are pulling for him to lose to see that bridge trophy nestling on our mantel after the smoke of battle clears away.

We are expecting a noontime declamatory contest for both professional and amateur orators. The defending professional champion is Red Tannehill, and for pledge Ed Lelah is his only opposition. Two of these gentlemen are hard enough to get, and the other, perhaps, but Red's experience appears to be a little too much for Lodish to overcome. In the amateur division we have Casey Kessler and Pledge Hutson and Anderson. Spoons seems to be the most powerful and Clem the most persistant, but Casey's frequent outbursts of wit and wisdom make him the favorite in the betting. If Kessler can defend his amateur title the first day, the second day's play will be a little too much for Lodish. Come again, Larry.

The actives met February 4th to discuss plans for future work and good times and there appears to be an ordnance of officers for the Delta Omega girls this semester. Vi says she is content again now that her eyes have been brought back from her visit to Minnesota.

There is something mysterious about Norma lately. Maybe some day we will know what Stella must have learned a lot about Norma lately. anyhow. She has a bright look on her face and lots of enthusiasm.

Lillian says there are some gynecologic 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, it's my coron...a minute ago it smelled)". Up chirped that ever present fresh air. "Oh, Doctor, maybe it's pneum...a little extra help is now struggling with that hungry mouth in the basement, endeavoring to eat it, with suggestions from most of the chapter, with what is known in this state as that fast burning food, sugar (sugar, I mean)."

Several of the brothers are trying to devise a plan whereby most of the equipment is put away instead of on tines and white cloths. Doesn't the air seem heavy this winter? Some of the Iota Tau Sigma fellows are really learning to have 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, and he goes on to another set of feet. Anyways the ground hog didn't see his shadow.

Hurd recently reported in to Bro. Frank Schaffer and it is dignified without being self-conscious and is genial without being unduly familiar.

Bro. Lyle has recently acquired the new name of "putty". Most everyone knows the characteristics of the substance, but who knows 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 everybody had a great time and as a result we are looking forward to another one.

Patrine can now be seen getting up an hour earlier every morning, going through a series of strenuous exercises and general times and then spending a square to improve his wind, because he is the new bridge captain. We're all rooting for him.

If Kessler can defend his amateur title the first day, the second day's play will be a little too much for Lodish. Come again, Larry.
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 harder for them 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 and yet get into some other line, brokerage, business, manufactur, 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 such wealth; the affluence in order that he might fill the niche reserved by convention for himself. "For himself," at the same identical time, he is merely one more great literary vendor, "Shine on Harvest Moon," "I’ll Be Glad When Winter Is Over," "You May Call Me Confession" and "China town."

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 (L. 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 keeps the Boston Medical and Surgical Journal on its toes. If you read some of the interesting books on Physical Diagnosis and whose research along this line are accepted by all great medical authorities as being as standing work on the subject. To us it is merely one more great book, "A Requiem to" for himself" at the same identical conclusions and facts that Dr. A. T. Still presented some fifty odd years ago.

Senior Day, January 15

The semi-annual senior day assembly was presided over by George Purdie, President of the graduating class. As the program opened Dr. Pur- die introduced Mahatma Novenerd, famous Hindu sage and seer, whose maiden name is Maurice J. proceeded to peer into the future of each member of the graduating class for the year ’92 and a goodly percentage of our beloved faculty members. Some of the discourses 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: (6 deliveries) Everett Hewlett and Frank W. Shaffer.

Anatomy: F. W. Shaffer.

B. F. Marion Crawford, Everett Hewlett and Harry D. Taylor.

Dr. Marshall’s Award for Hospital Service: Frank W. Shaffer.

Sigma Sigma Phi Award for Efficiency: George Purdie.

Following the awards the student body entertained an infiltration of the various publications were solicited

The course in physical diagnosis is presented to the junior and senior classes. It is attempted not only to give the didactic or technical side of the subject but to present the class to each of them.

In the Out-Patient Clinic we take the care of patients who are confined to bed with some acute condition such as pneumonia, acute bronchitis, influenza, skin, etc. The condition, such cases from the clinics as might be typical of the condition at any particular time at any particular 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 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 an- bulatory methods of treating hemorrhoids and fistulae are used and, while some cases of external hemorrhoids are treated, the majority of our patients are found to be suffering from the internal type of hem- orroid. The number of treat- ments necessary for any one case depends upon the number of in- jections given each session.

A rule infringes two territories at each visit, and, by this method, five or six treatments usually cures the case. The patient re- turns for examination in a month or six weeks after he has been discharged. We may keep check on his condition.

The course in Communicable Diseases is presented to the upper Sophomore Class. In this class we present the etiology, pathol- ogy, symptomatology, diagnosis, treatment and prognosis of each of the diseases coming under this classification, beginning with the communicable diseases and ending on through the entire list.

Joe: “Who is that behind us?”

Jim: “Flapper in a red sport roadster.”

Joe: She turns violently to right, crashes through fence and wraps car around tree. “Safe at last, who matters, pleaking 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 worth of human nature. Not long ago we received two letters in the same mail that were similar in intent but decidedly different. Each was soliciting the college for funds to pay for space in their state organ, in the hope of increasing 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 “blackmark” them. It is true that the word that the word was intended to mean “blacklist”, as the inference was that no more students would attend 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 cash 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 the space in state journals. We do feel obligated to the A. O. A. and we also mail to the profession a copy of the Log Book. This is the only way we can satisfy all the papers and make it possible to all for a copy of the Log Book. These expenditures are all that we can allow under our conditions. When we get to the place where we have surplus of funds and have perfected our institution, in a condition were 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 osteopaths are a respected body their 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. It is of the utmost importance that the colleges be supported.

The popularity of the profession is increasing and the public expects the osteopath to be very modern on the surface. This is not true of the individual, but is a universal opinion of English, his movements must approach and build up this prestige, and must know how to make the patients feel comfortable in his presence. The public expects this, and the profession is making a great effort to meet this demand. If the public expects certain things it is necessary that the profession endeavor to present them.

The public expects of their prom- on Character

natics, the profession should be presented as professional men. The profession must be up to date, current on every subject. The public expects of its professional men by the time the embryo is but 1/4 inch long! This demonstrates the necessity and ultimate control of the endocrines over structure and function of the individual.

Effects on Character

I. III, the psychic or mental characteristics. The works of Berman and Huntington in the field of general health states upon the psychic or mental characteristics are outstanding. Their works are a treasure 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 occurs during or after adolescence and is characterized by abnormal deposition of fat, defective speech, mental confusion, etc. The administrations in both sleep and waking which appear at intervals in a definite cycle which once started, will go on indefinately, 1. 1. 0. to right, etc. The patient shows a desire to be left alone and his mental coordination is interfered with. A myxedematous person appears imobi- lized, shows no emotions and is to be avoided. The administration of iodine is of great value and the administration of thyroid usually fails to be of marked benefit.

D. 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 thin, his voice 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 full of energy, nothing seems right. Progress is bad, the heart is apt to give out, especially at a moment of shock or excitement. Sometimes the patient is wrong enough to wear out the gland, in which case he becomes myxedematous. Treatment is surgical if possible, otherwise a strict diet excluding any food with even a trace of iodine, tannin, or caffeine, rest, phycho-therapy and guarded exercise.

C. Anterior Lobe of Pituitary. This lobe of the hypophysis cerebri governs the male characteristics of an individual. The body development, egotism, masculine emotions, etc., are due to this portion of the gland. Male masculinity is due to the over functioning of the anterior pituitary.

Posterior Lobe of Pituitary. This lobe governs the female characteristics of an individual. It is tender, gentle, sweet, dependent, emotional, clinging-vine type of female is due to the hyperfunctioning of the posterior portion of the pituitary The effeminate male suffers from a super secretion of the posterior lobe.

(Continued Next Issue.)

We build our future thought upon. 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.

Frat Brother (after initia- tion): “You Frosh can sit down now.”

Vocal from rear of group: “Jlari!”

Miss Johnson Speaks At Cedar Rapids

(Available from page 1) preclude against this attain- ment. In order to successfully approach and build up this prescrip- tive, the doctor must cultivate a good speaking voice and choice of English, his movements must be dignified, 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 the mental upset being symptomatic of disease as apparent pathology. He must recognize types and know the danger pits into the 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 W. Guild, the “Old Doctor”, speak. Dr. Still was visiting in Des Moines for the Convocation ceremonies held before the student body.

The convocation was opened by two numbers by the band-and-chorus of the “New College” and the popular “Good Night Sweetheart”.

Mrs. Johnson then introduced Dr. Charlie who proceeded to present some interesting and valuable data concerning our profession, the osteopathic days and paid tribute to the many prominent people who have done work without one cent of compensation, and in many cases work without thanks, from those who should be vitally interested in obtaining higher standards in our colleges.

H. V. Halladay.

Endocrines and the Osteopathic Physician

Ava L. Johnson, B. H. Ec., B. Sc.

... (Continued 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 pancreas. Langerhauser has given them a chance to function if the damage is not too severe. However, what right have we to say that the pump of lymph is free from the pancreas only? The rate of healing in diabetic ulcers when this treatment is used 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 fast life the thyroid is recognisable, the pituitary may be demonstrated at the end of the second week, the gonads at the third week, and the sex cell at the fourth week—all by the time the embryo is but 1/4 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 general health states upon the psychic or mental characteristics are outstanding. Their works are a treasure 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...
More Improvements In College Building

The latest improvements made by the board in its campaign to make the building a 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 microprojectorscope room has also been moved from the third 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. O. O. room now occupies the old location of the lounge.

These changes serve to make the building a bit more compact and handy 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 League. He will be with the team at all times throughout the 1923 season, stated an article in the Columbus Citizen.

Dr. Rhode interned in Des Moines General Hospital following his graduation from D. S. O. After his period of internship he entered practice in South Bend.

The Columbus team has gone entirely osteopathic as it has also commissioned Dr. Harrison J. Weaver, osteopathic physician to the Saint Louis Cardinals, 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 Tournament

After four weeks of play the Iota Tau Sigma Fraternity team emerged victorious in the annual intramural 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:

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<thead>
<tr>
<th>Team</th>
<th>Points</th>
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<tbody>
<tr>
<td>W. L. Pet.</td>
<td>46</td>
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<tr>
<td>Iota Tau Sigma</td>
<td>43</td>
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<tr>
<td>Atlas Club</td>
<td>56</td>
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<tr>
<td>Phi Sigma Gamma</td>
<td>71</td>
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<tr>
<td>Iota Tau Sigma</td>
<td>.615</td>
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<tr>
<td>Atlas Club</td>
<td>.517</td>
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<td>Phi Sigma Gamma</td>
<td>.366</td>
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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, the dance will outstrip 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.

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 have been posted. Standings after first two rounds:

<table>
<thead>
<tr>
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<tr>
<td>Non-Frats</td>
<td>.000</td>
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Locations

Dr. Lee L. Linblom announces the opening of his office in the Farmers State Bank Bldg., 1001 W. Douglas Ave., Des Moines. Dr. Linblom 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.

W. L. Pet.

Dr. Durwood H. Wire announces the removal of his office from Bridger, Montana, to Corydon, Iowa.

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 in 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.

Didactics in Athletic Clinic Ends

The course in the care of athletic injuries recently ended after running six weeks. Dr. H. V. Halladay, 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 Restauranteur 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.
That week of the year where pledges are, literally, at the bottom of the social scale, is called "Hell Week." This is really a misnomer because house work, drills, etc., can be termed as "Hell." If there were all there was to the so-called hot place, perhaps we wouldn't have so many that eventually end up there! Neverthe less, the pledges are going through their paces and making a name for themselves in the archives.

We were very much surprised to see the fire truck bound 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 Lodishev 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 that got us. We aren't quite sure as to his reasons but the results were very interesting. Out of the two of the Pledges outside 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 upon the shoulders of our two mantels, thus proving that women conquer all.

Fred McAllister, both of Des Moines, has been seen sporting an ebony opal, although he is known to have disdained the same for them. He is enjoying his work. We hope for his speedy recovery. Mr. Alumnus Dr. Avis Payne, who had a very interesting talk on electrical therapeutics at "The fraternity system is rapidly finding itself face to face with a new situation with which the fraternity must either come to reckoning or not exist. Let me indicate some of the factors in this situation.

"One of the serious consequences of the inter frater- nal system has been the too often necessity of subordinating other interests to the necessity of maintaining the fraternities. For one thing, the fraternity system has been the central place for the development of a sort of private hotel, equipped with all modern conveniences, under circumstances which sometimes make it play such a great part in most university life that its presence is practically nothing more than a continuation of the business of the undergraduate chapter itself.

"Further, there is the criticism that the fraternities hold themselves aloof from the central purposes of the college and universities, existing as the "weaker ones" to seek the protection of the "stronger ones." 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 stand- ings. I am asking the question whether the average fraternity house is for or against the development of a richer intellectual life. That is, whether the fraternity house is against the very thing for which the college is striving.

The fraternity system must be viewed. The long college existence of fraternities is that they do not recognize the fact that 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 the case. They are the people who are used to doing things that are not necessary and that are dangerous. When the "fraternity" is not in the Dormitory, then the young men are acting like child- ren. It is that attitude attitude toward freshmen that is the worst. Now that the fraternity system is being made to work for a new situation with which the fraternity must either come to reckoning or not exist. Let me indicate some of the factors in this situation.
Backs

The special convocation of Feb. 11th was opened with the New Colonial March as rendered by the school band-orchestra.

Following the march Dr. C. W. Johnson, President ofStill 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 Oskosh, Wis.

Dr. Rogers complimented the hospital and school and said that they both typified the sacrifices made by osteopathic physicians that their students might enjoy a real education.

"Don’t die on third," said Dr. Rogers. "You may have arrived at 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 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
I want to be fit for myself to be
Always look to myself in the eye;
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 my individual self,
I want to be able to like myself.
I don’t want to look at myself and
That I’m bluster and bluff and empty show.

I never can hide myself from me,
I see what others may never see.
I don’t know that others may never know—
I never can fool myself—and so it 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. (Heml.)

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 Dr. George Washington, and was part of the nation-wide Washington Bi-Centennial Celebrations.

The entire student body and guests rose and sang "America" to open the convocation. Dr. Halladay 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. 13, 1779, Washington rode in inclement weather on horseback over his plantation and contracted a severe cold. On Dec. 15th he was so fevered and the swelling of the muscles around his right eye so great that he awakened with the 'ague' and a throat condition which rendered him almost speechless and breathless. About 6 a.m. he bled of 16 ounces and later during the day he bled three different times. The fifth time, late in the evening, his physicians bled him of 32 ounces and ordered an early closing 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 these, we saw Dr. Halladay and his family at Mount Vernon and other places of historic interest. The entire student body was made grateful to Dr. Halladay 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 the 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 changes that have taken place in diet of the American people.

"The figures are based on a recent survey of 614 hotels and restaurants in the principal cities in the country. The results of the inquiry showed that the sandwich trade had increased 275 per cent, during the twenty years. During the same period, the salard trade increased 93 per cent, the consumption of fresh vegetables increased 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 was 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 profession.

The patient walked around for a few minutes and then he approached the doctor again. The result was the same. Nothing was the matter with him and the doctor let him go. But the patient didn’t seem satisfied 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 quite busy, to examine him again and tell him what the trouble was. Finally one of them commenced horseback over his plantation 11 and 12, 1799, 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. 13, 1779, Washington rode in inclement weather on horseback over his plantation and contracted a severe cold. On Dec. 15th he was so fevered and the swelling of the muscles around his right eye so great that he awakened with the 'ague' and a throat condition which rendered him almost speechless and breathless. About 6 a.m. he bled of 16 ounces and later during the day he bled three different times. The fifth time, late in the evening, his physicians bled him of 32 ounces and ordered an early closing of Dec. 14. These bleedings were undoubtedly the immediate cause of his death.

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Ten Business Commandments

1. Thou shalt not wait for something to turn up; but thou shalt pull off the coat and go to work. Our habits make us a prisoner in thine affairs and make the word "failure" spell "success.

2. Thou shalt not be content to export thy business carelessly 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 thou may thy days be long on the job which good fortune hath placed in thy hand.

5. Thou shalt not fail to maintain thine own integrity, nor shalt thou deal in anything that will lessen thine own respect for thyself.

6. Thou shalt not covet the other man’s job nor the position he hath gained by his own hard labor.

7. Thou shalt not fail to live within thine income, nor shalt thou contract any debts which thou canst not see thy way clear to get out of.

8. Thou shalt not be afraid to blow thine own horn, for he that cannot blow a horn born 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 fair chance. Upon this commandment hang all the law and the profits of the business world. (Anonymously)

Convection, 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 vintage were practiced with great facility. Miss Draper memorialized the organization with a song that had been written to the words of a slightly hypocritical song by a hasty judgment.

A. The organism as a whole must deal with two worlds: first, the vegetative system connected with 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 both quicker and more constant than the cases of extreme unbalance in outbursts of emotion, etc. In this second world lieth the conditioned reflex.

B. "Temperament—registers the history of the vegetative nervous system particularly in the cortex. That is, the touch with environment.

The importance of the effect of endocrines upon intelligence and ability to remember is often overlooked because it offers a practical means of control. Suggestion will affect the vegetative system both for better or for worse of the cortex because it is difficult to achieve a conditioned reflex.

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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 an act. The greater the positive gray matter the greater the consciousness and willing. Miss Draper illustrated his point because he remembers and can control his environment. The ability to remember and to bring back memories to bear on the conduct is the distinctive function of the nervous system. This memory depends 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 into black and white, terrifying and dominated by quarrels and conflict. An example is the similarity in composition of gray matter and the phosphorus containing substances manufactured in the nervous system as if the adrenals provided material from which the brain is made as well as providing materials for daily repair. When an amon is born (one without cerebral hemispheres) the adrenals are either 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 hypnagogic secretion of the pineal gland and further mention is unnecessary.

If whole pituitary secretion is deficient the patients lacks inhibitive power, judgement and moral sense. These are the pathologic liars and thieves, chronic incorrigibles. There are many cases of children who have been transformed physiologically 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 forth. Such a person is known as an "edietist", the condition resulting from a slightly hypnagogic secretion of the pineal gland. Miss Draper is an excellent example of an edietist. Miss Draper memorizes the lines of her many varied characters and chases the parts upon the roots of both in the following two ways:

1. By the method of association, memorizing.

2. By the method of imagery. This method is especially useful when the images are of visual type and the parts resemble each other in general appearance or color.

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(Continued from Last Issue)

Emotional Characteristics

IV. Fourth, the emotional characteristics of the individual. Given this information it is 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 systems of 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 of emotions.

A. "The organism as a whole must deal with two worlds: first, the vegetative system connected with 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 both quicker and more constant than the cases of extreme unbalance in outbursts of emotion, etc. In this second world lies the conditioned reflex.

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Effect on Personality

Second: the effect upon individual personality. We have already noticed the effect hypnagogic secretion of the pineal gland and further mention is unnecessary.

If whole pituitary secretion is deficient the patients lacks inhibitive power, judgement and moral sense. These are the pathologic liars and thieves, chronic incorrigibles. There are many cases of children who have been transformed physiologically 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 forth. Such a person is known as an "edietist", the condition resulting from a slightly hypnagogic secretion of the pineal gland. Miss Draper is an excellent example of an edietist. Miss Draper memorizes the lines of her many varied characters and chases the parts upon the roots of both in the following two ways:

1. By the method of association, memorizing.

2. By the method of imagery. This method is especially useful when the images are of visual type and the parts resemble each other in general appearance or color.
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 reputation in the community.

Dr. Nicholson graduated from D. M. S. O. with the Class of May, 1929, and was affiliated with Sigma Phi and The Atlas Club Fraternities.

Locations

Dr. Francis H. Crawford, Osteopathic Physician, desires to announce the opening of his office at 1005 SouthernSurely Beel and Des Moines. Dr. Crawford graduated from D. M. S. O. in the class of January, 1922.

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. Love cup games 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 Sigma Sigma Phi 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 be on no regular schedule, it will offer pleasant opportunity to 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 either contest but they will be announced in the near future. Fraternity is urged to get their teams in shape and be prepared to participate in both competition. The golf and baseball cups are at present held by the Atlas Club and Iota Tau Sigma and hold the track trophy.

Atlantic Club Wins Bowling Tourney

Tuesday afternoon, March 29, the Atlantic Club Bowling Team, winners of the second half of a split season, defeated a team from the Iota Tau Sigma house, the 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 final two halves from each club ended until the final day's play between the Phi Sigma Gamma and Atlantic Club teams. Final standings found the teams in the following order: Atlantic Club, first; Iota Tau Sigma, second; Phi Sigma Gamma, 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. Mr. Andrews had the highest season average for the champs with 173, and Captain Johnson was close on his heels with 170. The winning Atlantic Club had a season team average of 789.

Osteopathic Child Study Association

One of the very best and far-reaching lay organizations connected with the Osteopathic profession is 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 various diseases 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!

"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.]"

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 bulletin or talk before some organization, they should contain no more than 1500 words and must be in by May 15, 1922.

Full information can be secured from the college bulletin board. Essays should be sent to Georgia S. Smith, D.O., 802 Holingsworth 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 May, 1922.

Dr. Bauer spoke at the morning session and her talk was on "Mother Diagnosis of Children'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 Coeducational Club of Delaware.

Dr. Bauer's activities in bringing Osteopathy before such organizations has earned for her wide-spread fame both in and out of the profession. Not the least of her accomplishments along this line has been 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.
ATLAS CLUB
Portrait of a Man Talking to Himself—
(Apologies to Walter Winchell)
WONDER what this ... sat there and drank--
But he had a good time of it,
didney.

The DALE COMPANY, now on the Enson's, at the 17th, which is
nightly shows the best theatrical
talent seen in these parts in
many a day ... if you don't go
without your own mistakes, Mary
Roy Mount, a steady patron,
thrains to go every night if
in luck of last Friday night
hold out. The baseballers
are now at work and we hope
for a pennant winning season
next year. That Roy Mount was
in corporated for life. Congratulations,
Roy, and may your future
be as bright as this fine Spring
weather.

Brother Whetstine, having
heard of Brother Hall's tech-
nique in placing a pin, succeed-
in in hanging his in like man-
er. Did you enjoy it, Gary?
Some here at the house
has a great big Chrysler with
a nice shiny finish. The other day,
Brother MacLaughlin washed his
in his car and had a good time of it—
It—positively sparkled—
all the paint had come off!

PHI SIGMA GAMMA
(Senior Issue—Army
STUFF)
Brother Armbrust's naughty lit-
tle boy, Walter, will now give
Mr. Kingsbury a hell of a seance
and each will give his own
mate the best educational
outcome of the graduating
P. S. G.'s.

O—STILL COLLEGE—
Willy Brace is my first
lover. Another local boy makes
good. Billy has often said he
must save money to live at
Stover. But really, Bill, could you
leave your fair one and the restaur-
anteur? With your hash-house ex-
perience, we will expect great
changes in the dictatorial field.

Harry Cloyed, my buddy and
co-osteopathic assistant. Old H.
H. has had a time of it but he
still holds his head up and is
still fighting. He has been keep-

ing the bacterial down around
and the white count up, at
Flynn's. I'm missing your cream.
Put 'arry, Vl, oh Vl, do you do
vot you?

Grau. You know David of the
Bible—well, our David is just
his return. Dave is perhaps
Still's best student of past, pres-
cent and future. Good work.
Grau. A lot will be expected of
you. I have been keeping a close
check on you and your dogdols. I
do hope your mother does not
get all out to what I am about to
unfold. Do you realize that dur-
ing your four years here at Still,
you have actually neglected your
books, studies and school work
and come again in one of the original nut.
Stills and vicinity
among us. A very nice voice
over the phone sweetly asked it
"Buddy" was there. After sev-

eral minutes of Inquiry it was
discovered that Brother George
was not the person who answered.
Well, you know Spring washes

brother and friend.
our sleeve to keep from

already at work and we hope
with an "e".

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 conven-
tion of a divisional society of the
Iowa State Osteopathic Asso-
ciation. At the afternoon session
Dr. Halladay spoke on "The In-
voluntary 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 Oste-
opathic Approach to the Muta-
nal.

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
canterbury.
It shrieked and shrank,
As he sat there and drank—
But he had a good time of it,
didn't let them spell "pan"
The Log Book

The Official Publication of... Des Moines Still College of Osteopathy

President: ...-Again and again.
Exceeding the feed limit, as well as the speed limit, makes business good for the hospitals.

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, but, said Dr. Clark, the student body should learn to be prepared to give their pay for services rendered and so must the physician for he, too, must pay rent.

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Convocation, March 18

According to Dr. D. L. Clark, of Denver, who addressed the students at the Convocation, March 18, osteopathic physicians must learn to become business men. This does not mean a professional business man, Dr. Clark hastened to differentiate, but a business man in his office on a strictly business basis. The butcher, the baker and the candlestick maker all receive their pay for services rendered and so must the physician for he, too, must pay rent.

When introducing Dr. Clark, Dr. L. L. Facto, of the faculty, related an anecdote of the formality which he made at the time of his examination and said honestly to the patient: "There is nothing I can do for you. Then as the School man passed through his office door, Dr. Clark realized he had just 13 months in his 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. Yalo Castilbo of the faculty of the Kansas City College of Osteopathic Surgery with us. Dr. J. M. Woods introduced Dr. Castillo to the student body and requested that they give us data on the student experimental work on the spleen now being done by the students of the Kansas City College.

"Anatomical, histological, structural, and other types of research are now being done with the osteopathic profession," said Dr. Castillo, "but there is a special field of research thus far which the groups which the groups could adequately and successfully do. One form of this research is now being done by Beta Chapter of Psi Sigma Sigma Sigma Phi, Honorary Fraternity, was in charge of the assembly and presented the Lincoln statue in a thirty-minute concert. The band showed a snap and execution not to be expected of a school band, nevertheless the music was played in a style showing interpretive genius on part of the woodwind sections. The surprising sincerity and understanding on the part of the young performers next came one of Flimor's trombone solos which, as usual, depicted an episode in negro existence—this time it was "Of Mose at the Revival Meeting." The writer, being one of the fraternity, always feels sharp pangs of pity for his fellow enthusiast when it falls to their lot to foist upon their audience one of these things. However, it was well executed and reporter is undoubtedly prejudiced.

The Largethu from Luigiini's "Ballet Egyptique" was next. Mr. Engels arranged for the piccolos, oboes and bassoons to be the best performing sections in Mr. Engels's band. Following was the famous "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 woodwind sections. The surprising sincerity and understanding on the part of the young performers.

"Far too we have experimented upon about 60 healthy individuals. Manual alternate compression and relaxation of the spleen is the object of stimulation thus far being studied. Before treating this subject we do 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, give rise to the phenomenon of a decrease from maximum stimulation counting the spleen. We gave in another interesting number in his microscopic examination and this bridge proves his point. This chart must be, however, but a beginning, he said, of the results. Dr. Clark said. No physician can afford to give greater attention to this subject without being 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."

Loca...
Endocrines and the Osteopathic Physician

Ava L. Johnson, B. H. Ec., B. Sc., M. Sc.

(Continued from Last Issue)

Summary of Specific Action

1. THYROID. This gland is the great energizer of the body. It stimulates growth, exerts great power in regulating detoxification and immunity. The endocrine product is thiocysteinum or thyroxin. Over secreted results in "Graves' Disease" and various profound nervous disorders. Enlargement is known as goitre and may be of several types:

2. PARATHYROID. - Pre-se secretions in calcium and phosphorus metabolism, important for proper bone and tooth structure. The glands increase in the post partum period, exerts a decreased secretion. This portion of the pituitary governs the smooth muscle cells. This portion of the pituitary 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 Islands of Langerhans, on sugar metabolism.

It will not be necessary to discuss the pituitary or 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 present a little thought and research on this fascinating subject. For that reason I herewith present a bibliography that, although not extensive, is representative of the work and knowledge of endocrinology.

Conclusions: The glands, B. H. Ec., B. Sc., M. Sc.

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, when applied to protect a ligament or other tissue. This is applied to improved conditions."

Practice questions and answers to the questions published last month are given in the Athletic Clinic at the College. In order to not repeat these several times we are giving you what we consider the correct replies with the complete detail with which the student is familiar but more in the form of an outline. If those students interested in this work will attend the lectures and demonstrations of the Athletic Section of the A. O. A. 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 not 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.


4. Tertiary Traumatic. Very severe trauma. Capsule of muscle and fibers torn. Area of infiltration not necessarily large but presents induration 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 ten minutes.


3. Strapping to keep swelling 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 active to improved conditions.

(Above is routine and varies with the diagnosis.)

Question—

What principle is used in tapping?

Answer—

Tape should be crossed when applied to protect a ligament or other tissue. This is 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 the 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 Mark 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 and 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 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.

—(Lehigh Valley Argus.)
Our Popular Faculty

Osteopathy at the Drake Relays

Dr. Petermyer of Kirksville Dreams

We Will Be Busy
As follows

State Board Exams

Iowa State Osteopathic Program

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


PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 9 May 15, 1932 Number 12

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. Let us forget to 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. Rebelka 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, "Therapeutic Treatment of Arthritis," Questions on morning address.

Wednesday, May 18, 1932

9:00—Dr. 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 G. Murphey, "Things That Gripe Me."

11:00—Dr. J. P. Schwartz, "The Tailing 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.

In Re Texas

Quoting from a letter recently received from Dr. E. Marvin Bailey of Houston, 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, Homeopathists 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 premedical 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.

(Foreward on page 4)
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, Lilian Peterson; escort, Stella Sleev. Viola's graduation in May leaves a nucleus of four members in Beta chapter, but their enthusiasm harbinger success for an extensive fall program.

Stella Sleev is anxiously planning for and awaiting summer vacation. Michigan has been made quite a pleasant state for time to have heard her plans. Lilian finds time to set amateur records as a gardner and has 350 canna bulbs to nurse through the entire series.

Our annual spring dance, which was held at the house Sat. May 25, was deemed to be the best party of the year. We were glad to have with us a number of our alumna members. We would like to know why Brother Roy Mount had his program filled for the entire evening while the music stopped.

The kitten ball team has been packed to follow the various tourneys and will be there when it does run.

IOTA TAU SIGMA

It seems but like yesterday that we were receiving guests and here we are with but a couple of weeks to go. Tempus fugit.

The Seniors are getting ready to take certain state boards and the books are getting a workout. Nevertheless it's plenty to do a certain amount of reviewing before the exams and then it all can't be remembered. The kitten ball girls are preparing to take the Ohio Board while Brothers Spaulding, Morgan and Bate are finishing with the Iowa Board. All have every reason to believe that they will all pass and we would like to wish them the best of luck from this point on 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 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, we may play the lay game. All 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 trophy. However, the Alpha 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 Alpha Club proved themselves to be real ball players and good sports.

The kitten ball and golf tournaments are now under way and seem to be going well. The alloy run quite a bit of assisting in this work and knowing Doctor Gill, we may play the lay game. All have every reason to believe that he will be very successful.

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. The golf of the Atlas tops the field in low with a 73 while Frazier of the Phi Sigma is second with a 74. Morgan of the Frats and Joe Devine of the Non-Yoys are both 75's. The Frats are only a stroke or so behind.

Each favorite has his own galley and golf course looks as though Bobby Jones were giving an exhibition. These embryo physi- cians will certainly add prestige to some country club when they emerge as Osteopathic physicians.

Track Meet

Friday, May 20, the stands of the Valley Juctson 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, long jump, shot put, javelin throw and hop-skip-and-jump (not forgetting the married man's 50-yard dash) will be featured.

One man is entitled to enter two track events, two field events and one team event. Entry forms must be in by May 17. Entries may be withdrawn after that date but no new entries will be allowed. The 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 awarded early next semester.

PSI SIGMA ALPHA

Psi Sigma Alpha held the last of its line tourneys for the school year at Doty's Tea Room May 3. Speeches by the graduating Seniors, Brothers Toegger, Brownman and Stiverson were followed by the presentation of life membership certificates from the national grand council in Kirkville.

Gamma Chapter will suffer greatly from the loss of these brothers, and we express our ability in the present of the old Psi Sigma Alpha. It seems almost like yesterday that "The Little World Series" was played.

With a nucleus of eighteen members in the new chapter, the Fraternity is in a very much attached to Pledge House and will wish many times return to make her home with us.

We, at Still College, were very happy to have met Dr. Yale Castillo 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 of 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 endorsement of their instructors.

SQUARE AND COMPASS

Plans have been formulated to make Still Chapter of Square and Compass the headquarters of fraternal clubs. The Masonic fraternity, one of the leading and outstanding fraternities on the campus.

The eighteen prospective members this organization will take a vital part in the activities of Still College.

We wish to express our appreciation to Dr. William H. Brown of Washington & Lee University, who is the national officer of (Continued on page 2)
THE LOG BOOK

Assembly April 22

Under the auspices of the Sigma Sigma Pi fraternity, Major Harding Polk of Des Moines addressed the school assembly. February 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 Solution," was the subject upon which he spoke.

"Peace on earth is a lovely idea but I fear that 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 back to the old war song, 'Farewell to the speaker. As long as there is selfishness in the world, there will be war and there must be death."

The pacifist, Major Polk feels, is one who is not informed, who was not trained and is not discerning. The country cannot be led by unformed, untrained men and women. He repudiated some thought expressed: that military men want war for self-aggrandizement, "One shouldn't think as 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, and 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 they continue with the same standard. Our 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 as does not babble babble every other sentence. The crowd demanded several encores.

Bob Cross and Company closed the entertainment with a spirited 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.)

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 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 state and would like to have 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
Armstrong—Ohio
Belden—Iowa
Brace—Iowa
Broadhead—Iowa
Brochu—Minnesota
Campbell—Michigan
Cloyed—Iowa
Eggleston—Iowa
Grau—Iowa
Haiinlin—Iowa
Henderson—Iowa
Hayward—Iowa
Jagnow—Michigan
Koeh—Ohio
Koch—Iowa
Lamb—Ohio
Mikan—Michigan
Fleener—Ohio
Morgan—Iowa
Morse—Ohio
Peck—Michigan
Peck—Ohio
Poultzahn—Ohio
Rutledge—Ohio
Seely—Michigan
Shideler—Iowa
Schaeffer—Ohio
Sparling—Iowa
Spaulding—Michigan
Swartzbaugh—Ohio
Teo—Minnesota
Toepfer—Pennsylvania

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 for duty in the Service on 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 the summer with us. Some number in order to get the local chapter started on a year of usefulness and activity in college and Masonic affairs.

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 MARIETTA

I was assigned to look after the Marietta University of Osteopathic Medicine. 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 so that he was not able to take his usual training down to take his mark, and his right leg seemed to ache and feel weak. I looked him over, but could find nothing hense, 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 at rest.

The next day, about an hour before his race, I gave him the same treatment. He told his coach that he felt much better that the coach asked me to take care of this sprinter and treat him between the relays in which he was to run.

This athlete won the hundred yard dash in Milwaukee, equaling the world’s record. He also won two relays for his team, by taking care of this sprinter and helping him prime his body with Osteopathy. This record breaking broad jumper to us for helping him.

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 violin for him. 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 concealed from the eye of the visitor.

Bob 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 Brattlboro. The 10000 watts used in lighting the room for the picture disclosed three magnetic prongs of ashes in the fireplace. This worried C. W. Aya, who also took part in the picture, and is all slammed up over another conquest of Europe.

Lonnie Facto and wife have a couple of Facto-re in the form of two proscenial dogs of ashes in the fireplace. This worried Lonnie, who also took part in the picture, and is all slammed up over another conquest of Europe.

The wise man knows how little he knows of what may be known.

THE LOG BOOK

Osteopathy at the Drake Relays

(Continued from Page 1)

REPORT BY W. E. HINDS ON TEAM FROM MISSOURI U. TEAM

The Drake relays are over for 1932, however they held 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 during the events. I was assigned to look after the patient is to be had and also the public as a whole.

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 Des Moines College of Chiropractic there, the track coach, David S. Davis.

The men were in excellent physical condition and there was no reason to doubt the correctness of their team claims on our care of athletes.

Although they did not qualify in every entered event they were satisfied with their venture, as four them obtained results obtaining the initial osteopathic attainment, I endeavored to put forth my best osteopathic technique of correcting muscle contractions and cartilage adjustment.

The work was very appreciative and pleased with the results obtained by the osteopathic care and proclaimed the value of osteopathic practices in other branches of athletics in the future.

The following visiting physicians attended:

Dr. M. C. Hoepers, Orange City, Iowa; Dr. W. A. Craig, Story City, Iowa; Dr. H. L. Ganzher, Mapleton, Iowa; Dr. W. J. Fowler, Eldon, Iowa; Dr. C. L. Wheeler, Centerville, Iowa; Dr. R. E. McFarland, Center City, Iowa; Dr. G. R. Shull, Councilton, Iowa; Dr. J. W. Riffhanger, Keosauqua, Iowa; Dr. George Chalfont, Oskaaloosa, Iowa; Dr. R. B. McNeil, Rapidas, Iowa, 1220 Third Ave; Dr. B. D. Elliott, Oskaaloosa, Iowa; Dr. C. N. Maughan, Marshalltown, Iowa; Dr. J. H. Broaddon, Newton, Iowa; Dr. B. R. Pinnell, Ankeny, Iowa; Dr. Gertrude Copeland, Council Rapids, Iowa; Dr. G. W. Locero, Ottumwa, Iowa; Dr. C. D. O’Donoghue, Halton, Iowa; Dr. L. A. Utterback, Perry, Iowa; Dr. H. L. Gordon, Brighton, Iowa; Dr. G. W. Blank, Dallas Center, Iowa; Dr. J. H. Hansen, Ames, Iowa; Dr. A. G. Shook, Seymour, Iowa; Dr. N. E. Moss Westfall, Indianola, Iowa; Dr. R. M. Anderson, Adair, Iowa; Dr. J. Campbell, Woodward, Iowa; Dr. James B. Parks, Ankeny, Iowa; Dr. A. D. Craft, Oceola, Iowa; Dr. Carolyn Barker, Ft. Dodge, Iowa; Dr. J. F. Stockler, Eldora, Iowa; Dr. W. W. Siddiquian, New York, Iowa; Dr. Jas. E. Gray, Newton, Iowa; Dr. Mabel E. Andrews, Prairie Center, Iowa; Dr. L. E. Gordon, Wayne, Iowa; Dr. R. W. Gehman, Bayard, Iowa; Dr. R. W. Gehman, Bayard, Iowa; Dr. W. B. May, Des Moines; Dr. A. H. Parker, Des Moines; Dr. W. J. Wright, Story City, Iowa; Dr. M. E. Pinnell, Des Moines; Dr. Della B. Caldwell, Des Moines; Dr. C. Ira Gordon, Des Moines; Dr. C. F. Samp, Des Moines; Dr. R. B. Stieres, Des Moines; Dr. James A. Humphrey, Des Moines; Dr. F. D. R. Davis, Des Moines; Dr. H. W. Klein, Des Moines; Dr. E. M. Sutphin, Des Moines; Dr. Geo. E. Moore, Des Moines; Dr. J. J. Rickard, Des Moines; Dr. L. L. Facto, Des Moines; Dr. M. E. Bachman, Des Moines.

Patho-Logic

During the illness of Walter Winchell a representative of the faculty of the college was sent around to the many homes of the students to get the reports of the faculty in the guise of a movie operator getting shots for the weekly news magazine. 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 thus 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 violin for him. 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 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 cat has already made quite a number of animals when we made the visit. John now weighs 200 even and is going to try 200. John says 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 Brattlboro. The 10000 watts used in lighting the room for the picture disclosed three magnetic prongs of ashes in the fireplace. This worried C. W. Aya, who also took part in the picture, and is all slammed up over another conquest of Europe.

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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 signed their intention of attending as well as the following:


The faculty will be represented by Drs. C. W. Johnson, James B. Beveridge and H. V. Halladay.

Dr. Halladay will appear on the Athletic Injury and Orthopedic programs during the convention.

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 250 physicians were in attendance to hear the various convention speakers.

The evening of May 18, a banquet was held at which time Gov. and 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 Fierson, president, of Muscatine; Dr. Paul Park, vice-president, of Des Moines; and Dr. Paul French, secretary-treasurer, of Cedar Rapids.

Drs. J. H. 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 audience.

To the southwest of Des Moines, the College, which was initiated 1923, is practically a new institution. A million dollar building is being constructed which will be ready for the opening of the fall semester. The College, which is located in the heart of the Midwest, is one of the leading osteopathic schools in the country.

Fall Semester Registration, September 6 and 7.

New Catalogue Out

Catalogues with announcements for the 1932-33 year 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 are included in the new catalogue. 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.

School Calendar 1932-33

- Sept. 6 and 7
- Class Work Begins - Sept. 8
- Xmas Vacation - Dec. 22 to Jan. 9, 1933
- Graduation - Jan. 29
- 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 18.

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 doughnut style 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 Wednesdays at a time the classes were composed.

A marked improvement in the efficiency of the Seniors has been effected by the majority of them wearing white treating coats. We hope that this practice continues.

Fall Semester Registration, September 6 and 7.

Gynecology

Under the supervision of Dr. Johnson the gynecology work has increased greatly. About 150 patients have been taken from the General Department 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.

Pediatrics

Pediatrics is one of the most interesting subjects in the curriculum of the first semester Junior student. The course, which includes infections 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 chief of the Pediatric Clinic. 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. The clinics are held two days a week.

In some two hundred cases examined in this clinic we have witnessed such cases as the following:

General Otic and Chronic
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 Beaverdale until the time of her death. Delta Omega has lost an outstanding and beloved sister.

Dr. McCready 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 A. Austin of Losara, Iowa, visited the College during the Iowa State Osteopathic Convention.

Atlas Club

With the close of school, and everyone leaving 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. Stouffer’s Restaurant on Friday, May 20. Dr. H. V. Halladay was toastmaster and the speakers of the evening were Dr. H. 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, as he continues 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 this month. They have not been taut twenty dollars when we got all man builds a mouse trap, he’s and Rankin. quite a bit at college after all.

Phi Sigma Gamma

On Sunday, May 15, the fraternity went native. Out into Iowa, deep into Seniors and Freshmen roamed with utter abandon, staging what was called second annual picnic. Brother Armbrust admits the picnic was a success even though “Swede” Olsen nearly drowned. Howdy Tootper donned the apron and demonstrated to the boys how good old beans and Iowa bacon should taste.

Thompson says: “In a pickle, or hang it on the roof”—guess where Charley Naylor’s teeth were found next day. Other Seniors have received over good telephone numbers to the Freshmen.

Jackie Stivenson, after passing the second summer in Iowa, 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 Bruce, while undecided, makes up his mind saying that “Indeed Iowa is fortunate—I have completed my osteopathic course.”

Hal Stieven says: “I’ve had my share—now to Michigan and try some more.”

Schafer, with broken heart, head, hat and fountain pen, says “What is this life to me and what?”

Steike plans on taking a determined vacation after which he says he will remain more or less, and will continue until he 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 close of the work: Halladay, Potter, Sheffield, Cichy, Bulean, Twadell, Andreen, Bigby, Linnen, Miller, Minkel, Fraser, socor, Jungman, Armbrust, Johnson, Theberge, Joseph, McAllister, Fa- gen, Dennis, Abolt, Baird, Ennis, Stephens, Morehouse, Kinzie, Ramsey, Slater, Wolecheck, Mcnaugh, King, Griffin, Peterson, and Ranklin.

Commencement Exercises

Thirty-two members of the Class of 1932, received their diplomas, May 26, at the commencement exercises held at the Hoyt Sherman Auditorium. Rev. 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 procession march was played by Robert Tassell and the invocation given by Rev. Lester P. Fagan. The Roosevelt High School Quartette, composed of Lewis Cole, Ralph Detrich, John Huyck and Jurgen Coert, sang two selections on the program.

Rev. Weerts gave an unusual Eno 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:


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. Phenicio 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 to 507, Southern Surety building, Des Moines, to 806 Southern Surety building, where he will office with Drs. R. B. and M. E. Buchanan and John M. Woods.

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 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 close of the work: Halladay, Potter, Sheffield, Cichy, Bulean, Twadell, Andreen, Bigby, Linnen, Miller, Minkel, Fraser, socor, Jungman, Armbrust, Johnson, Theberge, Joseph, McAllister, Fa- gen, Dennis, Abolt, Baird, Ennis, Stephens, Morehouse, Kinzie, Ramsey, Slater, Wolecheck, Mcnaugh, King, Griffin, Peterson, and Ranklin.

Program:

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.
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 physician 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. 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 the good of the profession and to join the 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. I am convinced that never before have the schools been so well equipped, never before has the spirit and morale been so good. Personally, I am confident that never before has the Osteopath who goes out with an inferiority complex—I believe the profession is facing a great future."

President Banke of Sigma Pi fraternity then awarded cups to the winners in intramural sports. Iota Tau Sigma won the basketball cup and golf cup, while Phi Sigma Gamma was awarded the golf trophy. David Grau, president of the Senior Class gave awards at the close of the activities of the class and bid the student body good-bye.

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Our Clinics

(Continued from page 1)

Rhinitis, Tonsilitis, Pharyngitis, Laryngitis, Conjunctivitis, ... offices

Matriculate Early

Be On Time

Registration, September 6-7

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The class is also allowed to witness and assist on operations at the Des Moines General Hospital. I have seen some five hundred tonsillectomies, adenectomies, 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 tonsilar 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 tonsillectomy 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 anesthesia under the supervision of the hospital staff. A certificate of service is awarded the senior student who has given the most time and service to the hospital during his matriculation.

Obstetric 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 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 in the operating room. 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 anesthesia and care of the new born infant. Their work as well as the work of the student doing 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 each 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, 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 and for the completion of one year of class work these apprentices serve as student assistants and to the other students are selected to serve apprenticeships. Thus each year several students participate in obstetrics and are given an unusual opportunity for intensive training and experience in this branch of medicine.

The Board of Trustees conducted the recent annual meeting of May 17, at which time the entire faculty was re-elected, officers and trustees re-elected and reported for the recently completed year and approved.

At the present time the following two Senior "A" students are serving as assistants: O. E. Campbell and E. R. Kelp. These serving apprenticeships are Russell McLaughlin and Verdel Newman. These men are receiving a degree of instruction and experience in obstetrics which 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

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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, secretary, and Mrs. K. M. Robinson, treasurer. 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 which time the College annual meeting which was held for the admission of new students. At this time Dr. J. P. Schwartz was again elected Dean of the College.
The Detroit Convention

Thursday morning I sat on a stool behind the registration desk and watched the crowd. It came as a surprise to me to find that the meeting had developed into a multi-ringed circus. Fourteen sections, a general assembly, trustees, house of delegates, associated colleges, technical advisory committee, secretaries association, several women's divisions, the executive council and chapter meetings—and innumerable inter-committee meetings, etc. The Executive Committee in charge of all of this deserves commendation that it will never receive for it is impossible to get names.

I think that the convention was a great success. There was a good crowd in spite of the financial condition of the country. Almost every one 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 their information desk; 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. New York again will I allow myself to be billed for a talk on the 4th of July. I missed a magnificent beautiful float of all kinds—while walking 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 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 some business relative to the College and two fraternities. I also appeared on the program twice. By the way, not every minute of the time, these things were all done and we were ready to come home on Thursday night for our last dinner. 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 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. Samuel Opp, Creston, Iowa, Secretary-Treasurer of Iowa Board of Osteopathic Examiners. The following took the board:


Dr. D. H. Grau, V. E. Bradfield, H. L. Clay, W. D. Shidler, W. R. Belden, M. J. Hydemann, 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 sepias color. Information covering every possible question has been answered fully and clearly. Careful work by 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 Phi. Dr. C. W. Johnson, also an official representative of the college, was re-elected as Chair- man of the Board of Trustees of Sigma Sigma Phi, and elected to the office of Grand Editor of the Atlas Club.

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 Os- teopathic 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, Ill.; Dr. Canada Wendell, Poor, Los Angeles; Dr. Edward J. Merrill, Los Angeles; Dr. Thomas R. Thorburn, New York City; Dr. Arthur E. Allen, Minneapolis, Minn.; and Dr. Howard Yowell, Chattanooga, Tenn.

Fall Semester Registration, September 6 and 7.
Visits Halladay Home

Dr. H. L. Davis and family of Walla Walla, Washington, visited with Dr. H. V. Halladay, June 25. 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'?

"Niver," said the old man, "Nobody by the name of Patrick Livner said: 'Let us have peace'!"

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 Milwauk ee 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 proceed 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 1936. He has taken postgraduate 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.

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 1926. 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.

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, 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 develop 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 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."

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 Phystiotherapy."

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."
THE LOG BOOK

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 students, 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 Bloomington, Michigan, and Dr. George Basore, Germantown, Ohio.

Iowa visitors included, Dr. H. D. Meyer of Cantril, and Walter Madison of Strawberry Point.

**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.

**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.
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 months to feed," replied the bachelor.

"No; we have twelve," he returned. "They are all married."

Fall Semester Registration, September 6 and 7.

"What to yo' sharpenin' at razor?"

"Woman, they's a path o' gemmun's shoes under yo' bed. If dey ain't no nigghah IN 'em shoes—Ah's gonna shave."

Wille: "Say Pa, didn't Edison make the first talking machine?"

"Pa: "No, my son; God made the first one, but Edison made the first 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 withdraw entirely from circula, sub."

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 man 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."

SCHEDULE OF CLASSES

FIRST YEAR—First Semester

<table>
<thead>
<tr>
<th>Course</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>ANATOMY</td>
<td>H. V. HALLADAY</td>
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<tr>
<td>BIOLOGY</td>
<td>I. L. FACTO</td>
</tr>
<tr>
<td>CHEMISTRY</td>
<td>GLEN FISCHER</td>
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<tr>
<td>BACTERIOLOGY</td>
<td>A. L. JOHNSON</td>
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<tr>
<td>HISTORY AND FUNDAMENTALS</td>
<td>H. V. HALLADAY</td>
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Second Semester

<table>
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<tr>
<td>HISTOLOGY</td>
<td>A. L. JOHNSON</td>
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<tr>
<td>ANATOMY</td>
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<td>PHYSIOLOGY</td>
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<td>CHEMISTRY</td>
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<td>EMBRYOLOGY</td>
<td>L. L. FACTO</td>
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SECOND YEAR—First Semester

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<td>PHYSIOLOGY</td>
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<tr>
<td>THEORY AND PRINCIPLES</td>
<td>H. V. HALLADAY</td>
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<td>PATHOLOGY I</td>
<td>A. L. JOHNSON</td>
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<tr>
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<td>A. L. JOHNSON</td>
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THIRD YEAR—First Semester

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<tr>
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<td>J. M. WOODS</td>
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<tr>
<td>CLINIC</td>
<td>J. R. BEVERIDGE</td>
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<td>PHYSICAL DIAGNOSIS</td>
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<tr>
<td>OBSTETRICS</td>
<td>R. B. BACHMAN</td>
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<tr>
<td>GYNECOLOGY</td>
<td>C. W. JOHNSON</td>
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<tr>
<td>OBSTETRICAL THERAPEUTICS</td>
<td>J. M. WOODS</td>
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<tr>
<td>SURGERY</td>
<td>J. P. SCHWARTZ</td>
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<tr>
<td>EYE, EAR, NOSE AND THROAT</td>
<td>H. J. MARSHALL</td>
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<tr>
<td>X-RAY AND PHYSIO-THERAPY</td>
<td>B. L. CASH</td>
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FOURTH YEAR—First Semester

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<td>A. L. JOHNSON</td>
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<tr>
<td>REGIONAL ANATOMY</td>
<td>H. V. HALLADAY</td>
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<tr>
<td>PSYCHIATRY</td>
<td>C. W. JOHNSON</td>
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<tr>
<td>PROCTOLOGY AND UROLOGY</td>
<td>J. P. SCHWARTZ</td>
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<tr>
<td>SURGERY</td>
<td>J. P. SCHWARTZ</td>
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<tr>
<td>MEDICAL JURISPRUDENCE</td>
<td>H. J. MARSHALL</td>
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<tr>
<td>CLINIC</td>
<td>H. W. BYERS</td>
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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.

1932-1933 CALENDAR

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Registration</td>
<td>SEPTEMBER 6 and 7</td>
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<tr>
<td>Class Room Work Begins</td>
<td>SEPTEMBER 8</td>
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<tr>
<td>ARMISTICE DAY RECESS</td>
<td>NOVEMBER 13</td>
</tr>
<tr>
<td>THANKSGIVING VACATION</td>
<td>NOVEMBER 24</td>
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<tr>
<td>CHRISTMAS VACATION</td>
<td>DECEMBER 23</td>
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<tr>
<td>REGISTRATION, SECOND SEMESTER</td>
<td>JANUARY 21</td>
</tr>
<tr>
<td>CLASS WORK BEGINS</td>
<td>JANUARY 23</td>
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<tr>
<td>EASTER VACATION</td>
<td>GOOD FRIDAY to MONDAY</td>
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<tr>
<td>GRADUATION</td>
<td>MAY 26</td>
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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 1750 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 modism.

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' sirs", 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 when 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 dace nice figure."
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 group of Chicago osteopaths, under the leadership of 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 departments, men and women physicians on the sectional examining staffs who will examine adults at the clinic headquarters in the Expedition Building at the Fair Grounds, daily from 9 a.m. to 4 p.m., with the exception of Sundays.

"This is the first time a clinic of this kind has ever been held in the State of Iowa and we are expecting the 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 a condition mentally to take care of for all health, 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. All referred to the clinic by an Osteopathic physician will be instructed to return to his own 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 practice at Canton, S. D.


Fall Semester Registration, September 6 and 7.

New Locations

Dr. R. B. Lamb, graduate of the May '32 class of the College, has opened new offices in Des Moines in suite 318 Flyn building.

Dr. F. A. Watson of the class of '31, announces removal of his offices from the Equitable Bldg., to 318 Flyn Bldg., Des Moines.

Dr. D. D. Olsen, D.M.S.C.O graduate of the class of '32, will open new offices at 2200 Center St., Sioux Falls, 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. C. P. Beith, Drs. W. W. Heflin and John B. Baldi of Chicago.

Other welcome callers were: Dr. Curdison, Higgin- more, S. D. Benet Kenner, 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 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 1:09 a.m., Saturday, July 23, were held at Canton, South Dakota on Tuesday, July 26. Burial occurred at Schaller, Iowa. Dr. Christensen besides his parents and one son, Paul Faye, 10, are his parents, Mr. and Mrs. Peter Christensen, 1248 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 that we were taught. 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, it is 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 it takes up the history and development of the profession, its legislative pursuits and the growth in the colleges and schools that have contributed 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 that Osteopathy is more useful in the care and cure of disease than all other doctors added together.

This work 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 mechanical changes from our standpoint, that is: bone, ligament, and muscle. A special division of the work exposes the mechanics of the mus- cular, nervous and visceral systems of the body.

After the student mechanics is preliminary to the Junior B class in Applied Technical. It is in this class that the student begins to correlate his Theory, Principles and Mechanics, in their application to actual manipulation work on a subject. Applied Technical is exactly what the name implies. Straight Osteopathic work is demonstrated and discussed. The mechanical devices is a part of the course. Technique is applied to the (Continued on page 2)
How Much Osteopathy?

(Continued from page 1)

different regions of the body and to a variety of conditions. Bed-
side and hospital technic is dem-on-strated and reasons given for
its use. Types of technic that certain individuals have recom-
manded are discussed and ana-
yzed and if found dangerous or
useless, are branded as such.

One feature of this work is

Full Semester Registration, September 6 and 7.

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 doc-
tors to give away to specialists; well, the leeches rather passed
out of the picture.

But when the druggist met re-
cently for their state convention,
it was brought out there are some left.

Dr. P. W. Baker, head pharma-
critic 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 wiggly.

"We sell about 100 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
tree epieures. Four salt water on
'em and they'll let go," he said.

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 doc-
tors to give away to specialists; well, the leeches rather passed
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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 light house keepers, our lady foresters and station agents, our female 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 unfilled yearning for the bright lights obscesses her, she buys a uniform and takes a job as a fireman. And if by any chance she has a topsergeant 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 bronze hunter. 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 Chessel, Silver Springs, N. Y., is a fire chief. Thelma Terry, Chicago, 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.

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, Anaesthesia, and Narcotics, and Osteopathic Technique.

GLENN FISKER, 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 a 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)

Dr. Della B. Caldwell is chairperson of the committee appointed by Dr. Pearson. 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 Facc; Eye, Ear, Nose Throat; Head, including the heart, lungs, etc.; Abdominal, Pelve and Rectal, including stomach, liver, gall bladder, kidneys, intestines, and pelvic contents; Nervous and Mental; Labora-

P. F. PARISH, B. Sc., M. B.

Professor Parish 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 surgery 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. Parish 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 Facc.


II—Eye, Ear, Nose and Throat.

W. D. Andrews, Algona; Martin Blidddon, Nevada; P. L. Parks, Des Moines; W. E. Hehn- lin, Elliott; E. S. Hansinger, Wollman; B. D. Elliot, Okaloo-
sa; Ira Gordon, Des Moines; C. P. Howe, Williamsburg; A. W. Chow, Washington; C. K. Risser, Maquoketa.

III—Thoracic.

W. C. Gordon, Sioux City; W. M. Furnish, Tipton; B. M. Gots-
chal, Waterloo; L. A. Dolle, (Continued on page 4)
THE LOG BOOK

Des Moines Still Student Activities

Atlas Club

THE STILL COLLEGE BAND

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 15, 1905, 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 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.

I. O. A. To Hold Clinic At State Fair

(Continued from page 2)

Oakley; W. L. White, Coral; G. C. Trumble, Montezuma; Leo Sturman, Shenandoah.

IV—Abdominal, Pelvic and Rectal

S. A. Heiser, Cedar Rapids; S. A. Nazarone, Dallas Center; E. L. Miller, Adel; Mabel Andrews, Perry; Lillian Davidson, Charles City; Gertrude Woods, Marshall, and Bachman of the College faculty are members of the Atlas Club. The “Xiphoid Bulletin,” published by the Club 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.

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.

Graduating members of the Band receive a certificate of service from the organization. This is the most popular extra-curricular activity at the College. Anyone that plays an instrument is welcome to join “Virge’s Gang.”

Phi Sigma Gamma

Delta Omega

Phi Sigma Gamma was founded 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.

TRIAL AND ERROR

Magnolia was deep in the travail of accouchement. Said she to the nurse, “Please, Miss, tell that culled man out in de hall dat if married life am anything lak dis, ouah engagement is off right now.”

Fall Semester Registration, September 6 and 7.

Goodness never fears the sunlight.

On Vacation

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Dr. Beveridge leaves his wife and Daughter, Jean. The College unites with his many friends in extending sympathy to his family.
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 Dr. Beveridge’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. Harens, former pastor of Highland Park Presbyterian Church, who is visiting here, will officiate. Aubrn

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. Students, 25 boys, under 21 years of age were examined in the men’s division. In the women’s section, much of the aim was 15 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 secretaries 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 to have been instructed to return to their home physician for treatment. All cases histories and other data recorded has been carefully kept on file with the secretary and patients returning to the clinic next year will be scrutinized with care 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.

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, J. M. Wash, H. F. Marshale and J. P. Schwartz, all of Des Moines.

Faculty members in attendance were Drs. L. L. Fecto, C. (Continued on page 4)

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 Log Book office of the new address. Inquiries come in daily for the addresses of men in the field. At the present time 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 student body over the number of vacant places left by the graduating class in June. Classes opened officially on the morning of Sept. 8, with many old familiar faces and many new ones, too.

Freshmen were given their instructions as to wearing apparel, subservience to upperclassmen, etc., and the year is under way. In one line comes the tie in states, Ohio and Michigan. There has been intense rivalry every year be-

(Continued on page 3)

Casa Anna Maria

If you are in Arizona visit Nogales. If you are not in Arizona make it your business to go there. Why? Because if you get to Nogales ask anyone, even one of the customs officials, where the Casa is.

Here, two to three times you have had the thrill of driving across a desert. Part, but only part of Arizona that way. We were driving south through the Casa Grande Ruins on through Tuscon to the desert scenery, of which the most striking feature is the multitude of cacti of the giant species that grows thicker than the gardens of Babylon.

The weather was so completely filled. The climate is made to order. The climate here the time of the year that we were driving south from the Casa Grande, a desert of many; next in Chicago, where he will attend the national meeting of the American Association of Proctologists held at the Hotel Stevens, Sept. 14 to 17, inclusive.

(Continued on page 3)

Faculty Changes Made

Due to the death of Dr. J. R. Beveridge, several changes have been made in the faculty at the College. Prof. George F. Fisher is teaching Supplementary Therapeutics and Drs. H. V. Halladay and J. M. Wash have taken over the classes in Technical.

(Continued on page 4)

Annual Meeting

Dr. L. L. Fecto, 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.

(Continued on page 4)
PHI SIGMA GAMMA

Beauty tips for females. Bathe in the Atlantic and become a blond. Address all inquiries to Brian awhile.

Notice Enderby's pale complexion—ask him about the Bats. Carl Bloch 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 Avenue, waiting for Schwartz.

Engaged men are passing out cigars these days, namely, Del Johnson, and Hy Kestenbaum, who moved into the Poundstone is still a holdout. Withroy surprised us all by steaming in with his Buick straight sixteen. (It's 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 technique—with much success.

Dr. and Mrs. Catanzaro capped the week by arriving with the two little Catanzaro's in tow.

We're sure going to miss Monty this semester.

Since Charlie Naylor has announced his marriage 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 Maine; 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 the supervision of the Brothers. They have averaged two miles to the gallon of gas on the trip to Des Moines—and about the mileage per hour.

Brothers Dierdorff, Mount and Andrew have 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 he traveled 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 had, 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 "Spoo" 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 fraternity house. We have had no definite word from Brother Earl Moore, but he will probably be unable to come to school this year.

Xiphid Chapter takes great pleasure in announcing the pledging of Schiller Frazer, Des Moines; John V. Wilkes, Detroit, Michigan; Ernest O. Bowman, Nampa, Idaho; and Dick Northrup, Detroit, Michigan.

PHI SIGMA ALPHA

Pai 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.

DELTA OMEGA

Delta Omega sorority welcomes all new girls to the College and congratulates them on their choice of school and profession.

PHI SIGMA PHI

We are Sorry

In the August 15 issue of the Log Book, under the general heading of "Student Activities" 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 four years old and has not served to assure our readers that the article was not intended as a slight on the fraternity. We have always been glad to present 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., Levittown, 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 a new office in the quarters of the late Dr. J. R. Beveridges, 217 Emerson, Des Moines. Dr. Rose recently completed his intern 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. Glenn 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 not time to worry about themselves.
Successful Clinic Held

(Continued From Page 1)

I. Gordon, J. M. Woods and F. A. Paruelo. Students assisting were: Norma Abot, Rachael Hodges, Poundstone, Dennis, McAllister, Alice Smith and others.

Plans are already under foot for next year’s clinic. The 1953 clinic will be enlarged in both the number of examining physicians and the size of the quarters. It is planned to make the clinic a real one and avoid the temporary quarters. The entire osteopathic profession has advanced in the minds of the people of the state as a result of this work.

Osteopathy Pays

Dr. H. V. Halladay received a letter from his daughter, Frances, in which she states that she has just passed the physical examination rating of all Pre-men women at the University of Arizona. She received a rating of 85 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 University of Arizona this year.

Osteopathic Without Limitation

A New Discovery?

Only recently Dr. H. H. McClaien of Dayton, Ohio, explained the causes of insanity. Today, Dr. A. P. Faulkner of Fairfield, who at one time was in charge of the army X-ray laboratory at Otten, North Carolina, added a theory to the subject.

“Dementia praecox is always due to spinal nerve pressure which in turn causes the poison to develop in the body. This poison is known as auto-intoxication. Some people are subject to poison by nerve 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 that if we are able to solve this problem of method of doctoring, that both insanity and epilepsy are caused directly by spinal nerve pressure. The only care is to remove the nerve pressure.”

The faculty of Stiff College is concerned with this being complimented by the increasing number of letters containing questions. This has, a number of times, brought confusion as to whether or not the Log Book should attempt to incorporate these answers into articles or should the more common responses be answered in this 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 encourage upon the work being done by our osteopathic journals of Osteopathy, but we feel that if the answers that our staff sends out to the individual are so in the line of that tone, 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, prevent repetition or the necessity of writing the same answer to several. As an example, we are the answer that every member of the faculty has written to four in the field during the past week. It is a reasonable 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 mostly over the region of the anterior part of the leg. It is usually found after the muscle should not be classified with the common Charles Horse condition which is due to trauma of bones and muscles. Shin Splint is a nerve condition. It is not accompanied by swelling or redness. The muscle fails to respond to the usual voluntary impulses and the entire leg feels weak, although the pain is not general. Any strenuous leg work on the part of an athlete may bring on this condition, on 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 in this direction is the tibio-fibular. This is more commonly found to be a slight forward displacement of the fibula on the tibia. It is the place where the skin should be responsible for an irritation to the external popliteal nerve. Lesions may occur in the popliteal region at the sub-gluteal region and within the pelvis. Contracted pyriforms muscle has been found in many cases. Sacro-illiac lesions and lumbar lesions as high as the second have been noted. Many athletes go thru the entire season without developing this condition, we believe it to be due to 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 developing along the path of the nerve. Light manipulation, and warm, but not severe heat, rest and a support if the patient must be. Snug, but not tight, spinal taping will make the patient easier. Exercise 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 muscles and ligaments in the neighborhood have not suffered from trauma. We must accept the diagnosis of a neurosis that is not easily laid to 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 Smockle, as we called her a few years ago when she was studying at the old school.

If you have a patient that suffers from an ideal atmosphere. This is both the climatic and environmental standard that is a case of a patient with this condition. Every thing will be in their favor.

We had a wonderful two days there. A Mexican dinner in Nogales, Sonora. Riding in the morning, swimming in the afternoon and friends in for a dinner in the evening. A waffle breakfast the next morning and an 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 days.

The beautiful Casa and its surroundings, the homely feel of things, the excellent food, the really nice people it was a pleasure to be entertained by and Smockle 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 place.

Virg and his Kids.

Drinking Women’s Daughters

Last fortnight a Eugenist reported that women who drink lactic acid would bear daughters while alkaline women bore sons.

Last week three Yale investigators — Drs. Harold Edwin Fillmore and Louis Herman Nahum, assisted by N. Rafieten, — 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 are 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 society 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.

New Students Register

(Continued from page 1)

...between 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 Bachelor's degrees.

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.

Births

Dr. and Mrs. C. J. Reed, Ortonville, Minn., are the proud parents of a fine new boy, Donald Sean, 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.

Funeral Services For Dr. and Mrs. Larry St. Amant

(Continued from page 1)

...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."

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.
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, Missouri, on May 5, more by rather large order, since in addition to representing our college, I had to attempt to represent Johnson's school and the after program. However, I collected a few bricks, 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 circle 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 by the fact that the town and the school are almost one and the same as evidenced by the decorations. Flags, banners and pictures of the Old Doctor were stretched across the streets and every signal post was hung with placard 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 State Alumni, 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. Halladay of Kirksville, representing the first class in Osteopathy.

Dr. Victor W. Purdy, President of the A.O.A. spoke briefly upon the problems of the national college. (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 will be held the evening of October 20 at Hoyt Sherman Place. This event is sponsored by the trustees of the College each year. Card tables will be provided for those not attending the reception. An 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., Dr. Halladay of the State Alumni 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 decorations. 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 in-cupboard 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 arrival. Still College is ready and time for this visit, whatever name it may be assuming.

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 in forming the group are: Dr. W. J. Siemens, Eye, Ear, Nose and Throat; Dr. J. R. Honnold, General Practice, Dr. E. C. Gruen, Cate, Digestive and General Practice; Dr. Griffith H. Parker, Protein and Chemistry; Mrs. M. Forsythe is secretary of the new organization.

Arrangements have been made and the space so divided that addition to the personal 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, Sterrell 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 Des Moines Still College school. The visit was made in accordance with the arrangements with the College. The school 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 advance notice, and found his way on his way to the pageant at Kirkville. 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 lectures with 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 the local group went as far as to make the decorations. 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.

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Large Registration

Second Semester

All indications point to a large registration at the College when registration for the second semester opens January 21. 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 tell us his name so that we may furnish him with all the information that he desires?

Faculty Members Make Talks

Avna 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 upon “Somatics and Their Osteopathic Significance” and “Psychology and the Physician.”

Dr. H. J. Marshall and H. V. Halladay will appear before the First District meeting of the Iowa Osteopathic Association to be held in Ottumwa 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 that still lives as it did when Columbus discovered America. We have visited Taos, San Ildefonos, and a number of other pueblos, but find Zuni less spoilt by commercial interests and the invasion of the white man.

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, and some hard on the roads since this by-road is not an all-weather road. You will need information. The trip is 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)
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. Friends and family joined in 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 Scheffold 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 State 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 thanks to Brother Scheffold for acting as his valet. We thought Scheff was through his p Tedaship, but possibly he wants to continue for a longer period.

Brother Halliday is with us again, having been detained 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 Stewart 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.

Xiphod Chapter of Atlas Club takes great pleasure in announcing the pledge 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 address from Grand Avenue to 3101 Cottage Grove Avenue. Bro. Naylor has, at last, found a suitable avocation—call Charlie for local or long distance trucking.

"Curlee" is our own interior decorator—form your own conclusion.

Harold and "Barny" safely transported several of the Bros. to Yarville, where they report having a nice time.

Bunny seems to have the Indian sign on Schwartz—delivering our 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 luncheon on Sunday. A combined Hallowe'en and Pledge dance will be held the latter part of October.

IOTA TAU SIGMA

"Dooe" Hurd has acquired a prodigal son in the form of Pledge Rich. As goes some, bet some, he bet, is one of our new Freshmen.

Pledges Storey, Garvey, and Cravens are staying down here for the week. Prof. Owen may find them at any time in his faithful typewriter—we professors, you know, to show to the members held an informal house warming.

Bro. Naylor had charge of the entertainment. He has been taking things over from the Scapula in his left upper extremity. It is a condition which he has been watching and waiting to be corrected. The demands of the profession have made him take things seriously. It seems that every member of the class is greatly enthused about the proliferation they have created in the Freshman College courses. The instructors have begun to one another as fresh flowers.

The three fraternities have held a Freshman Social and the guest of honor is 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: Baum is now the Head Man—President, Treasurer, and Secretary, and Tutor of the class. If we can combine the good in what one might term 'lay it on,' the critics will be happy. The rest of the afternoon was spent in a discussion of modern trends in osteopathic education and the comfort of the students.

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 to Des Moines, and is somewhat better.

Wilkes disposed of the scavenger from the scapula in his left upper extremity by putting it 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 taxed with an additional fifteen percent of the retail price.

"Adolph, what would you suggest as bringing a return of prosperity?"

"The horse, sir; bring back horses and the country will be tabulated."

(Continued on page 4)

ATLAS CLUB

The Log Book

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(Continued on page 4)
At a meeting of the American Legion Post at Wahoo, Neb., Dr. Wm. K. Stefan of that city told the assembled throng what he termed "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 is taught etc., and time given is equal to any other particular course, has the moral and legal right to come under the heading and general heading of the above term. Anyone taking this equivalent curriculum and taught in the right manner, is 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 correct in excluding me from physicians' night."

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 rubber he erased his tracks.

You may be the apple of your mother's eye, but to me you're not even a peach.
Zuni
(Continued from page 1)

the Indians in this part of the country. Zuinis 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 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 Zuinis, 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, as every woman and girl had a heavy blanket over her head and shoulders, with just her face peaking out, and we stood there by them with as little clothing 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 stock of Indian work. You will remember that just winter these Indians were out hunting for Pinon nuts and caught in a heavy snow storm. They were rescued with considerable difficulty, but none died. During the summer the Zuinis work their farms and store the grain. In the fall they are at harvest, and beginning very soon now will start weaving 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.

We 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 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 what many others have dealt with. You will not be disappointed and in time you will appreciate much more of that Christmas spirit, for you will be helping some real Americans.

-VIRG and KIDS.

Frosh Frappe

We have seen many lists of examination answers that have their appreciation to the gods and 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 what many others have dealt with. You will not be disappointed and in time you will appreciate much more of that Christmas spirit, for you will be helping some real Americans.

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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 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 no forces we should fly away.

The function of the stomach is to hold up the pericardium.

The stomach forms a part of the alimentary canal.

A mountain pass is a pass which will take about two hours or more, you will want to stop and see Wallace stock of Indian work. You will remember that just winter these Indians were out hunting for Pinon nuts and caught in a heavy snow storm. They were rescued with considerable difficulty, but none died. During the summer the Zuinis work their farms and store the grain. In the fall they are at harvest, and beginning very soon now will start weaving 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.

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-VIRG and KIDS.
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 15,000 volumes.

All current literature and the many shelfies of the library have been donated to the students for their use. The Board of Trustees, upon the recommendation of the librarian, entitles the student to take out medical books on any subject and to 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 Historic 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 open their offices 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 to 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.

Thank You!

The Obstetrical Clinic at D. M. S. O. wishes to publicly thank the members of the Chicago Bridge Club and the Secretary-Treasurer of the College for their assistance in preparing layettes for needy mothers confined under the auspices of the College Clinic. Blankets, comforters, quilts, napkins, blankets, nightgowns, dresses, hosiery, 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 hands costs the College a considerable sum of money and now the Clinic is able to furnish necessities for these 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 club members 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 Herrfeld, Detroit, was re-elected President, P. Wood of Birmingham, Vice-President and Dr. Hugh Conkin of Battle Creek, Secretary-Treasurer. The other members of the Board are Drs. Edward Ward, Saginaw and Dr. W. S. Mills of Ann Arbor.

Forty-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 who are willing to dispose of their practices. Some are very attractive offers and all are reasonable and completely with the times. Any one wishing information concerning the purchase of a practice may have the same by writing to the editor. One location is in the state of Iowa and others 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. 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 welcome was especially enjoyable due to the fact that only students and their friends were present. Several "gate-crashers" looked forward to the Annual Still College Freshman Reception as a chance to beat the student dress and card playing. This year only friends of the student body were allowed to attend.

Basketball Season Opens

Lady Nietsine is exacting her toll of suitors. Bones grate and muscles squeak. Whistles blow and lungs predominate. Argument flares quick and the "Panton Ball" season is opened. Sigma Sigma Phi will sponsor Intramural Basketball this winter instead of bowling.

Each fraternity has whipped together a team that not belonging to a fraternal organization. A schedule has been hopped out and every body is hearted up with either working the knots on the basketball floor or exercising voice and card playing round the clock. Each group is out to win. It is rumored that the only way a man can become eligible for the basketball 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. Zechman. The fatal accident occurred November 11 when the doctor and two friends capsized in a boat on the Strieker while fishing. Dr. Zechman was very active in executive affairs of the state. He was president of the Colorado State Association last year and has always been a loyal booster for D.M.S.O. since his graduation in 1914. The entire profession has experienced a distinct loss.
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 prepared by Mrs. Merrill and everyone was very satisfied. We are looking forward to a highly successful time and comments favorable to the new house were heard on all sides.

**PSI SIGMA ALPHA**

Pai Sigma Alpha, national honorary scholastic fraternity held its initiation and dinner meeting last Monday evening November 1, and awarded scholastic membership keys to the following men: Paul O. Traverse, Frank Catanazzo, Frank Gulden, Verne Hoeffer, Baird Twaddell, Robert Ogden and Louis Stangle.

The initiations were conducted by Edwin King, president, assisted by W. R. McCaughlin, Howard Graney, E. D. Moore and H. H. Kestenbaum.

**SIGMA SIGMA PHI**

Formal initiation for Sigma Sigma Phi was held Saturday, November 5. The follow Temporar Court office the night of November 1st at which time nine men were initiated. The exercises the group were treated to a banquet. The following students were admitted to Sigma Sigma Phi: Verne Dierdorf, Roy Mount, John Hurd, James Halladay, James Donovan, Clayton Meyer, John Lyle, Lawrence Nixon and Sidney Ellias.

**New Dietetic Principles For Tuberculosis**

(By Avr. L. Johnson, B.H.E.C., B.S., M.S.)

In any case the arrangement of diet as a therapeutic accessory must be based upon the condition of the patient and the pathologist and his individual re-action to the treatment form the foundation upon which the dietetic selection is based. No carte blanche menu can be of value in every condition. But some features maintain their importance generally throughout the various examples of any one infection and it is upon this fact that we base our suggestions for tuberculosis.

Tuberculosis is classed as a chronic disease; it is debilitating and it is accompanied by emaciation. Hence the major consideration in feeding has been how to formulate a diet which will prevent loss of weight. In many cases the desire has been to provide an increase to considerably over normal weight the feeling being that a gain in weight must indicate an improvement in condition. But these general conclusions are not to be depended upon. Upon study the more recent authorities have come to the conclusion that infections are revealed and these infections are not so much as revealed in the tubercle bacillus. Finally, John Lyle and others have found there is no marked increase in metabolism rate in tu
**THE LOG BOOK**

**Dear Doctor:**

**Constipation**

*By L. L. Facto, D. O.*

Constipation may be defined as the failure to evacuate normal amounts of the normal 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 primarily noted by patients 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 action, he has headache, nausea, tired feeling, the thing to consider is whether you are dealing with constipation or stagnation. It is necessary to make a complete clinical, anatomic, proctoscopic and sigmoidoscopic examination. If the cause is not found by these methods an X-ray after a barium enema, or after administration of a barium enema after a barium meal will show whether there are any normal kinking or obstruction to 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 muscular perspiration and muscular fatigue. On the other hand the individual who suffers from a weak digestive action and who cannot digest rough food such as cabbage, asparagus or cantaloupe, 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 of bowel action should be rectified 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 glasses of water each day, taking a full glass upon arising and retinting, this may be either hot or cold, to take a certain amount of 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 relieved 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 dilatation should be done. Lesions may be found in the spinal column, especially 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 lumbar more frequently arise from the intervertebral discs being carried by the vagus. Manipulation treatment through the abdominal wall follows the course of the spine and intestine and stimulation of the liver often gives marked relief. There are patients who have laxatives or cathartics because most of them have taken everything that they have heard of for the relief of constipation.

**Dr. J. F. Bailey Dies**

Word has reached the College of the regrettable death of a former student and prominent graduate of John Forrest Bailey. Hereewith 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 the medical circles and fraternal and civic worker, at his home, 2703 South Avenue.

"Dr. Bailey, who had resided in Waco for 30 years came here from Kentucky in 1893, and has since been connected with innumerable civic enterprises and fraternal order activities.

"Born and reared in Simpson County, Kentucky, Dr. Bailey reared his education at the Knox and M. College at Lexington, after which he was graduated from the College of Osteopathy in Franklin. He held a diploma from the Des Moines school and also an eye, nose and throat degree from Chicago.

"Dr. Bailey ranked high in state medical circles and was or the state medical board of examiners of Texas under four governors, and at one time was president of the board. He was a great reader and knew human anatomy thoroughly and enjoyed a successful practice.

"A devout Christian since the age of 12, 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 a Royal Arch chapter, past third illustrious master of council, a Scottish rite and a Shriner.

"He was also a Shriner and was known for his co-operation in various movements, as director of the old Y. M. B. L and brother of the Chamber of Commerce. He was founder of an orphan's home in Bowling Green and the home is still in existence.

"He next thing to consider is whether you are dealing with constipation or stagnation. It is necessary to make a complete clinical, anatomic, proctoscopic and sigmoidoscopic examination. If the cause is not found by these methods an X-ray after a barium enema, or after administration of a barium enema after a barium meal will show whether there are any normal kinking or obstruction to the intestinal tract.

"The prognosis depends upon the cause of the condition.

**Senior Spotlight**

Mayor certainly has a big time squiring 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 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 overcomin a 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.

Ursa! We have found a new orphan's home. We all wonder what differing 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 damse.

Keep it up Mac.

Tennyson is improving with his Picklelit.

Dr. G. A. Whetstone 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 round table.

We all hope Allen gets caught up on his sleep.

Of course all the Demo rats 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 29 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. J. 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 "catalysis" or "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 make sub jects 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 entertainment and useful instruction.

On October 14, Dr. H. V. Hal- laday called out the band and organized "Virge's Gang" for the coming year. He announced that the band rehearsal would be held each Thursday afternoon at five o'clock 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. W. C. Johnson, President of the University, conducted the band and introduced the song of the day. The band was then introduced to the student body. Dr. H. V. Halладay gave a short talk on "Professional Ethics".

November 4 the assembly opened with band selections after which Prof. D. A. Parisi introduced the 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 Catanaro gave the talk for the medical graduate group. Senior Noble, Junior Gulden, Sophomore Siegel and Freshman Baun- man each gave their impressions, following this Dr. H. V. Halладay introduced several selections on his Hawaiian guitar.

Mark Antony: "I want to see Cleopatra."

Servant: "She is in bed with Largynth.

Mark Antony: "Parr those Greeks."

Cop (to couple in parked car) "You can't waste your time parking here."

Stillonian—"I'm not wasting my time."

"You mean to tell me you're drunk on 5% beer the other 95% wash alcohol."

The Des Moines General Hospital has been functioning as an Osteopathic institution since 1910. It is a five story build- ing and will accommodate seventy-five patients. One minute street car service may be had one block from the hospital. The hospital has a 200 bed capacity and is equipped with modern apparatus and instruments. Students at- tending surgical clinics are accommodated in an amphitheater.

New Dietetic Principles For Tuberculosis

(Continued from Page 2)

berculosis as in other fever con- ditions. This may be due to the fact that in tuberculosis there may be a high fever with rela- tively little toxic complication. It is true also that high temp- erature 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 carbohydrate materialy increase respira- tion and metabolism. One hundred grams of cane sugar will increase pulmonary ventilation by 125%. This interferes with func- tional rest. With this factor in mind the dietitian 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 respira- tion. One hundred and forty grams of fat will yield 1200 calories and increase respira- tion 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 con- sideration. Clinical study is showing, as McCann writes 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 ro- bust. Patients should be 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, Mc- Leaster has developed three rules for diet in tuberculosis. 1—Let the diet be ample, slightly more than the estimated calorie re- quirement. The physician should use his clinical judgment in de- termining this and be guided by the appearance, vigor and sense of well being of the patient. 2—The diet should be well bal- anced, not lacking in vitamins, roughage or minerals. The pro- teins should be liberal, not excessive averaging 1.5 to 1.75 grams of protein to each kilo- gram of weight. Carbohydrates should make up 50% of the en- ergy 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 pa- tient, Hawes has developed the following equally valuable sugges- tions: Arrange for a simple well balanced diet. Food be- tween meals is inadvisable; care- ful observation has shown that the tubercular patient will eat more and with more relish at three meals a day. Hawes dis- approves 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 im- portance of rest before and after meals as aid to digestion.

(Continued Next Issue)
Merry Christmas - Happy New Year!

THE LOG BOOK


PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 9 DECEMBER 15, 1932 Number 19

REGISTRATION

January 23rd, 1933

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 just returned from a Sunday 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—indeed 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.

Atlantis Club Leads in B.B. Tourney

In the Sigma Sigma Phi Intramural Basketball Tournament now in progress, the Atlantis Club has won its second victory over the Phi Sigma Gammas. 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 Atlantis Club defeated the Non-Frats by a score of 25 to 17 and the Iota Tau Sigs quaintly 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 edge out the Sigs with a score of 24 to 21. The game between the Atlantis Club and the Phi Sigma Gammas was beautiful basketball but a rather one-sided struggle. When the final whistle blew the Atlantis Club had won vigorously 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 underdog, 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 goring, and many arguments—that all being true the admission price is not nearly high enough.

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 and Surgery building, 722 Sixth Avenue, Des Moines, Iowa. Anyone who wishes to write the examination should ask for application of the secretary, Dr. William 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 sit on the Osteopathic Board of Registration. He succeeds the late Dr. W. S. Miles of Ann Arbor.
THE LOG BOOK

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 teamwork on our part. The team are doing well. The freshman have been very successful in getting over the Thanksgiving vacation. The freshman have difficulty in keeping up the record they have been able to keep in the past.

Brother Isaacson has had several interesting meetings with tough characters of late and seems to have successfully eliminated them all. But we would like to know why the only blows we received 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 "Champion" wall 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!

DELTAS 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 in their favor, but they have not yet acquired and a certain percent has taken it over thus.

Tommie furnished a goodly bit of entertainment for his lady friend at the game. We're wondering now if she liked it. We were about that they quarreled.

Harold Withrow, Carl Blech, Bert Johnson and this lady friend traveled to Milwaukee over the Thanksgiving vacation. They had all a great time. After Wisconsin is noted for its hospitality.

Charlie Naylor burned out a connecting rod coming to Detroit this school fall. He'll most probably burn the whole car getting back to Mrs. Naylor.

Our basketball team has not 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 upsets.

We wish to welcome Brother Hobbs who recently transferred from Eta Chapter at Kansas City. If we can we wish to have Hobbs in any way we are certainly glad to do so.

We wish to congratulate this opportunity to wish Mr. Wood 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 halls from Rochester, Penn., and Pledge Goode from Bloomfield, Iowa.

Congratulations to Dr. Stillonians closed the meeting.

A few numbers by the Stillonians closed this meeting. Hell week got under way the basketball should start after he had graduated. Better take up a P. O. course, Jug.

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. We were about that they quarreled.

New Locations

Dr. Russell J. Patterson, 1931, Kesar Falls, Me.
Dr. Norman Perry, 1931, Wyndham, Mo.
Dr. Lane E. Moore, 1932, Platts, Kans.
Dr. G. C. Reeves, 1931, Muscatine, Iowa.
Dr. B. J. Helan, 1931, Stanly, Wis.

Missouri Board Elects

At the annual meeting of the Missouri State Board of Osteopathic Registration and Examination, 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, Editor.

Doctor J. L. Allen was appointed by the Governor to take the place of Doctor Connor. He will give his mid-year examinations at Kirkville, January 24, 25, and 26, 1933.

He: Last night I wandered in mind.
She: Well, you couldn't stray far.

Assemblies Popular

Weekly assemblies held each Friday morning are proving more popular every week. One of the contributing factors to this new interest is the newly formed band—"Halliday's Stilmorians." An open in the month assembly sponsored by the Atlas Club was exceedingly popular. The newly formed band made its initial appearance in the student body. Three comedy co-eds from Drake University sang a few ditties and were received with loud acclamation. 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 Fraternity means to me" kept the students howling with laughter. A few numbers by the Stilmorians closed this meeting.

SIGMA SIGMA PHI

Sigma Sigma Phi wishes to take this opportunity to wish every friend of Osteopathic a Merry Xmas and a Happy Healthy 1933.
Dear Doctor:

Since the appearance of our last ad in the Forum listing the number and names of students in the College we have received a number of letters like the one quoted below. This causes us wonder if people in the field think we are making claims that cannot be backed up in actual experience. It is very difficult for one second of the statements made either in the Forum or any other publications to 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 nor is he 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.

Gentlemen:

Please send me your catalog.

Do you allow all students to witness OB and operations or are clinical cases restricted to the regular instructors or to students in obstetrics?

Do your laboratories equipped well? Are they in charge of regular instructors or in charge of students?

Thanking you, I am

(Signed.)

C. W. Johnson, President.

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.

As a student of Dr. Mike Prather, you are in good company, for Dr. Prather is a graduate of the University of Colorado and a member of its Alumni Association.

Senior Spotlight

About how a Dr. for Ramsey, Jack, Porter, Noble and Agnew who, for one, had a legitimate excuse for not doing anything.

Moore has discovered muscles that he didn’t know he had, after thorough Yuletide outing.

The O. B. army should be proud of its two new captains, Whetstone and Newman, of whom he has his 97 in Nervous and Mental.

Nelson forgot his tonsils when leaving on its usual last week.

King had an Ohio Thanksgiving dinner.

It’s 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 Catana’s manner.

According to the telephone call pad it looks as though Meyers’ wife is checking up sort of here.

Joe impresses his patients with his name Devine Dr. instead of Dr. Devine. It works, too.

Freshman Notes

Will it be the last six weeks of the first semester and our class still intact. That sounds good.

“W. J.” (Mr. Facto) was late getting better after his Thanksgiving vacation. He was down with the flu or something.

Bob Hoeffer 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. Spaulding, lady basketball player, who has been playing a bang-up game for the non-frats in the center position, Gowan, also of the non-frat. sonstberger is at a guard, and who in the last game with the I S. was injured, had a pair of his teeth pulled, 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 a Goose stratton that played the first round with the non-frats, Crewes, forward, and Bavstrom.

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 run on all their studying, if by chance any of them happen to be in arrears. Mattern and Davis can’t decide whether to make the bed ourselves 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 treat-
ment of tuberculosis. A few year's ago some German physi-
cians attracted new interest of the world with a diet built to spe-
cific conditions in tuberculosis. Heretofore the method had been
general; men were rigid and specific in their regime of feeding. The diet was inaugu-
rated by Gersen, of Bielefeld Westphalia, and was based largely
upon results from experiments with animals. He proved that
a protein diet reduced suscepti-
bility to infectious disease, and
that a preponderance of carbo-
hydrate abundance of vita-
min and the minimum of NaCl
served the function of the clin-
ic for surgical tuberculosis in Munich, attracted by the logic of this
method incorporated it into his
clinical 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. (2) Diets high in animal
protein, reduced carbohydrate abundance of vita-
mims and the minimum of NaCl. Sauerschuh of the clinic for
surgical tuberculosis in Munich, attracted by the logic of this
method incorporated it into his
clinical 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. (2) Diets high in animal
protein, reduced carbohydrate abundance of vita-
mims and the minimum of NaCl.

The report has the following
data to offer: The class is com-
posed of 16 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 Certifi-
cates". The smallest number of
deliveries participated in by any
member is 15 and the largest
is 25. 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
total hospital cases.

Following is a list of the mem-
ers of the class and the num-
er of deliveries that each par-
icipated in: Bankes, 28; Boat-
aman, 31; Chance, 33; Donovan,
21; Fischer, 25; Friend, 5; Hassel
tman, 20; McDonough, 31;
McDonald, 30; Obeneur, 29; Par-
riss, 21; Phillips, 15; Sparks,
25; Campbell and Keig were as-
sistants and participated in the
total number of cases between
24 and 30.

Campbell and Keig will be
given "Assistant Certificates"
and Bankes, Boatman, Chance,
Donovan, Fischer, McDonough
and Sparkes will be awarded "O.
B. Certificates". These certifi-
cates are given to students for
delivering more than 6 cases
which is the minimum required
by the department.

According to Dr. R. B. Bach-
man, the 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 prac-
tical training in obstetrics and
will be prepared to handle such
cases with ease and confidence
after graduation in January.

MEMORIAL
* * *
DR. A. T. STILL
Founder of Osteopathy
August 6, 1828
December 12, 1917

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, 1911

Over 1,500 Pounds of Babies A Year!

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,
quizses and demonstrations with charts, as well as work
with the manikin. The clinical work includes complete
physical examination, routine check-up on blood pres-
sure, 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 obstet-
rics 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 gen-
eral practice. The hospital cases are delivered by the
head of the department, with 15 or 20 students in atten-
dance. 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 com-
petent obstetricians.
<table>
<thead>
<tr>
<th>Previous</th>
<th>Volume 8: June 1930 - May 1931</th>
</tr>
</thead>
<tbody>
<tr>
<td>Next</td>
<td>Volume 10: January 1933 - January 1934</td>
</tr>
</tbody>
</table>

Return to Electronic Index Page