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# THE LOG BOOK

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PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 10

JANUARY 15, 1933

Number 1

## Senior Class Day

Friday the thirteenth and a snow storm on tap did not scare anyone of the big crowd which filled the college auditorium to witness the offerings of the departing Seniors and to hear of their honors.

The program opened with a selection by the band. Dr. Halladay as master of ceremonies dedicated this to the new bride of the class Mrs. Donovan.

W. L. Hasselman, president of the class, then took charge and reviewed the activities of the members and ably commented on the work of the college. His report was rather rudely interrupted by the bringing in of a patient that some of the class had found at the corner of Sixth and Center. There followed a skit the members of class taking part and substituting for Drs. Facto, Johnson, Paresi, Bachman and Schwartz. The patient after going through this rather trying clinic was compelled to submit to a Caesarian operation and the audience beheld the birth of the class of January, 1933. It is needless to add that during the thirty minutes consumed by this act that the crowd was in an uproar continuously and the class made a deep impression on all present by their carefully worked out program of acting.

The interlude of music following consisted of numbers by the band and a special number by Joe Devine on his devine banjo. Not to be outdone by Joe, Benny was called upon to conduct the band in a ha-cha number that was a complete surprise to all. It went over big.

The class president then presented Dr. C. W. Johnson with a framed composite picture of the

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## Drs. Paresi and Fisher

The Trustees of Still College are glad to announce that Drs. Paresi and Fisher, who have been assisting the faculty in a very able manner during their college work, will be retained as regular members of the faculty. Dr. Paresi's work will be expanded along the specialistic lines in which he has been trained. This means that more complete and efficient laboratory work will be offered and its application stressed.

Dr. Fisher will continue in the department of Chemistry and will devote his entire time to this and allied subjects. The college is to be congratulated on this important move.

## Senior Banquet

Thursday evening, January 19, the Trustees of the College will entertain the graduating class at a farewell banquet. This year it will be held in the Annex of the Hotel Savery. The room is to be decorated for the occasion and the menu prepared by Herman which is sufficient recommendation for the food.

Dr. C. W. Johnson will be in charge of the program which will consist of short talks by Drs. J. P. Schwartz, J. M. Woods, and H. V. Halladay. W. L. Hasselman will speak for the graduating class.

The trustees take this opportunity of expressing their appreciation of the excellent work of this class. They wish them all good fortune and regretting their departure yet realize that the class is needed in the field.

## Commencement Program

Ceremonies honoring the fifteen members of the January, 1933 class of Still College started with class day Friday, January 13. Being on Friday the Thirteenth looks unlucky for the group but a report elsewhere will convince you that the program was good even if the day offered bad luck.

The week of January 16th is filled with farewell parties and banquets, the Senior Banquet given by the trustees of the college to the class being held the evening of January 19th and the final graduating exercises the following evening at the auditorium in the college building.

The Log Book wishes to extend its congratulations to this class wishing its members all good fortune. May we ask them to keep in touch with the college and notify us when they acquire a permanent address?

Still Auditorium will this year be the scene of the graduation of the fifteen members of the January, 1933, Class. At eight fifteen the processional will begin. This is to be followed by the Invocation and songs by Tyne Buck.

Rev. C. J. Dutton was the unanimous selection of the class to deliver the address.

At the completion of the address Dean Schwartz will present the class to Dr. C. W. Johnson, president of the Board of Trustees, for the conferring of the degrees.

The recessional will close the program. Mrs. Van Arsdale will act as accompanist.

## Senior Awards

Beginning in the Junior A term each student at Still College has the opportunity to work for one or more of the special awards given by the college. This consists of extra credit established in the form of assistantships or additional work done in the clinics over the amount required for graduation. Due to the exceedingly large number of cases handled in the clinic during the past year, ten of the fifteen members of the class were able without any great effort to qualify for these honors. Below we list the awards and the members of the class receiving them.

Obstetrics:

W. E. Bankes, L. C. Boatman, E. V. Chance, J. H. Donovan, G. E. Fisher, D. F. McDonough, LeRoy Sparks. Special assistants in this department to receive certificates were E. R. Keig and O. E. Campbell.

General Clinic:

L. C. Boatman, E. R. Keig and H. A. McDonald.

Anatomy:

W. E. Bankes, L. C. Boatman, E. V. Chance and LeRoy Sparks.

Band:

E. V. Chance.

Dr. H. J. Marshall's award in Surgery was presented to LeRoy Sparks.

The Sigma Sigma Phi certificates for Service to the College and for Proficiency in Osteopathy were given to E. R. Keig and O. E. Campbell, respectively.

This remarkable record is just another proof of the opportunities offered by the college in the matter of practical training and a reiteration of the statement, "Still College graduates practical Osteopaths".

## On Your Mark!

News from several different states seems to be mainly along the line of legislative battles about to be begun. We wonder if you have taken advantage of the short time since the election to make yourself acquainted with your law-makers? Illinois and Iowa are just starting in the fray. It looks as if a concentrated effort will have to be made this year by everyone. The home team needs your support and if you can't play in the game you can do your part in the rooting section. If you stay at home and listen in on the radio you may hear some bad news.

## Our Seniors

Fifteen new Osteopaths will be graduated January 20th. This has meant four years of intensive preparation for their life work. In some cases more than that for several members of the class have preliminary work in the pre-medic and university class. You in the field will be proud to add them to the list of practicing Osteopaths for we can vouch for the training of this group. Their clinic record is a record in itself.

W. E. Bankes—A lot of preliminary work in therapeutics will help him in the practice of Osteopathy.

L. C. Boatman—Still talks about Ames. Has been the Book-man for some time and will interne in Wichita.

O. E. Campbell—Sanitarium experience convinced him of the value of Osteopathy and he is more convinced.

E. V. Chance—One of our own Iowa boys. He also owns a clarinet.

J. H. Donovan—Came to us from Kirksville. Jimmy got married recently. That shows he is not afraid.

G. E. Fisher—Came to us from Iowa State. He started to study medicine but switched at the right time.

H. C. Friend—Another Iowa boy and also of an Osteopathic family. Homer does not dare to fail. Papa is practicing in Grinnell and he has two brothers who are successful.

W. L. Hasselman—Came to us from Iowa State. Another who saw the light before it was too late.

E. R. Keig—From Chicago but does not show any scars. Has had plenty of preliminary experience in therapeutics.

H. A. McDonald—Another Detroit boy. Michigan will gain when Mac settles in that state.

D. F. McDonough—From Chicago. Another that we are proud of.

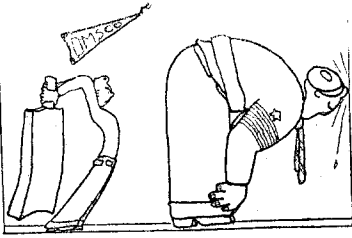
J. E. Obenauer—From Ohio. According to some that is all the

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## Honorary Freshmen

After counting up the score, Dr. Halladay finally found that fourteen of the freshmen were entitled to become members of the freshmen Honorary group known as the Osteopathic Osteological Fraternity. Look close and you will see these genuine metal keys indicating membership. The awards were made immediately after the holidays.

## FRATERNITY NOTES



## ATLAS CLUB

Our Semi-Annual Senior Banquet was held at the Chapter House, Thursday January 12. Dr. J. P. Schwartz as toastmaster presented the speakers of the evening, Dr. H. J. Marshall and Dr. H. V. Halladay, after which short talks were given by each of the graduating Brothers. We believe the Banquet was the greatest success in some time and intend to hold them in the house in the future.

Brothers W. E. Bankes, G. E. Fisher, L. C. Boatman, H. A. McDonald, and W. L. Hassellman are members of the class graduating this month. We wish to extend congratulations to every member of the January class and to wish them the best of luck.

After the Banquet Brother Donovan, not knowing what the results would be, invited all of us to "come over and see him some time." Taking him at his word a small group (seven cars) paid him a visit. After waiting for some time they were allowed to escort Jim and wife on a sightseeing tour of Des Moines. Two stout hearted brothers believing they heard a police whistle above the noise of car horns left the ranks, just in time (so they thought) to keep from being caught by the cops.

All of the Brothers returned safely from their Christmas vacations, some early and others very late. Brother Schefold enjoyed his trip so much that he did not return till the last possible train. Brother Isaacson took to a new mode of transportation and can give some excellent tips on traveling by rail. He tells us that he certainly traveled in class, all of the way to Denver, but had difficulty in getting home after he reached his destination.

Brother Stevison returned from home after the holidays with a shiny new Chevrolet coupe. Santa must have been pretty good to you Steve or have you been a good boy?

The famous Don Juan is back with us again and is having a great deal of difficulty in explaining the absence of one particular piece of jewelry—or maybe it's two???

## IOTA TAU SIGMA

The midnight oil is now being burned until far into the night since finals are now with us. The lower Juniors are anxiously looking forward to going into clinic and putting into practice some of the things they have absorbed in the past two and one-half years.

All of the brothers are looking forward to moving into their new house within the near future. The house is not so large as the one we now have but it is ample and completely satisfactory.

It seems that Brother Whetstein cannot be figured. When O. B.s are coming fast and sudden he moans because he can't get enough rest and when things are slow he continues to moan wishing that there would be more O. B.s but he really likes it and incidentally he is a very good O. B. assistant.

Brother Lyle has now acquired a new name. Being such a smooth looking person one might readily guess what it is. All in all, he is a pretty nice person and is he handy around the kitchen?

Brother Obenauer will soon be graduated and we are all certainly going to miss that red head. Red has been a great help to the fraternity inasmuch as he has a good level head which is often the difference between disaster and success. About all we can say in writing is that we wish Brother Obenauer all the success in the world, lots of luck and a little time to let us know how he is getting along.

## PHI SIGMA GAMMA

Upon his return to Des Moines after the Christmas vacation, Burton Poundstone announced his marriage to the former Betty Beamer, which took place in August. Many congratulations and the best of luck to both of them.

I hate to write this for fear a dozen or so girls here in Des Moines will commit suicide but Bunny Noble has announced that he, too, will be handing out the cigars sometime in the near future. He is ready for the long count and of course will make the best of it.

Freddie Hecker, of Milwaukee, has come back to continue his studies after an elapse of two years in which he took pre-med. at Marquette U. He brought Henry Diekow, also of Milwaukee, back with him. Hank has had two years, also, of pre-med. work at Marquette.

The Phi Sigs tripped up the ITS in a fast game on January 11 by the score of 22-17. Outside of a first class football game, in which both sides took active parts, the contest resembled a quiet game of ping-pong—if you want to believe me. Pledge Goode was the man of the evening for the Phi Sigs, accounting for the greater share of the score.

Pledge Irvin has taken over the job of protectorate for Tommie's girl friend while that versatile lad plays his usual good game of basketball. Assisting Irvin is Pledge Owen.

Harold Withrow again had a hard time getting back to school on time. This time it was only a day and that is something for Harold.

Pledge Storey has been seen on numerous occasions getting his bacteriology from an anat-

omy book. Pledge Bartram has been quite worried about Bud and has been endeavoring to make him get some rest but so far his efforts have been futile.

With the new semester coming on Pledge Owen is quite concerned about how he will get his daily nap, seeing he will have all new subjects that he will not be quite as familiar with as he was with bacteriology. Too bad—he'll miss the nap quite a bit.

Many friends and members sent cards to the house during the holidays and the members wish to thank them for these.

Although there are no Phi Sigs graduating at the end of this semester we wish to extend our heartiest congratulations to the seniors who are about to leave school. Good luck and God-speed in your journey to success.

## Have You Noticed?

That Harold Stevison came back with a new Chevy. What do they use for money down there in southern Missouri? At a recent meeting of students from Kansas, Illinois, Iowa and Nebraska they all voted to follow Harold down there and find out how it is done.

That Gene Winslow has that peculiar look around his eyes as if he was about to have a new car?

That one of our two-car students rides down with someone else some times?

Jimmy Donovan's bride?

That Freddy Hecker is back from Milwaukee and brought a new student with him? Freddy had to drop out for a while. We are glad to have you with us again and welcome H. Diekow. Both boys have been taking some work at Marquette.

Customer: "You made a mistake in that prescription you gave my mother-in-law. Instead of quinine you used strychnine."

Druggist: "You don't say. Then you owe me twenty cents more."

He: "I think that dancing makes a girl's feet big, don't you?"

She: "Yeah."

He: "I think that swimming gives a girl big shoulders, don't you?"

She: "Yeah."

(Pause.)

He: "You must go horse back riding quite a bit, too."

Soldier: "Sit down, Sir, you're rocking the boat."

George Washington: "Can't, my pants are too tight."

So they painted him standing up.

She: "Please, honey, why don't you kiss me oftener than once a week?"

He: "What, and have to get my suit pressed again?"

Then there was the street cleaner who spent his vacation at a fraternity bull session.

## New Orleans At Xmas Time

New Orleans, a name which spells blue skies and sunshine; green trees, shrubs, vines and blossoms, fragrance and perfume (natural and French distilled); historical setting, carnival spirit, glamour and romance! Or so they say. I wonder whether it is Chamber of Commerce propaganda. There was certainly none of it from December 27 to January 3, 1932 and 33, respectively. I offer what I presume is the most unorthodox report upon New Orleans ever contributed.

There was no sunshine; from the day I left until I again reached Iowa soil I never caught a glimmer of a sun ray. The streets are narrow, exceedingly narrow, especially in the business part of the "modern" town. The automobiles park on both sides of the street and there are no time restrictions upon parking that I saw. Result, the stream of cars searching their way through the perilous canyons are constantly tooting their horns and shrieking their Claxons. It has become a nervous habit in New Orleans to honk horns. The traffic lights are very, very few (I recall them only upon Canal Street) and a cop at every corner adds his shrill whistle to the general din and clamor. The blocks are so short that from any corner the cop whistles may be easily heard four blocks in all directions. Since there is no time interval on the movement of cars, their shrieking is almost incessant and the high walls of the buildings which crowd the narrow streets make the sounds reverberate and echo. I give you St. Charles at Common, or almost any place along Baronne, as the exquisite epitome of what noise in modern civilization can mean. If some one had added an overhead railway the place would be unlivable.

In the French section are found the splendid old buildings of an early day, remnants of a wealth and beauty of living which is quite beyond a layman's imagination. And the buildings are rotting and falling to pieces, battered, neglected and littered with dirt. Fine iron balconies lace across the fronts of the old homes in intricate designs of flowers and fruits with delicate monograms interwoven; and they are roughened and corroded with dirt and rust, or else painted a hideous green, presumably to draw them to the tourists' notice. The green ones are worse than the shabby ones.

A city rich with history of the most romantic and colorful sort, what New Orleans needs is some allied organization of the D. A. R. to keep its ruins in order. One is charmed by relics being old, but there is no excuse for their being filthy!—A. L. J.

# 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

## Thank You!

We get a good many letters. Some of them tell of mistakes we have made. Some voice their appreciation of the Log Book and compliment us on it. Some of you are thoughtful enough to write us when you change your address and we thank you. Do you know that it costs us two cents every time a Log Book is returned to us if it cannot be delivered? Uncle Sam is not quite as generous as he once was about this business of returning mail addressed to the wrong place. We thank those of you who have sent in your new address and we hope that you will continue to like the Log Book. We thank those of you who have written nice things about us and we also thank those of you who have offered constructive criticism.

Under this heading may we thank Dr. J. A. Van Brakle for his nice letter and the information about legislative affairs in his state. It is evident that Oregon is having the same internal troubles that some of our other states are affected with. Dr. Van Brackles monthly bulletins are well written. We will venture that the Oregon group reads every word of this interesting little publication.

We also thank Dr. Mary Walker for a copy of her Osteopathic calendar sent to this office.

## The New Class

Somehow word got out that we would not matriculate a new class in January of this year. Even with this rumor in circulation we have every indication that the in-coming students at this time will exceed the number that entered at the same time last year. Already several are here in town and correspondence indicates that the class will exceed our expectations. Still College will give these incoming students four years of work just the same as classes entering in September and no effort will be made to cut their time of graduation short by crowding the work in any way.

We are gratified to know that the profession appreciates completeness of the work given in Still College and we thank you for your efforts not only in our behalf but for Osteopathy.

## Dr. Golden Entertains

The holiday season was not entirely devoid of affairs regardless of the exodus of the majority of the student body. On December 28th Dr. Mary Golden invited those of her Pediatrics class who did not go home for Christmas, out to her lovely home for dinner and the evening's entertainment. Her living room was decorated by a beautifully lighted Christmas tree under which she had arranged her gifts. Coziness was produced in the room by the logs burning in the fireplace.

At six thirty a real Christmas dinner was served to the twenty-four guests and was complete in every respect. Those who did not have the pleasure of a home cooked Christmas dinner at home were treated to one at Dr. Golden's.

After the dinner Dr. H. V. Halladay arrived with his moving picture outfit and showed movies of his trips through the west during the summers of '31 and '32. They proved interesting as well as instructive.

Everyone left with the remembrance of a very enjoyable evening.

—A Guest.

## The Past Semester

Beginning in September a few changes were made in the curriculum with the idea of improving the work in several of the departments. This was emphasized more in the line of Osteopathic Principles and Technic. Reports from the students and others who have been making observations of the work are to the effect that these changes are a very great improvement over the older method of teaching these subjects. With the new plan in force the student now has added work in every subject and this particularly along Osteopathic lines. The present day Osteopathic Student is not satisfied with the statement of facts without knowing the scientific background.

## Our Seniors

(Continued from page 1)

recommendation he needs. Obie will make his own way without the backing of his state.

F. A. Paresi—From Colgate, Harvard, U. S. Army and parts beyond. Paresi knows Pathology and a number of other things. There were seven little Paresis in his family the last time we counted.

L. J. Phillips—From Chi. He knows his stuff.

L. R. Sparks—From the East Coast. We will trust him to carry on for Osteopathy.

Soph: "Come on and get cleaned up and I'll get you a date."

Frosh (cautiously): "Yeah, and then suppose you don't get me the date."

## The Christmas Vacation

This year the vacation period started two days before Christmas and even that late date did not cause the demise of more than the usual number of relatives. Regardless of the lack of funds most of the students managed to go home and left very few to carry on the work of the clinic during that time. It is needless to say that the various departments were taken care of but some of our Seniors felt like taking a vacation after the 9th of January.

## Senior Class Day

(Continued from Page 1)

class and Dr. J. P. Schwartz was presented with a picture of the Sigma Sigma Phi Fraternity.

Dean Schwartz then awarded the honorary certificates for extra work done in the various departments of the college, also the special awards of Sigma Sigma Phi and Dr. Marshall.

It being the birthday of the Dean, Boatman deemed it proper to present Dr. Schwartz with some new equipment for the operating room at the hospital. This was highly appreciated.

Miss Lillian Peterson received the special Sigma Sigma Phi award for having the highest scholastic average in the Freshman class.

This very interesting program snapped through without a stop and was closed with a number by the band. The majority of the students wish that we could have class day every Friday.

## Basketball

The basketball tournament sponsored by Sigma Sigma Phi continues very much unabated. Below we list the results to date according to the record handed the editor. From certain post-mortem findings that have been reported this may not be the last word. One of the recent games demonstrated not only the ability of the players along the lines of basketball but according to eye witnesses tactics were borrowed from football, boxing, wrestling and even bridge. It is reported that one player made a grand slam. The original card has five games to go yet before the end of the series so even with the score looking a little one-sided now the championship is still open.

Atlas .....	Won 3—Lost 1
PSG .....	Won 2—Lost 2
Non-Frat .....	Won 2—Lost 2
ITS .....	Won 1—Lost 3

## Home For Christmas

Even with the extra work in the office during the vacation of everyone else, Miss Florence Crawford managed to find a few days available and made the trip to northern Iowa so as to be home for Christmas. She reports a gain of seven pounds in weight.

## The Unusual Case

"Oh, Doctor Jones, I really doubt  
If science ever will find out,  
Or learned men will ever see  
The reason for my agony.

My bed is soft, my pillow deep,  
I try so hard to woo some sleep.  
I guard me with the best of  
care  
And still it never finds me there.

Food to me is quite a bore,  
It has no savor any more.  
I've eaten stuff in cans and tins  
Washed down with oils of vitamins.

I'm wearing woolen underwear  
And still I have no pep to spare.  
I've purchased every kind of  
lamp,  
And I still perspire cold and damp.

One Doctor friend was very  
kind,  
He worked on me with a Polysine.  
He gave me fourteen kinds of  
juice,  
But I think a kidney floated  
loose.

Oh, Doctor Jones, how germs  
defeat us!  
My Grand dad croaked with diabetes.  
Small chance I have to get insurance  
I have, I feel, lost my endurance.

Oh, Doctor Jones, please take  
my case  
And face facts squarely in the  
face.  
I'll gladly be a martyr to science,  
And even wear your latest  
appliance.

My money is gone, ah, but I have  
friends,  
And Doctor, think of the dividends!  
I'll tell them all I have you to  
thank! ! !  
\* \* \*

And they expect you to put it  
in the bank!

George Edward Folkman, '35.

## The New Term

The Spring term begins January 23rd. Late registration is permitted only in the Freshman B class. Students who have been absent for one term must be here January 23rd. Make your plans accordingly.

Stude, looking for rooms: Do you stand for smoking here?

Puzzled Old Lady: Why, no, we've never attached any patriotic significance to it.

The advertising man was proposing: "But remember, Lady, this is the last day, positively the last day, of this astounding offer."

The confidence which we have in ourselves gives birth to much of that which we have in others.

## New Dietetic Principles For Tuberculosis

(By Ava L. Johnson, B. H. Ec.,  
B. S., M. S.)  
(Continued from Last Issue)

(3) Fresh meat foods are restricted to 600 grams weekly; Hermendorf and Gersen would reduce that and give it only once or twice a week.

(4) One pint or more of fresh, uncooked milk daily, augmented by sour milk, eggs, especially the yolk, oatmeal, whole wheat freed and ferinaceous foods in restricted amounts.

(5) The diet includes the use of various spices to improve flavor. And there are added to the food list two medicinal preparations. One, Mineralogen, is a special blend of mineral salts of vegetable origin, the exact composition of which has not yet been published. According to Hermendorf and Gersen it contains potassium aluminium sulphate, calcium phosphate; sodium silicate, magnesium sulphate, sodium sulphate, bismuth subnitrate, calcium lactate, strontium lactate, albumin, sodium acid sulphate and sodium bromide. In addition to this, an abundance of vitamin is assured by the use of a special phosphoric acid cod liver oil preparation.

Reports from the Sauerbruch hospital were enthusiastic. Use of the diet was followed by a rapid increase in weight and a speedy arrest of tuberculosis. It seemed to be of especial value in the healing of wounds. Gerson feels that the nutritional state of the patient is profoundly influenced by the dietetic regime which restricts salt and is almost chlorine free; which is high in vitamins largely from the fresh fruit and vegetable source; which augments vitamins with the use of phosphorized cod liver oil and augments the minerals with the vegetable Mineralogen. Reduced NaCl plus Mineralogen, Gersen claims, affects the water metabolism and reaction of the tissues so that the acid-base reaction is altered. Diuresis results and the body cells depleted of water, are better able to combat the bacillus of tuberculosis.

The diet formula on a daily intake of 3,000 calories shows 99 grams of protein, 180 grams of fat and 246 grams of carbohydrate. These figures are divided by 3 and one-third given at each meal. The measurements are carefully made. The protein is chiefly from eggs, 500-600 grams of fresh meat being permitted weekly. Fresh fruits and vegetables are kept abundant for the vitamins. Forbidden foods include: NaCl, pickles, smoked and spiced meat, sausage, ham, smoked salted fish, vinegar, coffee, tea and cocoa. Fresh meat, fish, pepper and meat extracts are allowed in small amounts. The permitted foods include milk, 2-2½ pints in any form, although as much as can be taken easily should be

## CLASS SCHEDULE, SPRING TERM, 1933

### FRESHMAN B.

ANATOMY .....	H. V. HALLADAY
HISTOLOGY .....	A. L. JOHNSON
CHEMISTRY .....	G. E. FISHER
EMBRYOLOGY .....	L. L. FACTO

### FRESHMAN A.

CHEMISTRY .....	G. E. FISHER
ANATOMY .....	H. V. HALLADAY
HISTOLOGY .....	A. L. JOHNSON
PHYSIOLOGY .....	A. L. JOHNSON
EMBRYOLOGY .....	L. L. FACTO

### SOPHOMORE B.

PRINCIPLES OF OSTEOPATHY .....	H. V. HALLADAY
CHEMISTRY AND TOXIOLOGY .....	I. C. GORDON
PATHOLOGY .....	F. A. PARISI
PHYSIOLOGY .....	A. L. JOHNSON
ANATOMY .....	H. V. HALLADAY

### SOPHOMORE A.

DIETETICS AND HYGIENE .....	A. L. JOHNSON
ANATOMY .....	L. L. FACTO
OSTEOPATHIC MECHANICS .....	H. V. HALLADAY
NERVOUS PHYSIOLOGY .....	C. W. JOHNSON
PATHOLOGY .....	J. M. WOODS

### JUNIOR B.

DIETETICS AND HYGIENE .....	A. L. JOHNSON
TECHNIC .....	J. M. WOODS
SPECIAL PATHOLOGY .....	J. M. WOODS
PHYSICAL DIAGNOSIS .....	L. L. FACTO
LABORATORY DIAGNOSIS .....	F. A. PARESI
ORTHOPEDICS AND TECHNIC .....	H. V. HALLADAY

### JUNIOR A.

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

### SENIOR B.

OBSTETRICS .....	R. B. BACHMAN
NERVOUS AND MENTAL .....	C. W. JOHNSON
OSTEOPATHIC THERAPEUTICS .....	J. M. WOODS
SURGERY .....	J. P. SCHWARTZ
EYE, EAR, NOSE AND THROAT .....	H. J. MARSHALL
MEDICAL JURISPRUDENCE .....	H. W. BYERS

### SENIOR A.

DIETETICS .....	A. L. JOHNSON
ANATOMY .....	L. L. FACTO
NERVOUS AND MENTAL .....	C. W. JOHNSON
PROCTOLOGY AND UROLOGY .....	J. P. SCHWARTZ
SURGERY .....	J. P. SCHWARTZ

\* \* \*

All laboratory and clinical work will be conducted at the regular periods and will be under the direct supervision of the head of each department. The care of actual cases in all divisions of the clinic begins in the Junior A. year.

raw; sour milk; milk in rice pudding; cream cheese; butter (saltless); fruits, preferable raw, also stewed; preserves, jams and jellies; fruit juices; baked apples; fruit salads; vegetables, raw or in pressed juices or added to soups, and when cooked, not boiled, but steamed; flour of any kind, saltless bread, macaroni, pastries, etc., etc.; eggs any style; cereals; sugar, especially brown, sugar candy, honey; olive oil, and lard. The food is weighed, vegetables after cooking and bone and excess fat cut from the meat before weighing.

Interest, naturally had been wide spread. Rollier introduced the diet in his sanitarium in Ley-sin, Switzerland. Dr. Bomner

of Giessen, Germany, adopted it; Dr. C. Emerson, of Lincoln, Nebr., reports upon it favorably from the Lincoln General Hospital and Mayer has given a record in full of using the Gersen-Sauerbruch diet in the Lake Saranac sanitarium in New York. Reports from these and many others show the results are strikingly favorable in surgical cases and less so in pulmonary tuberculosis. The more recent German Journals are bristling with protests and testimonies of the inefficiency and inadequacy of the famous diet.

Saranac Lake was interested in the German system of diet and sent two representatives from their staff to investigate. They were particularly impressed

with the definite healing in advanced cases of Lupus Vulgaris of face and mucous membranes which had been previously resistant to all forms of treatment. These cases seemed to the visitors more striking than the results in tuberculosis in any other form.

Upon return to Saranac, they gave the rigid dietetic treatment to 30 cases of advanced tuberculosis which had not responded to other treatment. The diet was given under the direction of Frau Jungklaus, dietician, who had been administering it in the German clinics.

In adjusting the diet to their needs, the Saranac staff realized that metabolic needs in advanced t. b. depend upon metabolic changes. Since metabolism increases more in toxemia than it does in fever, the caloric value of the diet should cover that as well as the atrophy already induced. But excessive feeding must be guarded against because of the increased respiration and consequent prevention of functional rest. With these considerations they approximated the caloric requirement at 50 per kilogram of body weight, with .75 grams of protein incorporated per kilogram of weight.

But fulfilling the caloric needs is only part of the requirement. Wasting away means a parallel loss of minerals Ca, Mg, K, P, S. These needed to be supplemented by a diet rich in the base forming salts. Because the t. b. process involves excessive dehydration of the tissues, the NaCl was excluded. At Saranac they did not believe the addition of the mineral salt compound made a great deal of difference because most of the salts present have so low a co-efficient of absorption. Dr. Emerson of Lincoln uses a mineral mixture similar to the German "Mineralogen" which a local house prepares for him. He uses 4ccs in water three times daily and believes the action of this mixture results in the elimination of NaCl.

The Saranac diet was rich in vitamins. All nutritional metabolism depends upon the vitamin intake for absorption and utilization, therefore much raw food was added to the diet. Those which were cooked were high in vitamins. The vitamin provision marks specific advance in this treatment the men working at Saranac believe.

(Continued Next Issue)

A new way has been discovered to cook sea gulls. A brick is placed in the pot with the gulls. When a fork can be stuck thru the brick, the gulls are done.

Mother may I go out to swim?

Yes, my dearest daughter.

Get a suit you'll look well in—

But don't go near the water!

Active: What's the idea of sticking your thumb in my soup?

Pledge: Just a personal touch sir, a personal touch.



# BIRTHDAY NUMBER

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

## THE LOG BOOK

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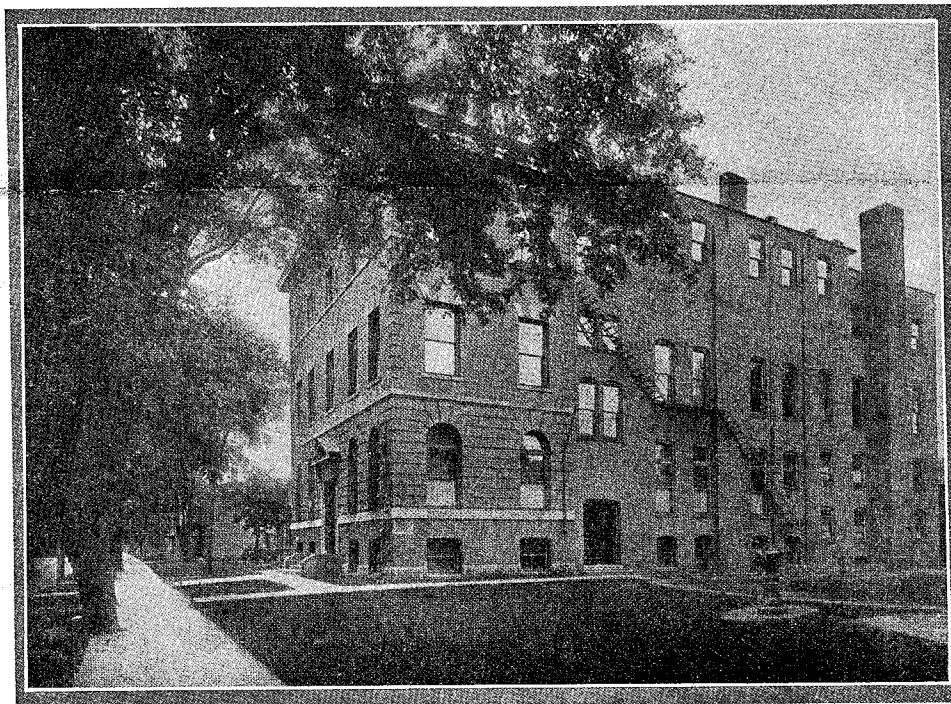
### Half A Score

Ten years ago the first of February the first Log Book was mailed to you. Some of you will say, "Why, it seems longer than ten years," and others will remark on the rapidity of time. Those of us who are now responsible for its appearance hope that in the ten years that you have come to know the college just a little better and that you have enjoyed reading our little publication. We have never attempted to offer to the profession a periodical filled with scientific articles. We have felt all through the years that the established monthly publications of the A. O. A. and others amply fill that need. We have wanted you to know that Still College was alive and progressing. That your college was continuing to matriculate and graduate students who feel like you do, that those were the best four years you ever spent. Just as some of you will look back to the good old days, these who are now in school will be doing the same thing ten years hence. College days are always the good old days. The Log Book hopes that it has kept you in closer touch with the college and has tried to make you feel that the good old days are still with us.

It may be of interest to you to know that the Log Book does not accept any form of advertising. Many letters have come to us asking our rates but under our contract we are not listed as an advertising medium. There is no subscription rate on the Log Book. It is mailed gratis to you if you want it. If you do not want it all you have to do is to write us and we will drop your name from the subscription list.

The editorial page of the first issue carries this information. Dr. S. L. Taylor was titled Director General; M. D. Cramer, Business Manager; Dr. J. H. Styles, Publicity Director and C. L. Ballinger, Editor. Since that time Dr. Taylor has retired from active service in the profession and Dr. C. W. Johnson has taken his place at the head of the institution. Dr. M. D. Cramer was then a student. After his graduation he opened offices in Des Moines for the practice of Osteopathy and continues with us in the city although not connected with the college. Dr. J. H.

(Continued on Page 4)



Birthplace of the Log Book

### In Re New Orleans

Under date of February 1 the Log Book has received a letter from the editor of the Bureau of New Orleans News taking issue with A. L. J. in regard to his city. This was expected since a copy of the last issue of the Log Book was sent to the Secretary of the Chamber of Commerce of that city and we knew that a reply would be forthcoming soon for New Orleans has pride and reasons for it.

The letter is just a little too long to publish in full but we compliment Mr. Callender on his efforts and feel sure that the city is doing all in its power to maintain its historic buildings and other distinctive features that are to be found no where else in the world. Since we cannot all see the same thing with the same eyes it is refreshing once in a while to get a report contrary to the usual one of "Having a good time. Wish you were here." A. L. J.'s report of her trip will not keep any one person from visiting New Orleans and as far as that is concerned a visitor from New Orleans could find several spots here in Des Moines or any other large city that did not agree with his idea of beauty or civic pride.

### O. B. Clinic Takes All Ft. D. M. Deliveries

For the past several months the Obstetrical Department of the College has been taking care of all O. B. deliveries of the wives of enlisted men at Fort Des Moines, through appointment by the Surgeon's Staff of the Fort.

Last July while Lt. F. A. Parisi, U. S. A. M. R. C. was stationed at the Fort the Nursing Staff of the Post Hospital was discontinued, because of lack of funds, and sent elsewhere. At that time the Surgeon's Staff interviewed Dr. Parisi, faculty member of the College, and after thorough investigation of the methods and ability of the College Clinic, the O. B. Department of the College was appointed to take over all cases of families of enlisted men.

(Continued on Page 4)

### Nebraska State Board

The regular examinations of the Nebraska State Board are being held at the State House in Lincoln, February 14 and 15, according to a notice sent out by the secretary.

### Hold Commencement Exercises

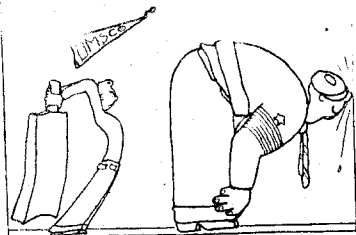
Des Moines Still College of Osteopathy held commencement exercises for the January class of 1933 in the Still College Auditorium the evening of January 20. Rev. Charles J. Dutton delivered the commencement address.

The processional march was played by Mrs. Van Arsdale. The invocation was delivered by Rev. Lester P. Fagen and Mr. Tyne M. Buck sang two solos on the program. Following Rev. Dutton's address, Dr. J. P. Schwartz, Dean of the College, presented the class to President C. W. Johnson, who conferred the degrees.

The evening before, the Board of Trustees gave a sumptuous banquet for the graduating class at which time various members of the faculty and the class were called on for a few remarks.

The College is proud of these new graduates and wishes them good luck in their chosen profession and feels confident that they will succeed as the College graduates only practicing physicians that have had the practical experience while in school to assure them of success after leaving the college.

## FRATERNITY NOTES



## ATLAS CLUB

That week in a pledge's life, when he is at the hardest part of his pledgship, is now in full swing. Along with the usual formalities, we are going to have a very clean home as a result of the pledges faithful efforts during the past few days. During the week we have discovered several accomplished pledges; one scientific loafer, who should have no trouble getting understudies; some gifted with the ability to whistle, also one, who should make an excellent specialist in his practice.

We believe that "Hell Week" should come often, if the pledges play basketball during each one as they did last Wednesday. How many did you get, "Butch"?

As the Basketball Tourney draws to a close, we wish to extend our contratulations to each of the groups participating for the fine sportsmanship and efforts put forth in each game.

Since our boys have been fortunate enough to obtain a lead, which is impossible to overcome, we are looking forward to a proposed trip to Kirksville to play the champions of the intramural contest there. We understand that it will probably be the Atlas Club since they are leading at this time.

The Bridge teams have begun their season and training rules are in force. Our Pledge team "Butch" Frazier and "Jack" Ennis seem to star in every contest they enter, coming through with the full nine points last week.

We were pleased to welcome Miss Mildred Romingen to the House last Friday afternoon. She spent the week end with her brother in Des Moines. We understand Brother Dierdorff had some interest in her being here. At least he was conspicuous by his absence from the house during the week end.

The "cold snap" seems to have converted some of our usual late risers to early birds. They say that the Early Bird gets the worm, but it looks like the word worm should be changed to warm.

Xiphoid of the Atlas Club takes great pleasure in announcing the pledging of Ralph Morehouse, Albion, Michigan; Donald Ashmore, Omaha, Nebraska; and Chester Wyman, Des Moines.

## IOTA TAU SIGMA

Under the able captaincy of Brother John Herd, our stalwart men of bridge got off to a very able start, trailing the leaders by a very scant margin. However, we are usually able to hold our

own in this terrific pastime of slams and dummy tacking.

It is with a great deal of pleasure that we welcome Brother Howard Cook back and also that he is again fit to carry on after a period of illness.

We are also very pleased to see Pledge Lingenfelter back in school after a short absence. Pledge Devine now has a running mate so all offenders beware.

It seems that our basketball team could not get started in time to contend for the championship this year but we must admit that we had a lot of fun and exercise and as a result, we will gently retire with but the ever convenient alibilical moral victory.

Brother Obenaeur recently wrote stating that he is preparing to take the Michigan Board soon. Knowing Red as we do, we feel quite confident that he will have no trouble and should soon be in practice.

As a result of the recent cold spell, several of the Brothers are nursing frost bitten ears while most of the others just moan and gripe. However, spring is just around the corner and here's hoping that these lovely winter gales don't blow the corner away.

Pledge Pohl recently proved himself a hero when he went into an inter-fraternity basketball game and helped us win by our largest score of the season. Evidently previous football training must have helped a lot. Bring forth those hidden accomplishments Victor, they may help.

## PHI SIGMA GAMMA

We are honored to announce the pledging of four new men; Henry Diekow of Milwaukee, Wis., Earl Jurgenson of Trunan, Minn., Arnold Swedburg of Boxholm, Iowa, and William Moore of West Branch, Iowa.

The following conversation was over heard at Dunn's funeral home the other day, "If you don't mind, Del, I wish you wouldn't call me Fritz—it doesn't sound professional."

Carl Blech was so worried over the last State Board exam, that he traced the Brachial plexus on Frederick Hecker's back while both were asleep. Hecker hasn't gotten over it yet.

Pledge Owen has announced that hereafter he will forsake his biology and bacteriology interests for the intriguing art of dancing. He is amply qualified, having exhibited several types of dances to the boys at the house. He will, therefore, give his time to teaching lessons at night, and will rely upon his pathology class to get his rest. Paging Prof. Parisi.

Even mail boxes afford good shelter in a gale—so Pledge Irvin demonstrated on one of the main thoroughfares the other day. The wind was howling, and as Irvin was getting cold waiting for the street car he squatted down beside a large mail box, much to the amusement of Fred Hecker.

Pledge Bartram still insists

that his meal job lasts until 12 o'clock on Saturday nights. Some of the boys are wondering whether it is a red headed job or a blonde.

Enderby and Hecker have proved that they are of the strong silent type in certain oral quizzes held in class. More truth than poetry.

Withrow seems to be getting the old urge to go home again. He was overheard the other night singing "I Hear You Calling Me". Rumors are in the air that he will be leaving soon.

Wisconsin has the most representatives at the house this year. Four of the five hail from Milwaukee.

Del. Johnson has turned racketeer—and it won't be long before he will be throwing five dollar bills around. He is now waiting for his first check as the results of taking the boys in an old army game. Most of us bit.

Pledge Goode has been waiting six weeks for a treatment from some of the seniors. Now he is carrying some smelling salts around with him in case any of the boys offer to take care of him.

Pledge Diekow has a bad habit of wearing spats at all times—so bad in fact that during the cold spell of last week he even wore them to bed.

## PSI SIGMA ALPHA

Psi Sigma Alpha entertained Dr. Byron L. Cash of the College faculty at their January banquet last week.

Dr. Cash spoke as the first lecturer on the closed forum for the new year choosing as his subject, "The Local Application of Diathermy in Relation to General Osteopathic Practice". He also spoke on the basic principles of co-agulation, and auto-condensation.

Pledgship for the semester was extended to Edmond Baird of the Junior Class. Mr. Baird is a member of the Atlas Club also.

## Fraternities Elect New Officers

## Atlas Club—

President—James Halladay.  
V. President—Clem Andreen.  
Secretary—F. J. McAllister.  
Treasurer—Verne Dierdorff.

## Iota Tau Sigma—

President—G. A. Whetstone.  
V. President—K. W. Maloy.  
Secretary—D. Sloan.  
Treasurer—B. E. Herbert.

## Phi Sigma Gamma—

President—Carl Blech.  
V. President—L. Kestenbaum.  
Secretary—W. Enderby.  
Treasurer—F. Hecker.

## For Sale

Dr. Johesphine Bowman Buck writes from Sisterville, W. Va., that she has a McManus table that she will sell at a price in accordance with the times. Interested parties can communicate with her.

## New Manager For Book Store

The Osteopathic Supply, located on the third floor of the College building, more commonly called the "book store" by the student body, has a new manager to fill the vacancy left by the graduation of Larry Boatman. William Rankin is now in charge of the store and has been busy the last few weeks getting in new stocks to fill the shelves made vacant by Larry's Closing Out Sale.

Manager Rankin will carry a complete line of text books, instruments, and school supplies for the needs of the students. The store will be open daily and carry only high class merchandise.

## Many Entering Atlas Contest

According to James Halladay, President of Xiphoid Chapter of the Atlas Club, many entry blanks are coming in with names of persons wishing to enter the Atlas Club Scholarship Contest, sponsored by the local chapter.

The winner of the contest, which ends April 1, will receive \$100 payable in tuition at the College next fall. The contest is open to both men and women with judging placed on a thesis turned in by the contestants on a subject chosen from a list of subjects. Entry blanks will be furnished to anyone wishing them.

## To Speak At A. O. A. Convention

Notice has just been received that Dr. H. V. Halladay, faculty member, will appear as a speaker in three different sections of the coming national A. O. A. Convention in Milwaukee this coming summer. Dr. Halladay will appear on the Athletic, General, and Technic sections. "Virg" needs no introduction to members of the profession as he has appeared yearly at National Conventions where he has always talked on subjects backed scientifically by experimentation and of practical value to every physician.

## Mid-Year Class Enrolls

A greater number of new students than was anticipated enrolled for the new semester January 23 and have already gotten down to work on their curriculum. This new group includes one co-ed.

Several familiar faces from last year have again returned to take up their work where for various reasons they were compelled to leave off before. The College welcomes back these students as well as the newer ones.

# 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

## Tuition Costs

Many professional schools will list their tuition for students by the semester and then add such items as dissection fee, registration fee, activities fee, breakage deposit, clinic passes and hospital entry card fees, which makes tuition for a student a great deal more than the somewhat small appearing tuition cost.

It has been the policy of D.-M.S.C.O. to list an all inclusive tuition fee which includes every department of the College and every course offered. Students at this College pay one fee which includes everything. All equipment is for the use of students. The hospital has no fees outside those covered by the regular tuition. Laboratories are equipped with the latest modern equipment, even to microscopes, for the use of students.

The advantages for self help in a town of 150,000 people are many and varied and a great majority of our present student body are employed at part time occupations that make most of them self supporting or nearly so.

Physicians who have friends that are considering the study of Osteopathy are asked to take this important factor in mind when advising their young friends in the choice of the school that will offer the greatest advantages at the least cost.

## Bridge Tourney Opens

Sigma Sigma Phi is again sponsoring the Annual Inter-Fraternity Bridge Tournament and the opening games were played the past week. Atlas Club is leading at the present with 24 points with Iota Tau Sigma second at 19 and Phi Sigma Gamma third with 11 points.

Each year this tournament enjoys much heated competition among the non-athletic and elicits music interest among the fraternity men of the College. Teams play at each house once a week for the run of the tournament at which time various systems of bidding are given a chance to prove their worth. Later season games will be interesting to note.

## New Location

Dr. J. J. Stiveson announces the opening of new offices in Pittsburgh, Penn., at 112 Craft at Fifth Ave.

## Dear Doctor:

By C. I. GORDON, D. O.

There is the preconceived notion that Chemistry is one of the subjects fostered upon the student by the colleges and state boards.

How many times in the last six years have I heard students say, I don't care for chemistry; Doctor So and So has a good practice, makes so much money and he said he did not take chemistry. How many times has the same doctor obtained results and did not know why; and how many times did he fail to obtain results and still he did not know why? The body is a chemical laboratory and if we knew all the chemical reactions that take place in that laboratory there would be no failure in treatment.

We have made use of chemistry, however, in a number of ways; first, in diagnosis, the chemical analysis of urine; gastric content, feces, etc., is understood by all. It is within the limit of all our memories when ninety-eight out of every hundred men operated for prostatitis died, to day only two die, why the difference? Chemistry. Blood test, spinal fluid tests, etc. are used for diagnostic purposes for every disease sets up an abnormal chemistry.

Second, the chemistry of digestion. It is not within the limit of this brief article to explain the chemical changes that go on in the gastric intestinal tract but suffice to say that the chemistry is so complete that to see or talk about food, the chemical controls are secreted which give the order for the secretion of digestive juices, which in turn carry the food through many chemical changes to the absorptive end product.

Third, there is the chemistry of metabolism which deals with the oxidation of foods and water into living tissue and the production of heat and energy. Glycosuria and hypercemia are not troublesome conditions within themselves but it is the failure of the body to carry on the chemical changes necessary and as a result harmful compounds are allowed to be formed and to remain in the body. The diabetic does not die from glycosuria but from these chemical compounds which are commonly called acidosis.

Then there is chemistry of treatment. It is always interesting to me to hear a doctor explain the use of water in the treatment of disease; of course, it is all right, but why? It is the greatest solvent; the greatest heat regulator; and one of the best oxidizing agents. If you have heat and oxygen present waste materials will be burned.

Osteopathy is the greatest method of therapy the world has ever known because it stimulates chemical changes in the body. The body always tends toward the normal, therefore, under

Osteopathic treatment the body produces a normal chemistry. An Osteopathic lesion in the last analysis is nothing but an upset chemistry in that area and the correction of that lesion is nothing but normalizing the chemistry in that area. May we as physicians labor together not to condemn chemistry but to understand more thoroughly the chemistry of the human body.

## Athletic Care Course Again Being Offered

The College is again offering the regular course in the care of athletic teams. The course covers the general subject of Orthopedics, injuries to muscle, bone and ligamentous tissues, prophylactic care of athletes, and the general treatment of injuries attending athletic teams. The course has always been popular and is enjoying a large enrollment under the direction of Dr. H. V. Halladay.

The College Athletic Clinic takes care of six high school and academy teams for all sports throughout the school year and every student has a chance to come in actual contact with various teams in all lines of sport and not only observe, but treat, all types of injuries.

Dr. Halladay has received so many requests to offer this course to high school and college athletic coaches that he is considering offering a special course along the same lines in a special session this coming summer.

## Atlas Wins Basketball Tourney

In a fast hard fought game the Atlas Club defeated the Phi Sigma Gamma casaba tossers in a 29 to 16 win to cinch the Annual Sigma Sigma Phi Inter-Fraternity Basket Ball Tournament last Wednesday night at the Jewish Community Center. Although all the listed games in the tournament have not been played out the Atlas quintet have the title clinched. The remaining games will be played as scheduled so that final percentages may be figured for each team.

The Iota Tau Sigma team took a game from the Non-Fraternity team the same night. The finals between the three contesting teams will be played off next week at the Center.

The entire College has taken a keen interest in these games this season and the Sigma Sigma Phi organization will undoubtedly sponsor a like tournament next year. They are to be congratulated for the promotion of this sport.

Grand total facts and figures will be given in the next issue of the Log Book.

"Porter, fifty cents for another pitcher of ice water."

"Sorry, sir, but if I takes any more ice, date corpse in the baggage car ain't going to keep."

## Have You Noticed . . .

Charlie, the janitor's amusement at a certain individual in the dissecting room who has not become thoroughly acquainted with the cadaver that he is working on and who takes many trips around the table at a safe distance.

Gerry, at the hamburger joint across the street, has apparently become the sweetheart of the college—judging from the large number of Stillonians that are flocked across the counter from her radiant personality gorging themselves with "coffee and".

Dad, the elevator speed demon, has a new brand of pipe tobacco whose perfume floats through the lower corridor.

Carl Blech is walking around all hunched over as the result of a quick thump in the ribs obtained when a car in which he was riding hit a street car—ask him who was driving.

That among the new Frosh class we have a co-ed.

"Rosy" Lingenfelter and "Wild Bill" Rodgers are back again this semester.

How proudly the new fraternity officers carry the dignity of newly bestowed offices since the opening of the semester.

Louie Aldous on time for dissection every day.

Virg calling the roll of the prosectors this trip.

The new political combine.

Tiny Andreen lost four pounds last week—notice??

Which M. D. froze his left ear last week.

The Junior A's new kit bags squeak and shine and how proudly they swing those new bags.

We have some new lab. assistants this semester.

And "Sarg" Ramsey has a new "persuader" which has a powerful personality all it's own.

Who nearly burned his overcoat up as a tribute to Lady Nicotine and who played the hero and smelled out the smoldering ruins in the main floor cloak room and saved about 150 men from having to buy new overcoats the coldest day so far this winter—Sharlie was dere and put out 100 (potential) fires.

What Iota Tau Sig has a bad case of "blonditis".

Watch Lou Kestenbaum leap when he shoots for a basket in the basketball tourney.

What day the Halladay Stillonians rehearsed the new piece "Hells Bells".

Not have you noticed, but will you notice, the glasses the guy that wrote this column will be wearing for a few days to keep from getting smashed for writing this column—remember, it is a felony to hit a man with glasses on (N. B. to Ramsey).

## To Interne At Wichita

Dr. Lawrence C. Boatman, member of the graduating class departed last week for Wichita, Kansas, where he will start his internship in the Southwestern Osteopathic Hospital in that city.

## Half A Score

(Continued from Page 1)

Styles resigned from the faculty at the end of the college year 1923 to take a position in Kansas City, Mo. C. L. Ballinger, then a student is now practicing in Ohio. The records show that Jack Hansel was the second editor followed by Don Baylor, L. J. Grinnell, R. B. Kale, L. A. Utterback, R. K. Homan, J. R. Forbes and F. J. McAllister.

The faculty and students contributed largely to the Log Book and we find E. T. Kirk, E. C. Herzog, E. M. Schaeffer, Olive Matthews, Dora Deitz and L. H. Kuchera writing in many of the early issues.

Ten years ago Mrs. K. M. Robinson was a member of the office staff. In February '24 she assumed the duties of the Secretary of the college and was officially elected to that position in June of the same year and has continued to conduct the business of the office since that time in a most satisfactory manner.

We see occasional reference in some of the early issues to Angus. We wonder how many of you remember him.

The great fire in the Pit is described and a report made of the repair of this important part of the college building. After sitting in the seats for an hour most of the students wished that the repair had not been made.

Do you remember Coach Sutton's of football team of ten years ago? Bice, Myers, Swezey, McNish, Thomas, Walker, Nicholas, Brown, Cartwright, Murphy, Graham and Sheets?

Those were the days? Ten years from now these will be the days, etc.

## O. B. Clinics Take All Ft. D. M. Deliveries

(Continued from Page 1)

Heretofore these cases were delivered at the Post Hospital but now these cases receive attention through our O. B. Department.

Final arrangements were made at a conference held at Ft. Des Moines when Dr. Parisi and Dr. R. B. Bachman, head of the College O. B. Department, represented the College. Since that time the O. B. Department has been delivering all cases.

## State Board Examines in D.M.S.C.O. Building

The Iowa State Board of Osteopathic Examiners held their regular semi-annual state board examinations in the College Building, January 23, 24, 25. Examinations were held for graduates and also for those students that wished to take the lower half of the board and have it over with. Dr. H. B. Willard, Manchester, Iowa, conducted the examinations.

## State Health Officer Talks To Students

Dr. D. C. Steelsmith, Iowa State Health Commissioner, appeared before the student body at a recent weekly assembly and told of the value of the State Health Department's vital statistics to the profession as a whole. Birth and death certificates were distributed throughout the assembly and then Dr. Steelsmith elaborated on the items appeared on the sheets and why they appeared there. He talked further on the history of medicine and made an appeal to the student body to not become narrowed in their viewpoint to such an extent that they would shut out the good of other types of therapy beside their own.

This visit by the Health Commissioner was the first in the history of the school. Every student enjoyed his views on the various types of therapy and his clear cut grasp of the osteopathic concept, although from another school of therapy. Faculty and student body alike enjoyed the talk and will welcome Dr. Steelsmith back at some future date for another speaking engagement at D.M.S.C.O.

## M. O. H. Celebrates Fifth Birthday

According to the "M.O.H. News" published by the Massachusetts Osteopathic Hospital, Jamaica Plains, Mass., that hospital will soon celebrate its fifth anniversary as an osteopathic institution. We quote from the "News":

"The record of achievement in the past five years of the Massachusetts Osteopathic Hospital is an enviable one. The background it has given, quality of its professional service, and particularly the splendid work done in the Out-Patient Department, have enhanced the prestige of each individual physician and the value of Osteopathic procedure throughout New England.

"With two thousand more visits recorded in the Out-Patient Department in 1932 than in 1931, we must expect a still further increase in 1933, due to prevailing conditions. The success of the Fifth Anniversary Birthday Appeal is therefore imperative."

## Births

The Log Book congratulates the following people on their fine new osteopathic babies:

Dr. and Mrs. James L. Craig, Crisco, Iowa, a girl born February 4.

Dr. and Mrs. J. M. Jennings, Kalamazoo, Mich., a boy, born January 3.

Dr. and Mrs. Robert Lustig, Grand Rapids, Mich., a girl born January 24.

## From the Files

Feb. '23—Dr. C. H. Downing, Boston technician, visited the College and gave a lecture on technic.

The "Bonesetter" basketball team journeyed west and defeated Beuna Vista and Western Union Colleges.

Feb. '24—Still defeated Penn College in a hard fought basketball game at Drake Gym to the tune of 36 to 35. The squad was composed of Thomas, Friend, Weimers, Hannan, Nicholas, Pyleman, Davis, Olson and Myers.

Feb. '25—Funds were being raised to place a Still College relay team in the coming Drake Relays in the spring.

An article on Surgical Clinics appeared in which Dr. S. L. Taylor, Surgeon in Chief was lauded and the clinic discussed at some length.

Feb. '26—A large size framed photo of Dr. S. S. Still was hung in the college building. It had been a gift of the mid-year graduating class.

Dr. G. E. Hurt was demonstrating the effect of poisons by the use of animals in the experimental labs.

Feb. '27—The new Freshman class sprung a surprise by putting on an act when called to the assembly platform to be introduced.

A drive for the year book subscription was in progress.

Dr. Halladay awarded football letters to the squad for their work during the football season. Lettermen Park, Dornbush, Myers, Lillard, Platt, McIntosh, J. Jones, Plude, Devine, Shaw, B. Jones, Van Ness, Stafford, Russell, Walker, Cassis, Graham, Loghry, Sheets, and Ross.

Feb. '22—Still cagers beat Beuna Vista, Trinity and Western Union in quick succession. Other games scheduled were Kirksville and Parsons.

## Parisi Speaks At Reserve Officers Meeting

Dr. F. A. Parisi, faculty member, appeared on the program of the Reserve Officers Contact School recently as speaker of the evening. Dr. Parisi spoke on "Sanitation, Epidemiology and Preventative Medicine" to the assembled members of the United States Army Reserve Corp, Department of Medicine, in which Dr. Parisi has a commission as a First Lieutenant.

## Congratulations!

The first semester was closed in royal fashion on January 21 when one of our Seniors celebrated by getting married. Eugene Winslow and Dove G. Dow, of Des Moines, were married on that date at Winterest, Iowa. The student body have been congratulating Gene. Rumors have been in the air of other coming events of a like nature in this same class.

## New Dietetic Principles For Tuberculosis

(By Ava L. Johnson, B. H. Ec., B. S., M. S.)

(Continued from Last Issue)

The results were given in considerable detail in the report, but may be itemized briefly as follows:

1. There was a substantial gain in weight which had not been accomplished before.

2. Alimentary disturbances cleared.

3. The treatment effectually diminished fatigue and promoted a sense of well being.

4. In some cases the quantity of sputum lessened, but none cleared of bacilli.

Other effects varied with the patients, a few showed a marked diminution of cough, the hemorrhages were in some the same as before. Chest pains disappeared in a few who had complained of them before. Two cases of intestinal tuberculosis cleared while one of this form remained unchanged.

The conclusions adduced from these results by the members of the Saranac staff are important. "Favorable results in one-third of the cases over a period of six months", the report reads, "may be attributed to diet. But other factors too may have contributed to this outcome." The psychic element, enforced rest, occasional tendency of the infection to subside temporarily, wholesome food, scrupulous preparation, careful cooking, individual service, all are mentioned as factors which may have had significance aside from the rigid diet regime.

(Continued Next Issue)

## Assembly Schedule

President C. W. Johnson has just announced the assembly schedule for the second semester. February 10, Dr. Della Caldwell; Feb. 17, Dr. J. M. Woods; Feb. 24, Dr. F. A. Parisi; Feb. 28, Dr. C. I. Gordon; March 10, Atlas Club; March 17, Dr. R. B. Bachman; March 24, Dr. G. E. Fisher; March 31, College Entertainers.

Dr. J. P. Schwartz will have the first assembly in April which date will be the 7th. April 21, Miss Ava L. Johnston; April 28, Dr. L. L. Facto; May 5, Dr. H. J. Marshall; May 12, Sigma Sigma Phi; and the final convocation of the year will be Senior Day on May 19.

## To Interne Here

Dr. Howard Toepfer, graduate of the May, '32, class, D.M.S.C.O. is now interning at Des Moines General Hospital. Dr. Toepfer takes the place recently vacated by Dr. Dewey DuBois who will go into general practice. Dr. DuBois is a graduate of the January, '32, class of the College, and recently completed his internship.



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

# THE LOG BOOK

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Volume 10

MARCH 15, 1933

Number 3

## The Kirksville Trek

About fifty Stillonians made a week-end visit to Kirksville recently. Two basketball contests were arranged between the two schools on the evening of March 3. An Inter-fraternity Dance followed the basketball games. Visiting students departed in time to attend classes and clinic during the day on Friday and returned to Des Moines the day following.

Although D.M.S.C.O. was defeated in both basketball contests the trip was voted a success due to the fine sportsmanship and splendid hospitality shown the visitors by the Kirksville student body—the Des Moines Osteopaths were "Kings of the Day".

The Kirksville chapter of the Atlas Club won their local inter-fraternity Basketball Tournament while the Still Chapter of the Atlas Club were equally successful in the tournament here. With two winners in the same fraternity at the two schools it was decided to decide the championship and a contest was arranged. The Kirksville quintet defeated the local boys 25 to 18 in a fast, clean, hard fought battle on a mammoth floor.

After arrangements for the Atlas game had been made it was decided that a picked team from each Inter-fraternity Conference at the two schools should meet in a casaba tossing contest. Again the boys in the southern school came out with the big pointage to the tune of 27 to 17. Both games were well played and enjoyed by a packed gymnasium of students.

An unofficial contest was staged during the afternoon in the form of a foot race when the clarion call of "O. B. Seniors to the pit" was sounded and about 200 students engaged in a race to the scene of action. In this particular contest the Stillonians seemed to be victorious. Following the case the students were invited to witness an evisceration of the eye.

Like the postman who takes a long walk on his day off, local students making the trip spent the entire day in Kirksville visiting classes and the clinic. Saturday morning, several of the visiting aggregation drove on to Macon, Mo., to visit the Still-Hildreth Sanitarium.

The trip served to make new friendships among future members of the same profession. Local students have been expressing appreciation for the reception and pleasure they received while in Kirksville and all en-

## We Thank You!

Several letters have been received by the Editor congratulating us on the Tenth Anniversary Number of the Log Book for which we are duly grateful. Every publication receives large numbers of letters of criticism and fault-finding but it is seldom that people will take the time to write in a pat-on-the-back.

The Log Book is published for you and as such is always willing to receive any type of criticism offered that will help to make it a better publication and increase your welcome upon its monthly arrival at your office.

## New Proctology Book Out

A new book on Colonic and Proctologic Therapy has just been published by the Fidelity Publishing Co. of Tacoma, Wash. The co-authors are Dr. B. R. LeRoy, Bio-Chemist of Tacoma and Dr. Mark A. Bauer, Proctologist, and former graduate of D.M.S.C.O. in 1918. The book has already met with a fine degree of success.

## Many Pass State Boards

Reports from various state boards indicate that former students at D.M.S.C.O. have been successful in passing state board examinations.

The South Dakota Board announces that Drs. Donald Olson, Robert Hubbard and William Hinds of the '32 Class and Louis Eske of the '23 class have been admitted to practice in that state.

The Ohio Board reports Dr. Justin Koch while the West Virginia Board says that the four successful passers of their board were all former students at the college. The following took the board: Drs. Eugene Keig, James Donovan, Le Roy Sparks, Leonard Phillips.

All taking the Iowa Board from the January class at the College were successful although few have decided on definite locations as yet.

joyed the trip to such an extent that they are looking forward to another one at some future date. Invitations were delivered to students of K.C.O.S. to come to Des Moines and see our College and extensive clinics and Stillonians are looking forward to the pleasure of entertaining those visitors whenever they decide to come.

## Evidently Spring Is Here

If one were to judge by the conversation held in the halls between classes these days one would surely think that spring had arrived. Rumors of baseball and tennis teams for the College are floating about—and seem to be well founded rumors.

Plans are now formulating for a baseball squad for the college this spring. The team will be composed of twelve men and tryouts will soon be under way. It is planned to meet other clubs in the vicinity and, if the early season proves successful, to continue the team throughout the summer. In the summer other teams will be met and the proceeds from games will be split among the players, thus affording summer employment for several students that might otherwise be unemployed during the vacation.

The inter-fraternity baseball series will soon start and is planned to pick the best players from the various teams to make up the summer-time squad.

Tennis enthusiasts are already limbering up their serve for the coming contests. While definite plans cannot be announced at the present a few meetings have been held to get teams organized for spring competition.

The College has not sponsored athletics for several years and both the above mentioned teams will not be officially sponsored by the College. Both teams will be composed of students and managed by students for the pleasure they will derive from the sport. Further details will be available in an early issue.

## New Locations

Dr. Marion Crawford has moved into spacious new offices at 426 Flynn Building here in Des Moines. Dr. Crawford was formerly in the Southern Surety Building.

Dr. Warren Hasselman is now interning at the Howard Hospital in St. Louis, Mo., Dr. Hasselman graduated in January.

Dr. Ralph R. Lang, formerly of Dayton, Ohio, is now associated with Dr. R. S. Licklider in Columbus, Ohio.

## Appointed To Board

The Nebraska State Board of Osteopathic Examiners announce that Dr. Clare Owen, Exeter, Neb., graduate of this College, has recently been appointed to the Nebraska Board.

## Basketball Season Ends

The Sigma Sigma Phi sponsored Interfraternity Basketball Tournament has ended and now that the floor burns are healing up and the arguments all settled the final accounting for the season can be rationally computed.

In total points scored the Atlas Club, winners of the tournament, led with 243 points with the Non-Fraternity team second with 191. Third place was filled by Iota Tau Sigma with 182 points and Phi Sigma Gamma fourth with 161 points.

The five high scoring men of the season were Spalter of the Non-Fraternity team with 76; Potter, Atlas Club, 71; Frazier, Atlas Club, 55; Goode, Phi Sigma Gamma, 55; and Noble, Phi Sigma Gamma, 50.

The three high men, in the order named, for each team were: Atlas Club: Potter, Frazier and Ennis. Non-Fraternity: Spalter, Gulden and Cooper. Phi Sigma Gamma: Goode, Noble and Thompson. Iota Tau Sigma: Hamilton, Hurd and Gerow.

## Sponsor Spring Dance

Elaborate preparations are being made for the annual Sigma Sigma Phi spring dance. The exact date has not been definitely set, but will probably be about the middle of April.

This dance affords the only opportunity for the entire student body to have a social function of this type during the spring semester. It will be a gala affair. The annual dance has always been a huge success in past years and the sponsors are expecting a large crowd to attend this year's dance. More definite arrangements are in progress and will be announced later.

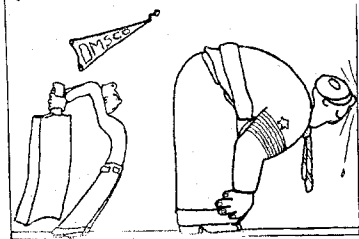
## Bridge Tourney On

Amid the smoke of battle and cigarettes, the Interfraternity Bridge Tournament flourishes with the Atlas Club in the lead at the present time. Systems of bidding, nudges, winks, and what have you are having their fling and the boys are bidding high wide and handsome—true, some going set and others making grand slams. Mid all the over-bidding everybody concerned is having a good time and competition is running high and scoring close at present.

Rounds are played at the various houses every Sunday and at present the score is Atlas 88, P. S. G. 66, I. T. S. 64, Non-Frat. 52.



## FRATERNITY NOTES



## ATLAS CLUB

The big event of the month was our trip to Kirksville. About twenty from the house made the trip. We had the pleasure of being guests of the Axis chapter of Atlas Club. We enjoyed very much our stay at their house and were glad for the opportunity to get acquainted with our Brothers in Kirksville.

Our Brothers in Kirksville may be able to teach us something about Basketball but we found that we could give them some useful pointers in bridge. We hope they can use our Captain's suggestions to a good advantage, since they are trailing in the tournament there.

Something in Kirksville must have proven very interesting to a certain group. Maybe it was the Delta Omega house, anyway, they are planning another trip in the near future.

Pledge Stevens had some difficulty in keeping a certain Model "A" behind him on the return trip, but he was traveling more slowly than usual so pledge Frazier would be sure to get home safely for his weekly trip.

Monday, February 20, was given over to Stag Social hour which proved to be instructing as well as entertaining. The evening was begun with Dr. Halladay showing us the pictures of his 1933 tour, after which everyone enjoyed a few games of cribbage, bridge or rummy with our Alumni and Faculty. The evening ended with the serving of "Coneys" and coffee, picnic style.

Plans are being made for another Atlas assembly, which we hope will equal or surpass the one sponsored last semester. We have been fortunate enough to get the "Girl Friends", a vocal trio from Drake, who were received with a great deal of enthusiasm last year.

An ambitious pledge recently gave the bust of A. T. Still a good cleaning. "Andy" now seems to rival the sun in his radiant light.

Since the call bell has been placed on the third floor. Some drowsy brothers have had difficulty in distinguishing between it and the alarm clocks. Some sunshiny morning we may find an alarm clock scattered over the front lawn.

## PHI SIGMA GAMMA.

Brother Johnson wins the rubber cookie for having the best name given to him this month. Some of the boys thought Del was lacking an appropriate title and so hung "Wampaloosa" on

him, which means "Big Swede from Fargo" or something to that effect! !

Pledge Diekow is studying the human body as part of his vacation but he still shudders when it comes to even touching a skeleton, especially when Blech put his pajamas in the thoracic cavity of the one at the house. That happened the other night and Diekow went to bed "raw".

Pledges Irvin, Owen, and Storey have become real devilish lately. Last Thursday night they took in the mid-night party at one of the local cinemas and had a very wicked time—but were sore all the next day for missing out on the schnapps given away.

Pledge Storey seems to have the edge in the ping-pong tournament to date—but is closely pushed by Brother Blech and Pledges Bartram and Owen.

Pledge Jurgensen still thinks Minnesota is in America, but when it comes to card tricks and women he gets it. Earl doesn't seem to like Des Moines because everybody doesn't turn out for the fires like they do in his home town.

The fraternity was very pleased to have Dr. Parisi at the house for an interesting lecture on "Preventative Medicine". A light lunch was served and an enjoyable time was had by all.

Dr. and Mrs. Kline were honored guests at dinner Sunday.

Brother Noble was a visitor in St. Louis over the week end and came back with a Southern Brogue.

Brother Lou Kestenbaum delivered his first baby last week which accounts for the expanded chest. One would think he was the father.

Brother Hecker, has taken over his position as assistant Pathology Lab instructor and is almost overcome by the added work.

Bill Rees arrived back at school from God's country early in February. He says it is the first time he has been in Des Moines since the Greeks took it over.

Brother Naylor had the pleasure of spending a few days with Dave Graw in Chicago and apparently had a good time.

## IOTA TAU SIGMA

It seems to be just a matter of time now until that lovely spring weather will be with us again bringing on those ever present symptoms of a certain type of fever which tends to make students just a bit slow and lessons hard to absorb. However as a compensation we will soon have the great old game of baseball which after all makes life worth living.

At present we seem to be doing fairly well in the bridge tournament being approximately close to the top and chances of doing better. Brother Herd seems to be getting lax in his training rules by allowing the players to stay up at night as late as ten o'clock and eating between meals.

Brother Hurd, Herbert, and Gerow had the pleasure of traveling down to Kirksville to play basketball. They represented part of the so-called "All Stars". Might add that the game was close and very interesting but Kirksville did manage to win. Everyone had a great time and made many friendships which made the trip very much worth while.

It has just been brought to our attention that we have a Nomad in our midst. Brother Hobbs has again made that trip back to Ohio. There certainly must be some sort of a very strong attachment back there to necessitate all these trips. That might also account for all those special delivery letters received here.

Brothers Whetstone and McLaughlin seem to have isolated themselves from the rest of the world since they have started to study for State Boards. In this case however, it is not so much of a study as just a review since they have both been very good students.

## DELTA OMEGA.

The Detlas here at school met with the alumni group at the Dr. Harry Marshall home on Tuesday evening, February 28. A lovely dinner was served at 7:15 to a group of about 25.

The early part of the evening was then given over to business session. Miss Vienna Hall was initiated into active membership.

We were glad at this time to entertain Miss Helen Butcher of the January class.

Better late than never—we have not made the announcement in this column of quite an honor to one of our girls. Miss Lillian Peterson won the scholarship award offered by Sigma Sigma Phi for the May class of '35. More power to you, Pete.

Rachel Hodges visited the Alpha chapter at Kirksville March 3 and 4 and reports a very good time. The girls have a nice house now, and its hospitality was royal. We wish there could be more visiting between the two chapters—and between the two schools.

## SIGMA SIGMA PHI

The schedule of the bridge tournament has been rearranged to allow the non-fraternity teams to compete for the cup also.

We are glad to announce the formal initiation of the following men into active membership; Delbert Johnson, Louis Carleton, Albert Dennis and Bernard Herbert.

## West Virginia Board

The next meeting of the West Virginia State Board of Osteopathy will be held at the office of the Secretary, Guy E. Morris, D. O., 542 Empire Bank Bldg., Clarksburg, West Virginia, June 12 and 13, 1933. Applications should be filed with the Secretary at least one week prior to the date of examination.

## Any Day

7:50 A. M.—Dr. Robert Bachman burns off \$4 worth of rubber from the tires of his car getting stopped in his race to O. B. class; he rushes in and at 7:59½ he calls the roll and starts lecturing. Pearl at the drug store dishes out fifty cups of coffee and has to listen to 50 different versions of last night's basketball game. Gerry at the hamburger joint shakes hands with 25 Stillonians and pats another 25 on the back when they order java. Seniors greet each other "Good Yawning" and stop to tell of yesterday's miracle. Fraternity contingents arrive in steaming buggies that must burn coal instead of gasoline. At least 900 try to hang up their coats in the main floor cloak room all at once which accounts for the fact that the Freshmen learn to swear early in their career. The bell rings, Virg Halladay puts out his cigarette, Dr. Facto clears his throat, Dr. Woods blows his nose, Miss Johnson picks up her chalk—and the day begins.

8:50—Aldus, Wolecheck and Mickleman arrive for their 8 o'clock classes. A victim is dragged in for Dr. Woods class in technic and a visiting lecturer for the class gets lost in the darkness in the hall trying to find the lecture room. The pit on the first floor is aired out for five minutes. The directors room on the third floor begins to fog up with smoke and the lying contest for the day is started. Rankin in the book store is just getting warmed up. Dr. Johnson catches three men smoking in the hall and the air is blue from something else other than smoke. A last night O. B. crew hunt up treating tables in the treating rooms for a nap. Nine Juniors decide that Pharmacology is tougher than they thought it was going to be.

9:30—Miss Crawford, in the office, posts the first telephone call on the call-sheet for Meyer, from home. Group seen quizzing each other for one of Dr. Facto's famous puzzles. Dr. Johnson demonstrates tabes dorsalis to the Nervous and Mental class with gestures. Notice posted on bulletin board that Dr. J. P. not coming.

10:15—Post mortem discussion over Dr. Facto's quizz, held in the directors' room amid blue air, caused by several elements being oxidized. Dr. J. L. Schwartz cleans the lower hall so that his Proctology lecture can be heard above the din. Mrs. Robinson orders more coal and Charlie, the janitor, installs another light bulb in the treating rooms.

11:00—Juniors start leaving for lunch. Dr. Parisi outlines successful treatment for Obesity. Dr. J. P. shows up and the Seniors are all happy again. Meal-jobbers leave early, Dr. Johnson says "Heck" and the bell rings as a signal for everybody to push their cars and get started for lunch.

1:15—Ethiopian submits to 4  
(Continued on page 3)

# 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

## An Appreciation

After the basketball trip to Kirksville recently, a letter of appreciation was received from Robert H. McDowell, editor in chief of the "Stilletto", official publication of the Kirksville College of Osteopathy and Surgery, for the fine spirit exhibited between the two colleges during the visit of the Still students. We quote from the letter:

"On behalf of the Stilletto and the Kirksville College of Osteopathy and Surgery, we wish to express our sincere appreciation of the fine spirit between the two colleges. The students here have expressed their hearty appreciation so many times and believe that the two colleges should come closer together in all events and activities. To really try to express their attitude is far beyond my thoughts. The students regret that getting together is not more often accomplished and that a much greater respect and co-operation could always be maintained. . . . We trust that more and greater events, social or otherwise, can be established between the two colleges."

## British Put Up Fight

In a recent communication received from the British School of Osteopathy they inform us that they are engaging in a vigorous scuffle to have Osteopathy placed on a par with other medical sciences in that country.

The British School was organized in 1917 and has been the leader in the fight for recognition of our profession throughout the British Empire and they are to be congratulated on their apparent success thus far. Several pictures of the College showing the clinic and class rooms have been received and appreciated by this College.

Father (awaiting news): "Well nurse, will it use a razor or lipstick?"

A woman went into a chemist's shop and said: "Have you any Life Buoy?"

The assistant, a young American, replied: "Set the pace, lady."

Customer: "To what do you owe your extraordinary success as a house-to-house salesman?"

Salesman: "To the first five words I utter when a woman opens the door, "Miss, is your mother in?"

## Dear Doctor:

By John M. Woods, D. O.

Since low back pain is a symptom which sends so many patients to an osteopathic physician for the first time it is important that we consider every possible causal factor in diagnosing and treating these cases in order that the highest possible percentage of these patients secure relief. For practical purposes, however, only the seven following factors will need to be considered: Osteopathic lesions, muscular and ligamentous strain, arthritis, abnormal foot conditions, congenital malformations of the spine and pelvis, infection and toxemia and reflex back pain from pelvic and abdominal pathology. Of course in most cases more than one of these conditions will be found, since the last five tend to cause spinal and sacro-iliac lesions which often recur until the primary cause is removed and vice versa.

The diagnosis and correction of osteopathic lesions is so much a part of our day by day work and through that in this article little space will be given to the subject except to emphasize that this measure is the most important of the entire group. The development of skillful osteopathic diagnosis and technic calls for much mental effort and physical training as is needed in training of an expert surgeon; a fact often overlooked especially by the young practitioner. Therefore in the low back cases we should constantly check up on ourselves, as well as the patient, in order that we may present osteopathy to the public as it should be presented.

In cases of muscular and ligamentous strain the history of trauma, the occupation and posture should be considered. These cases range all the way from tearing of a muscle to spinal curvature. Probably this group should be sub-divided into the acute and chronic cases in mobilization of the injured part, for example by strapping with adhesive plaster, is probably the most important preliminary measure this to be followed later by osteopathic treatment and other measures to normalize the injured part. In the chronic cases the combination of immobilization, physical therapy and osteopathy may be used according to the particular case.

Arthritis of the lower back may be suspected in those cases without history of acute trauma which are made worse by exercise or vigorous treatment especially in older people or when Heberdens Nodes are present. Many cases of arthritis respond better to immobilization and physiotherapy than they do to osteopathic treatment of the arthritic joint or joints. In this matter the judgment of the physician must be used and the osteopathic treatment applied cautiously and the reaction of the patient carefully observed. X-

ray study of these cases is very valuable.

In those cases where other factors are not present but the pain persists, or recurs after treatment the presence of congenital malformations such as unilateral sacralization of the fifth lumbar, unilateral lumbarization of the first sacral segment, long transverse process impinging upon the ilium, etc., must be suspected. A good X-ray plate will show the condition and help the patient to appreciate the recurrence of symptoms and the need of special care in preventing strain of the abnormal area. A properly fitted support to prevent this strain is our most important measure.

Any condition of the feet or legs which tends to tip the pelvis or otherwise disturb the normal balance of the pelvis and spine is a frequent cause of low back pain. Of course we remember that pelvic and spinal abnormalities tend to form a vicious circle with the lower extremities as one part of the circle. Therefore the correction of foot pathology is necessary before we can secure complete relief in such cases.

Toxemia, and in some cases bacteremia, may result from focal infection, intestinal abnormalities, acute infection and other causes. The toxemia in turn may, and often does, affect the lower part of the back causing myositis, fibrosis, arthritis and other pathological conditions. These in turn tend to cause or aggravate osteopathic lesions and make them very resistant to treatment. In acute infections the recovery from the acute process removes the cause and may be followed by spontaneous disappearance of the above mentioned pathology and a return to normal. In other acute infections the osteopathic measures must be employed before complete normalization occurs. In the chronic cases removal of the original cause by surgery, diet or other measures is imperative before complete and permanent relief from the low back pain can be secured.

The last group to be considered are those cases where pelvic or lumbar pain results from pathology in the pelvis and abdomen. Prostatitis, a retroverted uterus, etc., are examples of this class. One characteristic of this pain is that it is more marked upon pressure over the middle of the sacrum than upon the sacro-iliac articulations. Referred pain over the sacral plexus is also common. Of course in these cases correction of the pelvic or abdominal condition is required before relief from the low back pain can be secured.

In this brief article only the bare outline can be presented as each factor presents enough material for an extensive discussion but by keeping these seven possible causes of low back pain in mind and directing our treatment accordingly we can give the greatest relief to the greatest possible number of sufferers from this distressing symptom.

## Any Day

(Continued from Page 2)

miles of tape as a demonstration in Virg's Orthopedic class. Two men who over eat habitually fall out of their chairs while slumbering. Dr. Gordon seen going down the hall with a towel covered jar for the Phy.-Chem. lab. Dr. Parisi supervising the construction of apparatus for labs. Clinic patients begin straggling in.

2:00—Dr. Johnson demonstrates the difference between plain fat and abdominal ptosis in clinic. Dr. Facto finds a new heart case. Three lower classmen that crashed the gate in clinic are "wanted on the phone" and do not return for some unknown reason.

3:00—Lower classmen all fall under the spell of Dr. Parisi for balance of the day and upper classmen start treating and making the "next appointment" with patients. The treatment box fills up. Virg spends ten minutes in dissection lecture to call the prosector's roll. Five pipe smokers are ejected bodily.

5:00 P. M. On—After calls, study hours,—a pre-arranged date interrupted by the telephone with a worried patient on the other end. Finally to bed to be awakened by the phone about 2 A. M. with the O. B. room calling to say the address of an O. B. case—these women never seem to like daylight for their "birthday parties"—and so far into the dawn

## Weekly Assemblies

Dr. Della B. Caldwell spoke before the student body at an assembly early in the month on "National Organizations in the Osteopathic Profession." Dr. Caldwell gave the history and many advantages of belonging to the various national associations.

A week later the Stillonians opened the regular assembly and were followed on the program by Dr. F. A. Parisi who introduced Mr. Tom O'Connor who spoke on the "Relation of the Physician to Insured and Insurance Companies." In his talk Mr. O'Connor told of the advantages to the physician in becoming an examiner and methods by which appointments could be gained.

Dr. C. I. Gordon had charge of a special assembly the following week at which time a motion picture on foot anatomy and shoe fitting was shown the assembled students through the courtesy of the Arch Preserver Shoe Company. The picture was a "talkie" and was enjoyed by all present.

March 10 the Atlas Club had charge of the weekly assembly. They presented, much to the enjoyment of the students, a program of readings and tap dancing by girls from the American Institute of Business and several trio selections by the radio station K S O "Girl Friends". Mr. Charles Prouty of the same radio station entertained with a few original popular songs.

## Medical Aid for 3 Per Cent of Income

A plan whereby families with incomes of \$2,700 or less may receive all needed medical attention for a yearly charge of 3 per cent of incomes—came before the Omaha-Douglas County Medical Association for decision recently.

The proposal provides that all members of the medical society, hospital and nurses, offer their services to the group of families eligible for the "health policies." It is provided that these policies be cancellable only on grounds of "deceit or fraud." Size of the family would have no bearing on the fee.

An executive board composed of members of the society would handle the medical end of the plan and the financial part would be handled by a financial company. Members of the organization would be permitted to select their own doctor, nurse and hospital, and each physician or surgeon would be required to list a schedule of fees for patients in the \$2,700 class.

Total receipts and bills would be pooled each month. Each doctor would receive from the pool the same percentage of the amount he billed his patients as the pool received in receipts.

It is estimated by sponsors that 10,000 families would be signed as members of the plan within two years.

## The Joy of Being The Editor

Getting out this magazine is no picnic.

If we print jokes people say we are silly.

If we don't they say we are too serious.

If we clip things from other magazines

We are too lazy to write them ourselves.

If we don't, we are stuck on our own stuff.

If we stick close to the job all day,

We ought to be out hunting up news.

If we do get out and try to hustle We ought to be on the job in the office.

If we don't print contributions, We don't appreciate genius;

And if we do print them, the magazine is filled with junk.

If we make a change in the other fellow's write-up, we are too critical;

If we don't we are asleep.

Now, like as not some guy will say,

We swiped this from some other magazine . . . (we did)

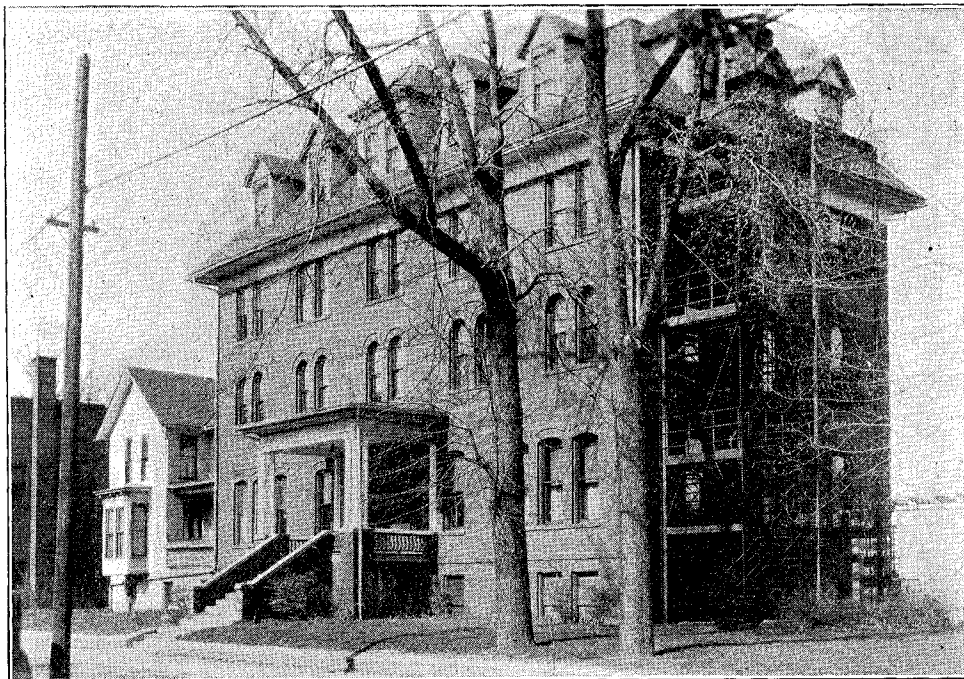
Patient: "Well doc, you sure kept your promise when you said you'd have me walking again in a month."

The Doctor (glowing): "Well, well, that's fine."

Patient: "Yes, I had to sell my car when I got your bill."



## Des Moines General Hospital



The Des Moines General Hospital has been functioning as an Osteopathic institution since 1910. It is a five story building and will accommodate seventy-five patients. One minute street car service may be had one block from the hospital.

The operating room is furnished with modern apparatus and instruments. Students attending surgical clinics are accommodated in an amphitheatre

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

The hospital has the best X-ray equipment available. All types of roentgenology are practiced, from the most delicate to the most heavy types. This department of Des Moines General Hospital has gained a national

reputation for the efficiency and high standard of its work.

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

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

## New Dietetic Principles For Tuberculosis

(By Ava L. Johnson, B. H. Ec., B. S., M. S.)

(Continued from Last Issue)

According to the Saranac report analysis shows that the nutritive elements which were particularly effective were the inorganic salts and the vitamins. The inorganic mixture was prepared of alkali forming salts and blood tests showed a shift to the basic re-action during the feeding. This shift in re-action was an important factor the investigators feel. But even so, the inorganic substance was not so important as the vitamins. The favorable results, they concluded, depended upon the base forming carriers of vitamins: milk, vegetables, fruits. These foods carry both inorganic substances to shift the blood reaction to the basic side and the vitamins which regulate cellular metabolism. In fact, the absorption and utilization of the minerals depends upon the vitamins. The NaCl significance which was so stressed by the Germans, the Saranac workers could not duplicate. To them the acid-base factor is the important one in the salt feeding. Pursuing that though they ran

experimental feeding upon laboratory animals and found these rats on a base forming diet, all other nutritive materials being equal, thrived to the maximum, grew rapidly, gained weight and were more active than those on the acid producing foods.

We cannot in any wisdom, however, give such attention to foreign study in tubercular diet without considering at least in brief resume what valuable work has been done in our own sanitarium along the same line.

Some important consideration of metabolic problems in pulmonary disease are reported from the chest department of Jefferson Hospital by Gordon and Tai. They thought it would be helpful in pulmonary conditions to know the relative importance of rest, climate, and diet and studied the problem for four years before reaching conclusions. Their diet records are significant in the extreme. Histories showed that the calorie intake of the majority of the individuals for one to two years prior to the occurrence of demonstrable tuberculosis was unusually low. Frequently this intake would run less than 800 calories with a striking reduction of fresh vegetables and dairy products. Meat, fish, bread and pastry would run fairly high. Such habits were

generally acquired during health due to some fad or fancy, or to a change in occupation. In adults the weight levels for the year or two preceding actual incidence of tuberculosis ran 15-30% low, and in children, 10%. Acute respiratory conditions were especially common in individuals of decided malnutrition. The lack of calories was striking, but shortage in minerals and vitamins were features also. These determinations parallel those of Wolbeck and Howe who proved that epithelial changes are produced in the respiratory track in a vitamin A deficiency. And of McConkey who reports the great value of cod liver oil and tomato juice in intestinal tuberculosis. While Hess and others have established the importance of vitamin D in calcium metabolism. Diet, therefore, is significant not only as a treatment but as a contributory factor in tuberculosis.

(Continued Next Issue)

### Or Two Pounds.

We don't exactly disagree with the vegetarians, but we do think that the taste of an onion is greatly improved by adding a pound of steak to it.

Personally, we don't know the secret of success, but sometimes we are afraid it's work.

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

# THE LOG BOOK

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Volume 10

APRIL 15, 1933

Number 4

## The Trek to Dunkerton

The truth being stranger than fiction we propose to tell in as few words as possible the reasons why Dunkerton High, located in a community of 327, went home with the bacon and everything else at the state basketball tournament. There follows extracts from the detailed report of M. J. Schwartz, Senior student at Still College who had the important job of taking care of this team at the meet. We quote:

"Coach Hartman and his basketball team were in Des Moines to take part in the State High School Basketball Tournament. Dunkerton was conceded but little chance in the tournament, as it was a Class B school with an unimpressive record before coming to the meet. There are but 90 students in the entire high school, and the population of Dunkerton is but 327. Here was small and insignificant Dunkerton meeting the biggest and best high school teams in the state. Truly, another David and Goliath story.

After being introduced to the members of the team, I immediately got to work. While the Coach had brought some ten men to Des Moines, there were only five men, one complete team, that he could rely on, and it was up to these five men to fight to the finish, as there would be no replacements or substitutions. The men were told to undress and each was given a thorough inspection. This elicited one weak knee, two bad feet, one weak ankle, and several minor bruises as well as two or three toxic charleyhorses of thigh and leg muscles. From 12 to 1 I worked on these men. Then they dressed and went to the Drake University Field House and in one of the dressing rooms there I completed the work of getting these men ready for their participation in the semi-finals of the tournament. The Halladay method of knee taping and support was applied to the weakened knee, giving the player complete support and full range of motion. The toxic charleyhorses were cleared up, tape applied to support the weakened feet and ankles, and the team was all set to go.

Let me say here that these five boys were in the acme of physical condition. Coming from a small town, they were removed from the big city temptations which usually besets boys of their age, and their bodies responded most effectively and beautifully to the Osteopathic care and attention I was able to give

(Continued on Page 4)

## WELCOME, KIRKSVILLE!

Through arrangements just completed a tennis match between the varsity team of Kirksville College of Osteopathy and Surgery and a picked team of this College will meet here in Des Moines April 22. Pairings in the various matches are still in the process of formation.

D.M.S.C.O. is extremely glad of the opportunity of being host to the Kirksville contingent due to the fact that they were such marvelous hosts to members of this College who played basketball there in March.

Two full days have been arranged for the entertainment of the visitors. The festivities will swing into official motion at an assembly to be held Friday morning, April 21, at which time K.C.O.S. students will be guests of honor. A special program is being arranged at which the Stillonians will play and a prom-

inent speaker will welcome the visitors.

Friday afternoon will be devoted to visiting the extensive clinics here at the College and a tour through the Des Moines General Hospital.

The same evening the All-School Sigma Sigma Phi Dance will be held at the Grant Club in honor of the visitors. Fraternal organizations are arranging special receptions and entertainment before and after the dance for visiting members of their various groups.

Saturday afternoon the tennis matches will be held between the two teams of the schools. In the evening entertainment will be provided for visiting fraternity men at their respective chapter houses here.

Preparations are being made to care for a large number of visitors and every effort will be made to make their visit enjoyable.

## Speaks In East

Dr. J. P. Schwartz, Dean of the College, has just returned from an extensive speaking and sightseeing trip to the eastern seaboard states.

While in the East, Dr. Schwartz appeared on the program of the convention held at Bashline Rossman Hospital at Grove City, Penn., at which meeting over 150 physicians were in attendance.

During his trip, Dr. Schwartz also appeared on the program of the Eastern States Convention in New York. This meeting was the largest of its kind ever held and an attendance record was made. Dr. Schwartz reports that the spirit of the physicians throughout the east has never been better and that the meetings were a decided success and that those attending received invaluable information at the various sectional meetings held.

## Tibbett Treated Here

Lawrence Tibbett, operatic and motion picture star, received Osteopathic treatment while here in Des Moines a short while ago. Tibbett appeared in a recital at the Shrine Auditorium and while here received treatment from Dr. H. J. Marshall of the College Faculty.

## Iowa State to Meet

The Annual Convention of the Iowa Osteopathic Physicians and Surgeons will be held at the Ft. Des Moines Hotel in Des Moines, May 23 and 24.

An interesting program has been arranged by Dr. F. A. Gordon of Marshalltown, which includes Dr. Schwart of Chicago and Dr. Costello of Kansas City as well as several prominent local men.

The exhibits this year have been arranged by Dr. S. H. Klein and you may be sure of seeing all the latest equipment on display at convention headquarters.

Added features of the convention will be an address by J. N. (Ding) Darling the cartoonist and the Rev. Brett Kenna. The business meeting will be held the morning of the 24th and every one is urged to be there.

## Polk Society Meets

The Polk County (Iowa) Osteopathic Society held its regular meeting the night of March 31, at the Hotel Chamberlain in Des Moines, at which time Dr. H. V. Halladay talked on "Muscle Pathology." Dr. B. L. Cash, also of the College faculty, presided as chairman.

Every illustrious Liberator was a rebel until he succeeded.

## Iowa Legislation

By P. L. Park, Vice President, Iowa Society Osteopathic Physicians and Surgeons; Chm. Legislative Comm.

Because so many requests have come to the College concerning the legislature, I have been asked to write a brief history of the recent session; pertaining to the Osteopathic Bill (H. F. 255) and Medical Bill to regulate osteopathic practice (H. F. 273 and S. F. 248).

I presume practically everyone knows we were offered a compromise last October, which had for its purpose, the absorption and ultimate elimination of osteopathy in Iowa. This was received by the legislative committee but was rejected because we felt the price we had to pay was too high for the small amount offered those now in practice.

From that proposed compromise, the legislative committee formulated the bill that was introduced and known as H. F. 255. Principally because we felt that there would not be any argument offered by the medics on the part of it that was used, thereby making the chances of passing the bill that much better.

This much done the next thing was to find someone we felt capable of passing our bill. After careful consideration and several interviews, it was decided to retain Mr. Frank Comfort to do this work for us. He is a Democrat and influential in the state in Democratic circles.

This brings us up to January 2 when the Legislature convened. The next problem was to get the right man to introduce and father the bill in the house and also in the Senate. This is a more difficult job than it would appear. The old members will remember the fight we had two years ago and we were not anxious to enter into it again—and this word travels fast in the Legislature.

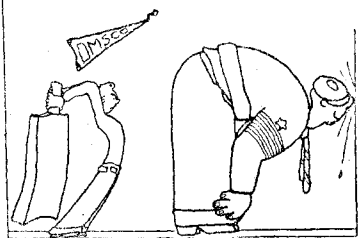
The Honorable Mr. Crouch of Green County, finally consented to introduce our bill by request. This he did about the 20th of January and the bill was referred to the Health Committee; almost immediately the medics introduced the companion bills H. F. 273 and S. F. 248 to regulate the practice of osteopathy the contents of which you are all familiar.

About this time we were approached again with the idea of compromise and meet the medical committee in an effort to set-

(Continued on Page 4)



## FRATERNITY NOTES



## ATLAS CLUB

One afternoon last week a literal moving picture was taken of the house. It proved to be very entertaining—

Brother Secor, plodding his weary way up the front steps, leaving the front door open behind him.

Brother Andreen takes his tenth phone call since noon. He knows when the phone rings that it is for him but likes to be called.

Brother catching a wink of sleep in the front room.

Pledge Northrup slowly meandering towards the car line, already ten minutes late for his three o'clock class.

Brother Potter in the back yard with a few of the aspirants for the kittenball team. He is busy catching and returning jibes and balls to the members of his team.

Brother Schefold, covered with grease and dirt crawling out from under his car to go to the junk yard for parts.

Brother Ogden and Dierdorff coming in the front door and out the back, only stopping long enough for their bags and Brother Ogden's new O. B. gown.

Brother Lodish returns home to find "some dear brother" has molested some of the furnishings in his room.

Pledges Ashmore, Green, Stevens, Wyman and Northrup in the front yard raking leaves.

Brother Isaacson again appeals to the "Officer's Room" to help him find some of his misplaced property, and as usual finds it just about where he left it.

Brother Twadell practicing his piano lesson. He is doing very nicely in spite of the fact that he has skipped several lessons.

Brother Mount is not to be seen, he is a very busy doctor, and spends most of his time taking care of his extensive practice.

The cribbage champs, Pledges Leininger and Hall are in the card room taking on all comers.

Xiphoid Chapter of Atlas Club is pleased to announce the pledging of William F. Hall of Des Moines.

We wish to extend our heartiest welcome to our Brothers from Kirksville and to all students of K.C.O.S.

## IOTA TAU SIGMA

Most of the Brothers have been out practicing baseball and as a result we have the usual amount of tender arms and backs. This merely proves that old age cannot tolerate these games for the more youthful. It

seems that our team will not be as strong as it has been in the past but everyone that we play will know that we've been there.

Pledge Pohl was almost on the verge of going home recently when he heard that the conservancy dams around his home town had burst. However, it was soon explained to him that a false microphone had been attached to our radio and some of the Brothers were merely jesting.

If space permitted we would print a very clever poem regarding the social activities of Herd. It seems that his interest, at present, is being held at Valley Junction which makes it another case of "Mary had a little Lamb." However this may be entirely seasonal just like rain.

Brother Hobbs has kindly consented to teach the way of perfect writing and talking. It seems that some criticism has been received which has prompted him to undertake this enlightening position. He should be very capable having been interested in this type of work for so long a time.

Our golf team has been getting in some very good practice and should make a very good showing again this year. We hope to retain the championship won last year and have every reason to believe we will.

We recently had the pleasure of having as our guest for a few days Brother Peterson who is now practicing in Rochelle, Ill. He reports that business is good but the banking is terrible.

All of the Brothers are looking forward to Easter vacation and some of them will probably have the pleasure of going home.

## PHI SIGMA GAMMA

Dr. Charles Stoiike, '32, was a welcome visitor at the house for a few days in March. He has been interning at the Gilmore Clinic in Detroit and on his way back to Minnesota dropped in to say hello to the boys and the school. We hope that more of the alumni will see fit to pay us calls if they should ever be in Des Moines.

Brother Noble rounded up his baseball men and had a strenuous work-out Saturday. With the cup already in the possession of the Phi Sigs the boys are out to make a permanent place for it on the mantle. By the looks of things now it will remain there until the silver wears off. The team will be sure of two good pitchers in Noble and Pledge Storey.

Pledge Bartram has looked over his track material and predicts another winning team this year. It will be remembered that the Phi Sigs won by twenty odd points last year and although the Great Jagnew, who incidentally copped eighteen of twenty points, is not back, there will be a team that will bring home the bacon. This will be centered around Noble, Blech, Kestenbaum, Bartram and Enderby, with a possibility of Pledge Moore proving to be "dark

horse". There will be three good men entered in each event.

Brother Naylor has scared up a formidable golf team that will strive hard to keep the number of strokes down to par and make a strong bid for the championship. New pledge material plus last year's team should go high in this endeavor.

Pledge-Master Thompson put the pledges through Hell Week a few days ago, and as usual the boys all had a good time mixed in with a little seriousness that they will remember as long as they live, at least until they can tell their grandchildren about it.

The fraternity wishes to extend its sympathy to Pledge Jurgansen upon the death of his grandmother.

## Atlas Wins Tourney

The Sigma Sigma Phi Bridge Tournament ended last week with the Atlas Club the victors of the skirmish. Whether it was a system used by the club, whether superior bridge or luckier hands remains to be threshed out. The tournament is over and the cup graces the mantle piece of the Atlas House for the coming year.

In previous years only the three fraternities at the College have been represented. This year's contest was made harder by the entry into the lists of a team composed of non-fraternity men.

## Dance April 21

An all school dance is to be held at the Grant Club the evening of April 21 and will be sponsored by Sigma Sigma Phi fraternity. Tickets are on sale from any member of the fraternity, and from early indications, a record breaking crowd will be in attendance. An unusually fine band has been engaged and special features of the evening will be novelty numbers and special decorations. Students and faculty members will meet for the evening's enjoyment and the entire student body is looking forward to what will be the only official all school dance of the spring season.

## Makes High School Talks

Dr. H. V. Halladay will depart April 17 to make a series of osteopathic talks to various high schools. Through arrangements made by Dr. D. A. Richardson, he will talk to the Rotary Club at noon and the Austin, Minn., High School students on the 17th. Later the same day Dr. Halladay will take the flexible spine to Albert Lea, Minn., where Dr. J. Voss has arranged a talk to the High School students of that city. Other talks to high schools in adjoining states will be made by Dr. Halladay later in the month.

My husband died yesterday and for the first time I know where he is going.

## Assemblies

Assemblies the past month have been featured by popular entertainment for the students. Dr. R. B. Bachman started off the month by presenting the ever popular Judge Devine who kept the student body rocking with merriment for a half hour.

Dr. Glenn Fischer presented Jerry Hayes and his Boys, colored entertainers, the week following much to the amusement and enjoyment of the assembly.

Virg Halladay and the Stillonians, booked as the College Entertainers, entertained with a complete assembly program of music at which time various members of the band and Virg presented solos.

April 7, Dr. J. P. Schwartz was assembly chairman and presented the Des Moines Police Department in a police radio demonstration at which time Asst. Chief West of the local force surprised the assembly throng by putting in a radio call to a touring squad car of the radio division to answer a call to the assembly room of the College. In less than five minutes, two disgruntled gentlemen in blue came into the assembly hall expecting to quell a riot. This date being that of the "exit of the camels" the Stillonians presented an overture "Gesundheit" for the students. In the arrangement such tunes as "Sweet Adeline," "How Dry I am" and "There'll Be A Hot Time In the Old Town Tonight" were played. As a closing number the band played "Bye, Bye Blues" in admiration of the Police Department representatives.

## New Contests Open

Although no official games have been played as yet, the interfraternity kittenball season has opened and teams are being whipped into shape by the various contesting teams. Glass arms are being repaired and stiff legs are receiving attention from their owners and the bets are flying as to the outcome of the coming tournament. Hard ball has been played in the past but kitten ball will be the pastime this spring.

Those not wishing for the more exciting contest are seen practicing in the back yards of fraternity houses with their golf clubs. The season will open within the next two weeks and each organization will have a representative group competing in the good old game of pasture pool. Warm days are now attended by the sounds of hobnails in the halls each morning and noon sees a general exodus of the aspirants to the links. Close contests are anticipated.

## Missouri Board

The Missouri State Board examinations will be held at the Kirksville and Kansas City Colleges of Osteopathy on May 25, 26, and 27, 1933.



# 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

## Elbert Hubbard Says—

My father has practiced medicine for seventy years, and is still practicing. I, also, have studied the so-called science of medicine.

I am fifty-five years old; my father is ninety.

We live neighbors, and daily ride horseback through the fields and woods. Today we did our little jaunt of five miles and back across country. I have never been ill a day—never consulted a physician in a professional way, never missed a meal except through inability of access.

The old gentleman and I are not fully agreed on all of life's themes, so existence for us never resolves itself into a dull neutral gray.

He is a Baptist and I am a Vegetarian. Occasionally he refers to me as "callow", and we have daily resorts to prove prejudice and history is searched to bolster the preconceived, out on the following important points we stand together as one man:

First—Ninety-nine people out of a hundred who go to a physician have no organic disease, but are merely suffering from some functional disorder, caused by their own indiscretion.

Second—Individuals who have organic diseases nine times out of ten are suffering from the accumulated evil effects of medication.

Third—That is to say, most diseases are the result of medication which has been prescribed to relieve and take away a beneficial and warning symptom on the part of Nature.

Most of the work of doctors in the past has been to prescribe for symptoms, the difference between actual disease and a symptom being something that the average man does not even yet know. And the curious point is that on all these points, all physicians, among themselves, are fully agreed, what I say here being merely a truism, triteness and commonplace.—The Note Book of Elbert Hubbard.

## Iowa Board

The Iowa State Board of Osteopathic Examiners will hold their next examination June 1, 2, 3, 1933, in the State Capitol Building, Des Moines, Iowa. Anyone wishing to write the examination should write the secretary Dr. Sherman Opp, Creston, Iowa.

## Milwaukee In July!

In addition to the splendid, thoroughly osteopathic general program outlined for the Milwaukee convention, the various section chairmen have demonstrated unusual enthusiasm in the programs presented. Each is crammed with interesting subjects to be presented by capable, well-informed physicians.

Note the highlights from some of the section programs:

**Art of Practice**—"Efficiency in Diagnosis"; "The Patient's First Visit"; "Making a Success of Osteopathy"; "Should Fees Be Reduced in Keeping with Present Conditions?"; "Office Efficiency"; "Promoting Osteopathic Interests in the Community"; "Equipping the Office"; "Consultation"; "Group Practice"; "Professional Contact with the Patient"; "The Physician's Personality"; "How to Combat Practice Depreciation during the Depression"; "Play and Recreation after Practice Hours".

**Athletics**—"Charleyhorse"; "Shoulder and Arm Injuries"; "Thigh and Leg Injuries"; "Taping".

**Combined Program of Interests, Diet and Gastro-Intestinal Sections**—"Diagnosis and Treatment of Hypertensive Heart Disease"; "Differentiation Between Organic Heart Disease and Neuroses"; "Cardiac Emergencies, Manifestation and Treatment"; "Diagnosis and Present Day Dietetic Therapy in Nephritis"; "Gastro-Intestinal Chemistry in Acid Ash Types of Acidosis"; "Diagnosis and Dietary Treatment of Gastric Ulcer"; "Hyper- and Hypo Function of the Thyroid Gland and Its Effect on Other Glands and Functions of the Body"; "Diabetes—Importance, Diagnosis and Treatment"; "Gastro-Intestinal Chemistry as an Indication for Colonic Irrigation"; "Diagnosis and Treatment of Spastic Colon"; "Diagnosis and Treatment of Different Types of Intestinal Gas Distress."

**Nervous and Mental**—"Dementia Praecox"; "Analytical Psychology—Differentiation and Justification"; "Diagnosis and Treatment of the Toxic Psychoses"; "A Resume of Osteopathy's Performance in Anterior Poliomyelitis"; "Differential Diagnosis and Treatment of Multiple Sclerosis"; "Relation of Sacroiliac Lesions to the Psychoses."

**Obstetrics and Gynecology**—"Osteopathy in Menstrual Disorders"; "The Surgical Ovary"; "Episiotomy"; "Indications for Cesarean Section"; "Persistent Posterior Occiput—Its Cause and Management"; "Management of the Menopause"; "Functional Uterine Hemorrhage"; "Friedman's Test for Pregnancy."

**Pediatrics**—"Pneumonia in the Child, Osteopathically Handled"; "Infant Development and Nutrition the First Year"; "Asthma and Associated Pathology in Children"; "Constipation in Children as a Factor in Conditions in Adult Life"; "Microcephalus"; "Effects of Heredi-

tary Syphilis in Childhood's Domain".

**Proctology**—"Fistulae"; "Bacterioph or Colitis"; "Anal Fissure"; "Psychology of Handling Rectal Patients"; "Ano-Rectal Abscess"; "Pruritus Ani".

**Physical Therapy Research**—"Physical Therapy in Podiatry"; "Polysine"; "Physical Therapy in Posture and Hygiene of the Feet"; "Symposium on Therapeutic Fever"; "Chronic Hypersensitive Rhinitis with Resultant Asthma".

**Technic**—"Soft Tissue Work"; "Measles"; "Liver and Spleen"; "Cardiac Diseases"; "Scoliosis"; "Pneumonia"; "Abdominal"; "Shoulder and Elbow"; "Knee".

## From The Files

1923—Baseball had gotten under way and a squad of twenty-four had reported for practice. Shorty Sweezy was elected football captain for the coming fall and Gus Weimers was elected team head for the basket tossers for the coming season.

1924—The college held a tag day to raise funds for the baseball team. It was announced that regular assemblies would be held weekly.

1925—The "Stillonian," year book, had gone to press and delinquent subscribers were being asked to contribute their fees. First announcement of the installation of a chapter of Sigma Sigma Phi at the College was made.

1926—Governor Hammill of Iowa commended students for their progress at an assembly at which he spoke.

1927—Interfraternity Baseball season opened. Golfers limbered up for class competition. An all school talent assembly was held at which various members gave readings, songs, etc.

## Secret Out

We quote from the Pleasanton, Kan., Enterprise, concerning a recent graduate of the College who pulled a fast one on all his friends.

"Dr. Fred E. Dunlap, prominent young man of Pleasanton, appeared in town Sunday evening, after a week end in Wichita, and accompanying him was Mrs. Fred E. Dunlap.

"Dr. and Mrs. Dunlap were married last August 5., 1932, at Newkirk, Okla.

"The bride, before her marriage, was Miss Erma Lee Hart, a graduate nurse, a graduate of Southwestern Training School at Wichita. It was while Dr. Dunlap was interning at the same institution that the young couple became acquainted."

## New Health Officer

In a political shake-up at Okaloosa, Ia., recently, the entire city dads were ousted. In the "new deal" Dr. O. J. Du Bois, a graduate of this College, was appointed city health commissioner.. Congratulations!

## CALENDAR of Coming Events

April 22—Sigma Sigma Phi Dance.

April 22—Kirksville - Des Moines Tennis Matches.

May 23-24—Iowa Convention

May 25—Annual Senior Banquet.

May 26—Graduation Exercises.

June 1-2-3—Iowa State Board Examination.

## Easter Recess

Regular classes at the College adjourned at 5 P. M. Thursday, April 13, to Monday, 8 A. M., April 17 for the annual Easter Recess. Rather than have a full week of vacation in the spring and then run on into June for the regular semester's work, the students have always felt they would rather not have the spring vacation and thereby get out a week earlier at the close of the semester. Short trips to friends homes are being planned by those living too far away from their own homes to take advantage of the few days respite from regular work.

## Penn. Convention

Governor Gifford Pinchot and Mayor George A. Hoverter of Harrisburg, will officially open the Pennsylvania Osteopathic Association Convention on May 12 and 13, at Harrisburg, Pa., with headquarters at the Penn-Harris Hotel. A radio broadcast will be heard by thousands of listeners-in, together with Charlie Kerr and his National Broadcasting Orchestra.

Dr. Donald Thorburn, noted gastro-enterologist, from New York, will discuss one of the most interesting reactions and results of the present day financial conditions, namely, "Nervous Indigestion—a Depression Disease and Its Treatment." Dr. Otterbein Dressler, Dr. Fred A. Long, and Dr. H. Willard Sterrett, physicians from the Osteopathic Hospital of Philadelphia, will read papers. Most of the interesting talks will be broadcasted.

## Michigan Board

The next examinations to be given by the Michigan State Board of Examiners in Osteopathy and Surgery will be held at Battle Creek, on June 6, 7, 8.

Make application to Dr. Hugh Conklin, Secretary, 716 City Bank Building, Battle Creek, Michigan.

She: "I hear Mrs. Blank has a political baby."

He: "What do you mean?"

She: "Well, first it's wet and then it's dry and then its wet."

## The Trek to Dunkerton

(Continued from Page 1)

them. Let me also add, that in my senior athletic clinic work at Still College I had been team physician to all the teams of Valley Junction High during the fall and winter of 1932-1933. I had taken care of their football, wrestling and basketball teams, and had accompanied them on all their games, at home and away. This experience, preceded by the excellent classroom instruction by Dr. H. V. Halladay, of the Still College faculty, enabled me to be of maximum assistance to the Dunkerton High School basketball game.

Dunkerton played Burlington High School at 1:30 and surprised the spectators, press and dopesters by winning this game by the score of 26-19. This was such a decided upset of the dope that Dunkerton was given the headlines in the daily newspapers of Des Moines, Dunkerton had made basketball history that afternoon, being the first class B high school to reach the finals in Iowa high school basketball annals.

After the game, it was very gratifying to have the Coach tell me, "Doctor, please take the boys back to the hotel. I am going to see the second game of the afternoon. From now on, you have complete charge of the team; I don't even want to see them or go near them."

Arriving at the Hotel, the boys went to their rooms, and I told them to undress and go to bed. It was comical to hear them protest and say, "Aw Doc, we don't want to go to bed." However, they obeyed and within five or ten minutes, all five of them were sleeping like babies.

At about 4:15, the Coach came back to the hotel, accompanied by two reporters and two newspaper photographers, who demanded, as newspaper men usually do, pictures and interviews with the members of the team. The Coach referred the newspaper to me, saying that the boys were under my care. I informed them that the team was asleep and could not be disturbed, but they could see them and get their pictures at 5:30. The newspaper men said they would return at this time. The Coach was well pleased with the way I had handled the boys, and the newspaper men, and repeated that I was to have charge of the team and that they were under my orders from then on.

At 5:00 p. m. the men were awakened, each man reporting that he had slept soundly. Again, they were given a minute examination and a general osteopathic treatment.

Then they had their pictures taken by the press and went down to eat. Here again the coach asked me to prescribe a diet for the team. They were told they could have poached eggs, toast, fruit, and milk. After supper, they were taken to the Drake Field House and before putting on their uniforms,

each man was again carefully gone over and weakened parts, such as knees and ankles, supported by tape applied according to the Halladay method.

Then, the final game for the championship of the state was on. The outcome of the game was in doubt until the final seconds. With less than a minute to play the score stood at 20-20; then another basket for Dunkerton and the game ended 22-20, and Dunkerton High School had accomplished the impossible by beating the Roosevelt High School team, last years all state champions.

After the game, the Coach told me they could not have won had it not been for my care and treatment. Naturally this pleased me, but all credit should go to the team and coach, and then Osteopathy should be credited for enabling those boys to play at 100 per cent capacity."

On Wednesday following this remarkable series of games the community of Dunkerton staged a celebration in honor of the boys. It was the pleasure of Schwartz and your reporter to make the trip as guests of the committee. We arrived in time for the banquet and were shown through the high school which is truly the largest structure for miles around and well equipped. The basketball court is not up to standard in size and one remarkable feature of the playing of these boys is the ease with which they adapted themselves to the larger standard court and the enormous crowd. Accustomed to playing to two hundred and at the most they went into action before a rabid mob of nearly seven thousand and on a court that looked nearly twice the size of the home one.

The preliminary festivities consisted of a real banquet enjoyed from every standpoint by all of us for we were seated directly across from the team and the well known radio announcer "Andy" of Ames was between us. Following the feed we adjourned to the school auditorium which is supposed to have a capacity of about seven hundred. Considerably over a thousand found seats and standing room. The stage displayed the boys and the committee for which the superintendent of the school acted as spokesman. Appropriate remarks were made by all called upon and near the last the real hero of the game, Wally Gaddes, arose to tell his impressions of the trip. Wally got started on the Osteopathic care that the boys received and the chairman almost had to knock him out to get him to stop. Never in all of our repertorial experience have we heard such a genuine extemporaneous eulogy as Wally delivered to the assembled crowd in praise of his Dr. Schwartz and Osteopathy. We were stunned and more so when he called upon Schwartz to stand near the center of the audience. Previous to this meeting we had been introduced to his Mother and to the parents of others of the team and it seems that the whole com-

munity had been told why the team won and the reason uppermost seemed to be the care given by Dr. Schwartz. Altogether it proved to be one of those affairs that start off to be one thing and end up by being something very different. Least of all had we expected to hear such complimentary remarks made from the platform and, from the applause, with the full approval of the listeners.

It is quite natural that we should like Dunkerton. Our personal knowledge of the village up to the time of the game had been limited to the first syllable of the name. The Dunkerton boys will dunk again next year and the last thing we heard as we left was "We will be down next year and will be looking for you to take care of us again." Boys, the pleasure was all ours.

## Iowa Legislation

(Continued from Page 1)

tile our difficulties outside the Legislature. We agreed to do this during the Recess, the appointment was made, but when we called on the gentlemen who were to meet us, they were not interested and refused to carry through the idea. For one thing their bill had been referred out of the Senate Health Committee with a recommendation that it be passed.

After Recess we tried to introduce our bill in the Senate but our friends were reluctant to do so and told us that the medical bill would not come up for a vote, and the best thing for us to do was to work on the House and get our bill out of the Health Committee there. Of course we followed their advice and after several days work they voted it out with a recommendation for indefinite postponement. This was just a few days after Dr. Swift, a member of the House, had pulled H. F. 273 out of the Health Committee, by invoking Rule No. 35. We could not use the same rule because the author of our bill refused to do so. This put the medical bill on the calendar in both houses and our bill indefinitely postponed.

About a week later the Sifting Committees were appointed and both medical bills went to them, as did everything else on the calendar, with the few exceptions of a few at the head of the calendar. The Sifting Committee in the Senate referred S. F. 248 out and that placed it on the calendar again.

We then tried to pass a motion to refer it to the Sifting Committee in the Senate. After several physicians had expended several days here and secured enough promises to do so, but when the motion was put it failed 30 to 18.

Since that time on it was on the calendar until last Friday (April 18) when it went back to the Sifting Committee along with a few other bills, after a motion was passed to refer all

bills to that committee. After adjournment Friday, also Friday after the above motion was passed, a motion was made to hold S. F. 248 over and make it a special order for the following morning. This motion failed immediately. Following this a motion to adjourn was carried.

In the House the following Monday morning a motion to pull H. F. 273 out of the Sifting Committee lost by a majority of 64 to 16.

Both bills are now in the Sifting Committee of both houses as near as the writer can learn, they will stay there because of the unwillingness of any member of either house to cast a vote for or against either school of therapy and practice.

The writer fully realizes that this is not a satisfactory report and cannot be detailed because of the time and space such a report should take; also, I think it may cast the wrong reflection on the efforts of the Legislative Committee. However, I wish to urge every Osteopathic physician in the State to attend the State Meeting at convention time—May 23 and 24 at the Ft. Des Moines Hotel, at which time a minutely detailed report will be given.

## Letter From Michigan

The Editor received the following communications from the Highland Park Osteopathic Clinic, Highland Park, Mich., last week. We are always glad to receive communications from physicians and welcome the following:

"Inclosed you will find the first page of our local neighborhood paper which carries a brief article concerning one of the men in our office.

"Dr. Wright was in a graduating class of May, 1929, and while in school he was Noble Skull at the Atlas Club, president of Sigma Sigma Phi, and was known better perhaps by his classmates as the "Book Store Bandit."

"After interning at the Detroit Osteopathic Hospital, Dr. Wright and Dr. Lloyd Woofenden, who graduated in the class of 1926, founded the Highland Park Osteopathic Clinic.

"Since that time Dr. R. K. Homan, graduate of Still College in 1931, and later interne at the Detroit Osteopathic Hospital, has become affiliated with the group. Dr. Homan is a former editor of the Log Book.

"We enjoy the Log Book very much and appreciate the way you are handling the job of publishing it, and would be glad to be of service to you."

"Dr. R. M. Wright of the Highland Park Osteopathic Clinic, 13535 Woodward avenue, who is also on the staff of the Detroit Osteopathic Hospital, delivered a paper on "Body Mechanics" at the bi-monthly meeting of the hospital staff held in the staff room at the hospital recently."

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

# THE LOG BOOK

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PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 10

MAY 15, 1933

Number 5

## STATE BOARD THERAPY



## Osteopathy at the Drake Relays

Another year is about to be written off in the history of the Athletic Clinic of Still College and it would not be complete without a resume of the work done this year at the famed Drake Relays. As in the past, many of the competing coaches wrote to the department requesting the assignment of a Senior student to their team. As usual several waited until they arrived and called the college requesting this service. Anticipating this Dr. Halladay had a corps of trained students ready to respond to any call. A total of twelve Seniors were sent out and took care of the following list of universities, colleges and high schools:

University of Iowa, Iowa City, Iowa;  
University of Nebraska, Lincoln, Neb.;  
University of Notre Dame, South Bend, Ind.;  
Marquette University, Milwaukee, Wis.;  
Kansas State College, Manhattan Kan.;  
Butler University, Indianapolis, Ind.;  
Oklahoma A. & M., Stillwater, Okla.;  
University of S. Dakota, Vermillion, S. Dak.;  
University of Chicago, Chicago, Ill.;  
University of Kansas, Lawrence, Kan.;  
Northwestern University, Evanston, Ill.;  
University of Wisconsin, Madison, Wis.;  
Knox College, Galesburg, Ill.;  
Hastings College, Hastings, Neb.;  
Abilene Christian College, Abilene, Texas;  
Coe College, Cedar Rapids, Iowa;  
Washburn College, Topeka, Kan.;  
Kansas State Teachers, Pittsburg, Kan.;  
Kansas State Teachers, Emporia, Kan.;  
North High, Des Moines;  
Fort Dodge High, Ft. Dodge;  
Oskaloosa High, Oskaloosa;  
Lincoln High, Des Moines;  
East High, Des Moines;  
Clinton High, Clinton;  
Valley Junction High, Valley Junction;  
Shenandoah High, Shenandoah;  
Orient High, Orient;  
Greenfield High, Greenfield;  
Garner High, Garner;  
Ft. Madison High, Ft. Madison;  
son;

(Continued on Page 3)

## Juniors Don White

The appearance of the clinic about the College building has been brightened and the effect is very stimulating—in short the Juniors are now wearing white treatment gowns. Those gowns are WHITE and according to class officials they shall be kept white and not gray. A local linen service is now furnishing gowns of the military type at a small charge weekly. It is now planned to have each oncoming class adopt the system.

## Graduation, May 26

D.M.S.C.O. will hold its spring graduating exercises for twenty-five members of the Senior class of the College the evening of May 26, in the College Auditorium. Final arrangements for the program are still in the process of formation and will be reviewed in the next issue of this publication.

## Talks At Kirksville

Dr. H. V. Halladay gave a talk on "Athletic Injuries" at Kirksville the evening of May 12. Dr. H. J. Marshall accompanied Dr. Halladay and while there conferred with the Axis Chapter of the Atlas Club in his official capacity as National President of the Fraternity.

## Atlas Wins Contest

The Atlas Club emerged victorious in the Sigma Sigma Phi sponsored Kitten Ball Tournament for this season when they defeated the fast Phi Sigma Gamma team at the West High Athletic Park last week. The season was marked by good sportsmanship by all teams entered and everybody had a good time at the various games played. The golf tournament is still in progress with competition running keen and matches close.

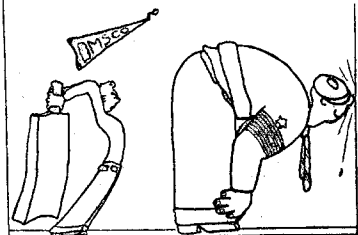
## Seniors Hold Picnic

The traditional Senior Skip Day Picnic was held May 5, out in no man's land and although it rained and was chilly the graduating ones had a big time. Several unfounded or at least unproven reports have filtered into the editorial offices concerning the picnic, however, our reportorial staff have been checkmated when it came time for actual proof. One fact has been definitely established—they all had a good time!

## 1933—Calendar—1934

Registration.....Sept. 5, 6  
Class Work Begins.....Sept. 7  
Thanksgiving Recess...Nov. 30 to Dec. 4  
Xmas Vacation Dec. 22 to Jan. 3  
Graduation.....Jan. 19  
Registration Second Semester...Jan. 20  
Class Work Begins.....Jan. 22  
Graduation.....May 25

## FRATERNITY NOTES



## ATLAS CLUB

Now that school is almost ended for another year the house is a scene of cramming or what have you? Everyone getting things caught up and packing all ready to leave for the summer.

We extend heartiest congratulations to our men receiving invitations to honorary fraternities. Pledge Moorehouse to Psi Sigma Alpha and Brothers Andreen, Barquist, McAllister, Sheffold and Pledges Hall and Ashmore all to Sigma Sigma Phi.

The final Kitty game was played with the usual squabbling and razzing. However, a fine attitude ruled throughout the tournament.

We were glad to welcome "home" two brothers this past month who stopped in while in Des Moines. Brother Mikan from Chicago and Brother Forbes of Ft. Dodge.

Our graduating class is rather small in numbers this time but powerful never the less. Brothers Dean Moore and Howard Graney will receive their sheepskins this month. We wish them all the luck in the world and hope they make their visits to the house often after graduation.

Regular election of officers for the coming year was held this past week. Final voting resulted in the following selections: President, Dierdorff, vice president, Ogden, secretary, Sheffold, treasurer, Andreen, Chaplain, Stingley and auditor, Steverson.

Social activities of the closing weeks of school included a spring dance the evening of May 12. On May 18, the semi-annual Senior banquet will be held. May 21, the annual picnic will be staged. The chapter is very anxious that as many members as possible attend these events.

## IOTA TAU SIGMA

The time is again here when the various Brothers are getting out road maps, their cars fixed, and thinking about home, wondering if the town band will be on hand to welcome them. All in all, we have had a very favorable year considering the general conditions. From all indications a goodly number of the Brothers expect to spend part of the summer here at the house in order to get in extra work at school.

It is with a great deal of regret that we lose Brothers Whetstone, McLaughlin, Cook, and Ramsey by graduation. All of these men have been very conscientious in their school work

and other activities and should meet with success in the field as practicing physicians. Those that remain behind wish them all the success in the world and only ask not to be forgotten in the future.

We were not successful in winning the soft ball championship this year but had a lot of fun trying. The winners are to be congratulated on their fair play and sportsmanship. However, we are warning them to watch for us next year.

Our golf team has been busy trying to win their matches but the outcome is still doubtful. Considering, they have played some pretty fair golf and have had lots of rough fun.

Within a very short time Pledges Gerow, Gegthol, Pohl, and Rankin, will be active members. Lots of good things are expected from these men and we feel quite confident that they are equal to it and will not fail us.

Brother John Herd still has for his theme song, "Just an echo in the Valley." Anyone doubting his intense interest should just take a look at the five cent calls on his phone bill. We wonder if daylight savings time at Valley Junction would help any.

We wish to congratulate our upper Juniors on adopting white coats for clinic practice. The improvement cannot be estimated. Certain criticisms may be heard but that should be overlooked since it is so little and the students in clinic practice certainly look more like Doctors and less like doits.

The writer, after holding the position of Chapter Editor for two and one-half years, has a successor in Pledge Pohl and may he enjoy the work as much as I have.

This fraternity wishes all the students and faculty a most pleasant summer vacation.

## PHI SIGMA GAMMA

Delta Chapter wishes to announce the officers for next semester. They are President, Wayne Enderby; vice president, O. Edwin Owen; secretary, Walter Irvin; treasurer, Frederick Hecker.

The following men were initiated into the chapter on the evening of May 3: Joseph Bartram, Henry Diekow, Walter Irvin, William Moore, and O. Edwin Owen. Congratulations.

The chapter wishes to announce the pledging of Winston Lawrence, of Niles Ohio.

There is a changed atmosphere at the house now that the seniors are preparing for the various state board exams. The under classmen don't know what to make of it!

On Thursday night, May 18, the house is giving a dinner at Younkers followed by a theater party in honor of the graduating members. Dr. C. W. Johnson and Dr. S. H. Klein will be the speakers.

By the reports circulating around the school, some of the

Senior members must have had an exceptionally good time at the Senior class picnic. We haven't heard the full details from them yet. Has anyone?

Walter Irvin and O. Edwin Owen were honored by Psi Sigma Alpha and accepted pledgeships into that honorary fraternity. Congratulations.

The house was pleased to have James Wilson, of Columbus, Ohio, as its guest over the week end. Mr. Wilson plans on entering school next fall.

The Bachelor Club has lost another of its members by the announcement of Del Johnson's marriage. Congratulations Del.

What the House will miss when the following senior leave: Allen—His tales of dear old Ohio.

Blech—His stories of Milwaukee and Metcalfe.

Kesten—His ability to take anyone his weight or size.

Noble—His athletic ability and puns.

Naylor—His sense of humor and imagination.

Poundstone—His Iowa witticism.

Withrow—His ability as an artist and golfer.

The fraternity wishes to extend its sympathy to Brother Del. Johnson upon the death of his mother.

## PSI SIGMA ALPHA

Psi Sigma Alpha bid their graduating Seniors farewell at the semi-annual banquet May 2. The graduation of King, Moore, Graney, Jack, and Kestenbaum marks the passing of the charter members of the fraternity. It is with distinct pleasure and a lasting sense of gratitude that the fraternity congratulates these graduating men and wishes them all due success for the future.

We take please in announcing the pledging of Moorehouse, Hobbs, Zimmerman, Rankin, Owen, Irwin and Jungman.

## Assemblies

Interesting and instructive entertainment marked the regular weekly assemblies held in the College auditorium this past month, and all meetings were well attended by students and faculty members.

An early assembly of the month was in charge of Dr. L. L. Facto, who presented Dr. Charles Dutton, author, traveler, and public speaker. Dr. Dutton spoke on "Leprosy" and reviewed his recently written book on the "Leper Colony." He has spoken to the student body on several occasions and he is an ever welcome visitor at the college.

Miss Ava L. Johnson presented a twenty-five piece children's orchestra from Byron Rice Grammar School a week later. Mrs. Anna Felkner Hall, music director of the school, told students of the music education being given the students in the public school system of the city. The orchestra made such an immediate hit with the assembled

## Marriages

Del Johnson of the Junior class surprised his fellow students of the College on April 15, by getting married. Before her marriage, Mrs. Johnson was Miss Lecia Logli. The ceremony took place here in the city and congratulations have been passed but for some reason or other Del hasn't passed out the cigars.

Dr. and Mrs. T. M. Smiley of Liberty, Mo., announce the marriage of their daughter, Frances Isabella, to Dr. Lowell R. Morgan, April 29. The doctor and his bride will be at home after May 10, at Alice, Texas. Dr. Morgan graduated in 1928 from the college.

## Seek Equal Rights in Maine

A committee of Maine Osteopaths, with Judge Benjamin F. Cleaves of Portland as their spokesman, asked the State Advisory Budget Committee to withhold State aid appropriations from Maine hospitals unless they stop "their present practice of barring osteopaths".

Governor Gardiner suggested that it was a matter for the legislature to consider.

"An institution receiving public money should not render a service to one class of people and bar another," Cleaves said. "As it stands now an Osteopath—and they are recognized in Maine on an equal footing with medical physicians—can take a patient to the doors of hospitals and the patient is told, 'you can come in but your doctor can't'."

He said the city physicians of Bath, Rockland, Biddeford, and Westbrook are osteopaths, and "like all the other osteopaths are not permitted to attend even charity patients in a hospital. They can't take charity patients into a hospital and give them the treatment they need," he said.

In answer to Governor Gardiner's suggestion that it was a matter for the legislature to consider, Judge Cleaves suggested that the budget committee, composed of Senator Blaine S. Viles of Augusta and Representatives Llewellyn Carleton of Portland and John Clark Scates of Westbrook make a recommendation to the legislature not to appropriate State money to hospitals that refuse admittance to osteopaths.

through that they were invited to come back next year and again entertain.

Dr. H. J. Marshall presented Madam LaVani, Psychologist and Psychoanalyst, the following week Madam LaVani talked on the "Adaption of Psychology and the Physician" and demonstrated the advantages of a knowledge of psychology to the physician in the conduction of his practice.

# 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

## An Appreciation

Due to the lack of space in the columns of the Log Book it has been necessary to cut out the names of various fraternity reporters this past year. The editor wishes to take this opportunity of thanking various students who have contributed loyally throughout the past school years. Bigsby of the Atlas Club, Herbert of the Iota Tau Sigma, Enderby of the Phi Sigma Gamma, Ellias of the Sigma Sigma Phi and Kestenbaum of the Psi Sigma Alpha. This past week new fraternity editors have been elected for the coming year and it is the hope of the editor that they will do as well as their brethren have in the past.

The staff also wish to thank other contributors during the past year and assure the entire profession that we are at all times ready to welcome your articles, questions, criticisms or do anything any way possible to help YOU out—remember this is YOUR Log Book and we want YOU to use it. We shall start into another year of monthly publication with enthusiasm and a determination to fulfill our goal—that of giving you the type of monthly publication that you want from this College.

## Miss Johnson Gives Talks

Miss Ava L. Johnson, faculty member, has been very busy this past month speaking at various clubs and association meetings. Recent talks include: April 30, at Plymouth Congregational Church Young People's Society on "A Personality to Withstand Crashes." May 7, May Morning Breakfast, Capitol Hill Church of Christ, "Beginning Anew With the Spring." May 12, Mother-Daughter Banquet of the Federated Church on "Yesterday, Today and Tomorrow." May 20, Regional Convention, Alpha Iota Sorority on "Personality to Withstand Crashes."

During the Iowa Osteopathic Association Convention, to be held here in Des Moines, May 23 and 24, Miss Johnson will give two talks—"Psychology and the Physician" and "Some Endocrine Facts and Their Osteopathic Significance." Early in June she will appear before a group of young people of the Grace Methodist Church and talk on "Personality to Withstand Crashes."

## Osteopathy at the Drake Relays

(Continued from Page 1)

Perry High, Perry;  
Cherokee High, Cherokee;  
Carroll High, Carroll.

Of the Seniors sent out on the work Gene Winslow leads the field in the number of schools he worked with. Gene must have been all over the training quarters as he worked with universities, colleges and high schools. Nelson was assigned to Nebraska but managed to dip into Kansas and reach over into Indiana. All of the remaining boys worked hard and have handed in a very satisfactory report. Poundstone, Graney, Lawrence, Withrow, Agnew, Cooper, Kessler, Schwartz, Gulden and Bleck all enjoyed the contacts and had the privilege of meeting and working with some of the nationally and internationally known athletes and coaches who attended the relays. Metcalf of Marquette and Brooks of Chicago, the two outstanding negro athletes were taken care of this year again. Both expressed their appreciation of the treatment given. Nelson, the high school flash having a record of 9.7 for the 100, was taken care of by Dr. Robert Herrick of Clinton. Here in Des Moines at the relays he requested that no one but an Osteopath treat him.

Gratifying results were obtained in all cases handled by the special methods originating in this department of Still College and we are proud of the work done by our Seniors in this, the supreme test of their ability. Reports already received from several of the visiting coaches indicate that they are not only highly appreciative of the service but want it each year that they visit Des Moines. The college considers it a pleasure and a privilege to be able to extend this work of the department outside our own public school system and other local schools.

This is just another proof of the superior advantages of Still College and the efficiency of the instruction. Facts and not theories should be considered in selecting the college to which you send your students. Contacts were made by our Seniors at the relays that would be impossible under any other circumstances. Not only is this work valuable to our students but the work that the department is doing spreads since the boys who have been taken care of will remember Osteopathy and in this way the field benefits.

## South Dakota Board

The next examination of the South Dakota Board will be held June 15 and 16 at Huron, S. D. Applications should be made to Dr. C. Rebekka Strom, 321 So. Phillips Ave., Sioux Falls, S. D.

## Heigh Ho! Come to the Fair In July

The Chicago Osteopathic Association invites all who are in attendance at the A. O. A. convention in Milwaukee to be our guests at Chicago's Century of Progress Exposition immediately following the conventions.

In spite of the depression, moratoriums, and everything else, this City by the Inland Sea is putting on a show different and more elaborate than any attempted before. It will be put through completely as planned and will open on time.

Our plan is to gather the attendants of the convention as soon as it is closed, Friday, July 28, at 3 p. m., and whisk it one hundred miles south. The whisking will be accomplished in not more than two hours by special trains or busses or motor caravans according to individual preferences. Extremely favorable rates are available for each method of transportation.

The Drake Hotel will be your headquarters in Chicago and can accommodate the entire convention. A room and bath for three dollars a day at a hotel of the quality and prestige of the Drake is something to talk about. A buffet dinner will be served Friday evening, July 28, at the Drake which should be a happy, informal affair and will help to ease up the tension incident to a strenuous week of conventioning.

At 8:30 p. m. we board the steamer Roosevelt for a night view from the lake of the spectacular Exposition illumination. We have already reserved the best portion of the boat for our exclusive use. If enough will come, we will commandeer the entire ship. This trip will be beautiful beyond words yet restful or stimulating according to your individual mood, on that evening. After a panorama of Chicago's night skyline we return to the Drake.

Busses will pick us up at the Drake on Saturday morning and take us directly to the Exposition. Here we will be officially welcomed by the Exposition officials and then the Expositions is yours to do with as you prefer.

At the Milwaukee convention, the Drake Hotel will be represented so that you may register and forward your baggage so that it will be in your room waiting for you and you need simply to call for your room key on arrival. The various transportation methods also will be represented so that on your arrival there will be no time-consuming details to bother you.

We will have a wonderful Exposition in a wonderful city. The Chicago Osteopathic Association wants and urges you to enjoy both and we want to make your enjoyment even more nearly complete.—E. R. Haskins, D. O.

## NOTICE TO PHYSICIANS

\*\*\*  
Important Announcement In  
The Next Issue.

\*\*\*  
Watch For  
The June Issue of  
The Log Book!

## We Thank You!

We quote from the "Journal of Osteopathic Ophthalmology, Rhinology and Otolaryngology" in their last issue: "The Log Book, published by the Des Moines Still College of Osteopathy, recently celebrated its tenth anniversary. It is a new, well edited sheet and we enjoy its monthly visits. We extend congratulations. Long may it live to proclaim the merits of osteopathy and the college it represents."

## Appear At Mason City

Drs. J. P. Schwartz and John M. Woods, faculty members, recently appeared on the program of the Third Iowa District Osteopathic Association meeting. Dr. Schwartz talked on the "Acute Abdomen" and Dr. Woods on "Spinal Centers and Reflexes in Diagnosis and Treatment."

## To Get Athletic Care

Through arrangements just completed with the College Athletic Clinic, the Des Moines Base Ball Club, Western League members, will be taken care of the coming season osteopathically. Wendell Kessler, Senior student, has been assigned for the summer work and has already taken up the care of the physical ills of the "Demons" and will do his best to turn out a pennant winning club the coming season. Early season injuries are being taken care of daily in the clinic at the present time. Kessler will travel with the team this coming season on their out of town scheduled games.

## Fire Test Given

The Kansas City College of Osteopathy and Surgery was recently given the fire test when great damage was experienced when their building was badly damaged by fire—we congratulate the College on the spirit they have shown in coming back with but one day of regular class work sacrificed.



## New Dietetic Principles For Tuberculosis

(By Ava L. Johnson, B. H. Ec.,  
B. S., M. S.)

(Continued from Last Issue)

Returning to the discussion of the Jefferson Hospital research, the workers found that in handling cases in which malnutrition had proceeded the occurrence of definite tubercular symptoms for about one year, increase of caloric value in the treatment diet favored a gain of weight. In malnutrition of longer duration before the treatment began, supplementary feeding of cod liver oil in some concentrated form influenced the deposition of fat. They also reported that there was a reduced incidence of intercurrent respiratory infections in the majority of tubercular patients who gained weight.

The effect of minerals on the nutritional level and manifestations these workers found inconstant, except in the cases who could not take milk. In these the use of the mineral compounds seemed to decrease the coughing and expectoration. It is the conclusion of Gordon and Tai that just so much mineral can be used and feeding more has no physiological value.

There was no indication in any instance that a high caloric intake influenced specifically the deposition of lime salts or of fibrous tissues.

Yeast had no effect upon nutrition.

Those who gained in weight suffered less frequently from untoward accompanying manifestations. For instance, an undernourished woman, when the surrounding temperature increased 40-60 degrees with an increase in humidity, would within 24 hours show marked increase in sweating, decrease in urine, decrease in expectoration, rise in temperature, pain in chest, weakness, etc. Six months later, after she had made a 19 kilogram gain, she rarely showed any of those manifestations upon similar changes in environment. There was no marked change in the tubercular condition accompanying this gain, however.

From their study Gordon and Tai decided that induced overnutrition is helpful in carrying the infection, perhaps only because it provides the body with insulation and greater fluid reserve with which to meet external variations.

Last spring Dr. Hildebrand of Milwaukee, Wisconsin, made a report of findings relative to the use of fat in the tubercular diet. He concludes it should be stressed, because the tubercle bacillus does not grow well in organs which are rich in unsaturated fat. E. Wolfe has contributed that in addition to the important role of fat in specific and non-specific immunity, the liquid bodies bind toxins, destroy bacteria, stimulate fermentative processes, favor the depositions

## IOWA CONVENTION PROGRAM

Hotel Fort Des Moines

May 23rd and 24th, 1933

\* \* \*

### TUESDAY, MAY 23rd

- 9:00—Address of Welcome.....Mayor Dwight Lewis  
Response.....Dr. F. A. Gordon, Marshalltown  
Invocation.....Dr. Floyd Allan Bash, Des Moines  
9:30—Applied Anatomy and Physiology of the Cervical  
Region.....Dr. Yale Castlio, Kansas City  
10:30—Technique.....Dr. J.V. McManus, Kirksville  
11:00—Thoracic Mechanics—(Movies—800 feet).....  
Dr. W. A. Schwab, Chicago  
12:00—Luncheon.....Speaker, Rev. Kenna, Des Moines  
1:30—Thoracic Mechanics.....Dr. W. A. Schwab, Chicago  
2:30—Psychology and the Physician.....  
Miss Ava Johnson, Des Moines  
3:15—President's Address.....Dr. R. A. Pearson, Muscatine  
3:30—Adult Health Clinic (Report by Chairman).....  
Dr. D. B. Caldwell, Des Moines  
4:00—Fractures.....Dr. J. P. Schwartz, Des Moines  
4:30—Report of President I.O.W.A.....  
Mrs. J. K. Johnson, Jefferson  
Report of Chmn. Legislative Committee.....  
Dr. Paul Park, Des Moines  
Report A. O. A. Delegates.....Dr. C. M. Proctor, Ames  
6:00—Banquet: Toastmaster, Dr. R. B. Gilmour, Sioux City

\* \* \*

### WEDNESDAY, MAY 24th

- 8:00—Business Meeting.  
10:00—Focal Infection and Osteopathic Lesion.....  
Dr. Yale Castlio, Kansas City  
11:00—Clinical Heart Findings (Movies—2 Reels).....  
Dr. L. L. Facto, Des Moines  
12:00—Luncheon.  
Speaker, Mr. J. N. Darling "Ding", Des Moines  
1:30—Some Endocrine Facts and Their Osteopathic  
Significance.....Miss Ava Johnson, Des Moines  
2:30—Technique.....Dr. J. W. McManus, Kirksville  
3:00—The Lower Back Problem—with Movies and  
Clinical Demonstration.....Dr. W. A. Schwab, Chicago

Consultation service, for Nervous and Mental cases will be available throughout the convention, by a Staff Physician from Still-Hildreth Sanatorium, Macon, Missouri.

Dr. F. A. Gordon.....Chairman of Program  
Dr. S. H. Klein.....Chairman of Exhibits

of proteins and increase blood liquids. The relation of cholesterol metabolism to the tubercular condition has been suggested and it is true that blood cholesterol is low during the infection. Furthermore the greater the resistance to tuberculosis, the greater the cholesterol content of the blood. Racial history shows that those people on a high fat diet whose living conditions also include out door life and sunshine, have low tubercular history. Rickets and tuberculosis occur together in a high percentage of cases and animals in which the rachitic condition has been induced show a high susceptibility to tuberculosis. Weston, after making a thorough survey of the subject says that protein and animal fats are important in rickets and he has repeatedly observed that where the diet predominates in animal food, rickets is rare or non-existent. McCollum reads the history of foods and civilization and says, "Where meat and dairy products make up the larger proportion of the diet, the physical development is excellent. When people become agricultural; when cereals, grains,

tubers, become the most profitable form of food, there is physical deterioration, stunted growth, bad teeth and bones, susceptibility to tuberculosis and so forth." Such studies lead us to believe that restriction of animal foods and stressing the vegetable can be and perhaps has been overdone. For physical welfare it is better to eat sufficient quantities of animal protein and fats at least until the age of 35. After that age perhaps because of the easy assimilation and deposition of fat in most individuals from that time on, the susceptibility to and incidence of tuberculosis diminishes markedly.

In the Archives of Podiatrics of the spring of 1932, Peterman, Hug and Calusen give a detailed report of nutrition of sick children. With regard to tuberculosis in children their study leads to the following conclusions. The diet for children should exceed the basal requirement as calculated upon the basis of normal or expected average weight, about 50%. It is best supplied in concentrated food. The ideal diet gives a basic ash, high vitamine and

high mineral content and is attractive in every way possible. The NaCl allowance, these men find, is not important.

Late in the summer of '31 Graysel, Thear and Kramer reported to the American Review of Tuberculosis a study upon the effect of vitamine D in bone tuberculosis. They studied 18 children of the average age of eight years. All were given a well balanced diet, adequate in all of the food essentials including vitamins. The daily menu ran: 1 egg, 75-100 grams of meat or fish, a minimum of one quart of milk, 30 grams of butter, at least 220 grams of cooked vegetables, 100 grams raw vegetables in salads, etc., 3 fruits one of them an orange, a bowl of cereal, bread or crackers, soup, 50-100 grams of potatoes and a choice of one of the following: macaroni, spaghetti, creamed potatoes, sardines, salmon. All of them had daily 2 tablespoons of prepared maltine and cod liver oil.

Nine of the patients were treated in addition with irradiated ergosterol. Four milligrams were given daily for four months, 7 milligrams daily for 3 months. This preparation in oil is equivalent to about 130 ccs of potent cod liver oil. At the end of the year, those who had been treated with the concentrated D vitamine showed no striking improvement in the condition of the bone. The addition of vitamine D to an already well balanced diet showed no appreciable effect. Nor did it effect the patients adversely. There was no toxic reaction which is often reported for viosterol; there was no increase in the normal concentration of serum calcium and phosphorus. Their report leads to the conclusion that with vitamins as with minerals, enough is enough and more is eliminated.

The compelte study of the situation leads to some such summary as follows: Diet in tuberculosis must vary with the patient and his nutritive history; it must be governed by the physicians clinical judgment; while value is to be found in a slight gain of weight, nothing in case histories justifies over-stuffing just for gain of weight; vitamins, fats alkaline and product foods are important; and one must never forget that diet is but one phase of the treatment. Rest, psychic content and the very great value of osteopathic treatment in stimulating repair and improving resistance all must come in for their appropriate and important share of consideration.

### Why Not?

"By the way," said a lawyer drawing up a will, "I notice you have mentioned six bankers as pall bearers. Wouldn't you rather choose some friends with whom you are on better terms?"

"No, that's all right," was the quick reply, "Those fellows have carried me so long they might as well finish the job."

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

# THE LOG BOOK

Accepted for mailing at special rates of postage provided for in Section 1103, Act of Oct. 3rd, 1917, authorized Feb. 3rd, 1923.

PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 10

JUNE 15, 1933

Number 6

## The Log Book and The I. O. A. Bulletin

With this issue of the Log Book we begin the publication of official news of the Iowa Osteopathic Association. The Log Book feels as if it has acquired just a little more dignity and responsibility with this addition. It came about this way.

For some time the "Bulletin" has been extremely difficult to assemble. Until you edit such a paper you have no conception of the amount of real work involved. It is an expensive process and a thankless one even when a success. With the past difficulties of the association in mind the Trustees of the college in regular session May 5th, 1933, recorded the following on its books: "It was moved and seconded that the services of the Log Book be offered to the Iowa Osteopathic Association as their official Bulletin for such time as they see fit to use it."

This was unanimously accepted by the Association in regular meeting Wednesday, May 24th. Dr. Paul French was continued as editor and each month will furnish such news as will be collected, edited and approved by the association.

By this arrangement the entire mailing list of the Log Book will know officially what is going on in the Iowa State Association. Iowa has had legislative trouble, and more is to come. You will be informed each month as to the progress made along this line. You will also know what Iowa Osteopaths are doing along other lines. The state association can use the money previously spent for a "Bulletin" for some other cause but with a continued news service expanded to every state in the

(Continued on Page 2)

## Fraternities Close Year

The closing days of the past session were busy in many ways. Packing, studying, cramming for finals, banquets, picnics, farewell parties, and what not were experienced at every fraternity house connected with the College.

Annual Senior banquets were held by the honorary fraternities as well as all the social fraternities. Spring dances were held by some and a few held picnics. Those staying behind for summer clinic bid farewell until fall to those going home—and the Seniors bid all goodbye until their ever welcome return to their Alma Mater.

## A Year of Progress

Another college year has closed and we hesitate for a moment and look back to see just what has been done during that time. We have at hand two reports that are too lengthy to be published in full but are and should be interesting to the profession.

The certified Public Accountant has finished his inspection of the books of the College and in his resume at the close of the detailed report he compliments the work of the trustees very highly. The College did not lose money during the past year. This is indeed a remarkable record as compared with the majority of colleges here in Iowa some of which have had to close their doors and others have had to appeal to the alumni and other sources in order to continue.

Consider this with the fact that every department of the college has improved, added to its equipment, extended the hours of work and paid its faculty each month.

We have never had a year with fewer complaints. Those of you who know nothing about the management of a student body and a faculty cannot realize the satisfaction the trustees feel at the end of this year's work. It has been a hard year on the students, for Still College does not accept notes for tuition and we wish to compliment the student body for their loyal efforts and many sacrifices they have made to fulfill their obligations to the college.

Even with the fact of a reduced income for the year the trustees have several times exercised their prerogative in the selection of students, some being refused registration. Still College is proud of its student body and is making every effort to produce Osteopaths who will practice Osteopathy and prove to be a credit to the profession.

Still College has met and will continue to meet the requirements of the A. O. A. and the State of Iowa. It is your college. What constructive criticism have you to offer?

## Seniors Banqueted

The Board of Trustees of the College were hosts to the twenty-five members of the graduating class at a banquet held the evening of May 25. Various members of the faculty wished the class success in the field. Talks of appreciation were given by members of the class.

## Graduation Held

Graduation exercises were held in the College auditorium the evening of May 26, for twenty-five seniors. After a processional march by Marian Carlson Rodgers, Dr. R. B. Bachman gave the invocation. Clifford Bloom, tenor, sang two solos and then Dr. C. W. Johnson presented the speaker of the evening, Dr. Don P. Hawkins, late of Washington and Jefferson University. Dr. Hawkins spoke on "Foundations Well Laid," a very splendidly delivered and chosen subject for the occasion. Dr. J. P. Schwartz then presented the class to President C. W. Johnson, who conferred the degrees.

Congratulations and good wishes were extended the seniors in an informal reception held in the College building following the ceremonies. The following men received degrees:

John C. Agnew, Robert Fred Allen, William D. Blackwood, Carl V. Blech, Howard A. Cook, Joseph P. Devine, Howard A. Graney, Ralph William Jack.

Samuel B. Kahn, Heinrich H. Kesten, Edmond B. King, W. Russell McLaughlin, Clayton O. Meyer, E. Dene Moore, Charles L. Naylor, Walter Graydon Nelson.

Verdelle A. Newman, George Albert Noble, J. LeRoy Porter, Burton E. Poundstone, Edwin L. Ramsey, Clarence R. Reynolds, Maurice Joseph Schwartz, Gerald A. Whetstone, Harold G. Withrow.

## Senior Awards Given

At a special Senior assembly held in the College auditorium the week before graduation, special awards for service in excess of regular requirements were given graduating seniors, by the Board of Trustees of the College. These awards are given the graduating class members that have accomplished more service than the minimum requirements of the various departments and also for meritorious service in the specialties. The following awards were made:

### General Clinic.

Samuel B. Kahn, Ralph W. Jack, W. Russell McLaughlin, Charles L. Naylor, Walter G. Nelson, Verdelle A. Newman, Edwin L. Ramsey.

### Obstetrics.

Wm. D. Blackwood, Joe P. Devine, Howard A. Graney, Edmond B. King, E. Dene Moore, Clayton O. Meyer, W. Russell McLaughlin, Charles L. Naylor.

(Continued on Page 3)

## Corporate Board Meets; Re-elects Trustees

The business of Still College is conducted throughout the year by seven trustees. However these are elected each year by the Corporate Board of the College at a meeting held near the close of the school year. This year the Board convened the 29th of May.

The routine business of reports of officers was given close attention by all present. The financial report was of special interest and highly gratifying for the treasurer's report showed that the College came through an extremely difficult year with the balance in favor of the College.

To summarize the reports of the year we might say that they were all very satisfactory and showed plainly the sincere work of the trustees individually and as a group. As a reward for this service they were re-elected for the coming year with the unanimous approval of the board. A few minor changes were made and suggested at the meeting which will be carried out during the coming year.

The control and selection of the student body was discussed and the past actions of the board in related matters was commended highly.

Still College has been a success this past year and looks forward to greater success in the future. Sincere, unselfish, real work on the part of the trustees and the faculty together with a responsive student body has made this possible.

We know that those of you who have sent students to Still College are glad to have this good report. The trustees in turn are appreciative of your support and will continue to improve the college as rapidly as funds will allow. More students mean a greater college in its ability to serve not only locally but the entire country with what the people want, Osteopathy.

## To Interne

Three members of the recently graduated physicians of this College have secured internships and will soon report for duty at their various locations. Moore will go to Denver to the Rocky Mountain Clinic, Kahn will go to Detroit Osteopathic and Graney will begin service at Des Moines General. Congratulations!

## Tigers-White Sox Clash



An exciting event of the closing week of the past semester was the annual Tiger-White Sox baseball series. Each year Dr. L. L. Facto gets together baseball aspirants and forms the White Sox team which then and there issues a challenge to any or all—and then the fun begins.

This year the Tigers, a team mostly composed of members of the Iota Tau Sigma team, met the White Sox in a two game knock down and drag out at Birdland Park. The Tigers won the first game 7 to 5 while the White Sox more than got their revenge when they pounced on the Tigers two days later to the tune of an 18 to 3 win. Dr. Facto still has his wrist in a bandage as a result of a pitched ball but says that the fun was certainly worth the effort. Of the dangerous positions held by various persons, the two umpires most certainly held the precarious positions—it is rumored that insurance companies cancelled several policies on aspiring umpires.

The White Sox team was composed of Dr. L. L. Facto, W. Facto, Douglas, Niehaus, Stephens, D. Johnson, Frasier, Crews and Gulden.

The Tigers were represented by Hubbard, Beghtal, McLaughlin, Herbert, Potter, Johnson, Pohl, Whetstone and Gerow.

Both teams substituted liberally from the bleachers when necessity demanded. Even the water boy got to bat in the second game of the series. With a win apiece, the two teams decided to argue it out in a vacant class room while nursing sore muscles rather than have a show down game on the baseball diamond. Perhaps the real championships will never be known—'tis better so—this way each feels superior and no one is disappointed.

## Marriage



At least one of our May graduates believes that a wife is an asset to a young physician just starting in practice. Dr. Harold Withrow of the May class and Miss Frances Barnes of Milwaukee, were married Graduation Week here in Des Moines. The ceremony was performed May 29, in spite of the efforts of his fraternity brothers, whose "helpful" actions were many and varied. The College wishes the Doctor and wife every success.

## I. O. A. Bulletin

By DR. PAUL FRENCH,  
Sec.-Treas. I. O. A.

To Still College, Dr. Halladay, and the Editor of the Log Book, the Iowa Osteopathic Association can only say, "Thank you" for their generous offer of the Log Book as official Bulletin of the Society "for such time as they see fit to use it." We trust this spirit on the part of the College may be returned in full by the Society and that the two working together can, in the spirit of co-operation, do much for the advancement of Osteopathy in this state.

No Society news would at this time be complete with a few words concerning the 35th annual convention held at the Ft. Des Moines Hotel, Des Moines, May 23-24. The attendance was excellent, better than last year and the Banquet was better attended than last year. To Dr. F. A. Gordon of Marshalltown goes the credit for a well-arranged program and one carried out on schedule. Many were the comments heard of his program and the way he introduced his speakers. More power to the Doctor and may his services be in demand in the future. To Dr. S. H. Klein of Des Moines goes the credit for the splendid banquet program and arrangements. Dr. R. B. Gilmour, Sioux City was toastmaster and in his short and witty introductions the speakers took their "tip" and didn't talk themselves to boredom and all that goes to make a banquet a "Real Banquet."

The Business Meeting and election of officers should receive careful attention and the attendance this year was indeed encouraging of the interest taken in Society matters. In the spirit of the "New Deal" of which we are hearing so much lately the Trustees informed the retiring president, Dr. R. R. Pearson of Muscatine, that they would not make nominations but would have all nominations for officers come from the floor of the Convention. This resulted in Dr. A. W. Clow of Washington being elected president and Dr. Laura Cousins Miller of Adel being elected vice president. The secretary-treasurer being elected by the Trustees, they saw fit to again inflict our services upon the Society. Outside of the usual routine business before the Convention perhaps two major motions were carried at the business meeting. One that the newly elected president be empowered to appoint a committee to either revise or amend the present state constitution. At the time of this writing we have not been informed if such committee has been appointed or not. The other thing of importance and interest is that copies of all Trustee meetings be mailed to MEMBERS of the Society.

The chairman of the Legislative Committee gave a detailed report and the future program of the Society was explained in

full detail both by the chairman and by the man hired to represent us. This man will call on those in the state in a short time and if unable to have attended the Convention will give a report of the Society activities. The Society at the Business meeting sanctioned his activities and we would bespeak utmost co-operation upon our part.

## Thanx!

To have a successful college year it is necessary to gain the co-operation of every man in every department of the school. The Board of Trustees and the administration in general feel that student assistants in the various departments have contributed in no small degree to the splendid showing and advancement the College has made this past year. Therefore they wish to thank the following people for fulfilling their positions in such a fine spirit of co-operation.

Laboratory assistants Owen, Irwin, Morgan and Hecker. Anatomy assistant Allen. The twenty-four hour service offered obstetrical patients registered in the Obstetrical Clinic has made it necessary to keep four students in constant attendance in the telephone room of the Obstetrical Clinic. Those serving this past year have been Moore, Baird, Wooster and Morrison.

## The Log Book and The I. O. A. Bulletin

(Continued from Page 1)

Union and to several Foreign countries.

This is costing the college something. It is our contribution to the success of the state association. We do not know just how much space in the Log Book it will take but we hope the Editor will send in a report for each issue. As you know the Log Book is mailed to you each month without charge. It carries no advertising to help pay the expense of its publication or postage so whatever part is used by the association means just that proportion of the expense is given to our State Association and very willingly as indicated by the motion quoted above. We hope in return that the members of the association will have a more kindly feeling for the college and will make an earnest effort to support Osteopathy through the institution, as the college is helping to support Osteopathy through the work of the state association.

Look for Dr. French's report each month.

## Getting Even.

Squire Perkins: "Nell, after I die, I wish you would marry Deacon Brown."

Nell: "Why so, Hiram?"

Squire: "Well, the deacon trimmed me on a horse trade once."



## It Is A Gift.

"I'm afraid, doctor," said Brown's wife, "that my husband has some terrible affliction. Sometimes I talk to him for hours and then find that he hasn't heard a word."

"That isn't an affliction, madam," replied doctor, "it's a gift."

## Not Sinful.

The minister called at the Jones' home on Sunday afternoon and little Willie answered the bell.

"Pa ain't home," he announced. "He went over to the golf club."

The minister's brow darkened, and Willie hastened to explain: "Oh, he ain't gonna play any golf; not on Sunday. He just went over for a few highballs and a little stud poker."

## Unwelcome Callers.

"Say, what kind of company are you expecting, if you don't want to let them in?"

"The gas company, the telephone company, and the electric company."

## Bad Pennies.

Doctor: "I hardly like to mention it, but the check you gave me has—er—come back."

Patient: "That's funny, doctor—so have my symptoms."

## An Old Line.

Dentist: "I'm sorry, but I'm out of gas."

Girl in chair: "Ye gods! Do dentists pull that old stuff, too?"

## Winter Sports.

"Waiter, there is a fly in this vanilla ice."

"Ah! They are going in for winter sports."

## No Amateur Affair.

Pat's left eye was badly discolored. His wife asked who did it.

"Mike Murphy," he replied sadly.

"What!" she exclaimed. "Do you mean you let a little shrimp like Mickie Murphy black your eye?"

"Martha," said Pat, holding up his hand reproachfully, "don't spake disrespectfully of the dead."

# 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

## Why Not?

Dr. Charles A. Champlin, chairman of the Committee on Ethics of the Arkansas Osteopathic Association, in his annual report at the 1933 convention, said:

"I find the osteopathic physicians of the state in general, ethically loyal to each other in general conduct, but ethically loyal to the state association in so far as they support it by their memberships. In other words, a practitioner can scarcely be considered fully, ethically loyal to his profession and the advance of that profession unless he supports it both morally and financially in legal, legislative and associational matters.

"The main objects of state and national associations are the fostering of social and professional contacts of colleagues. There should be only two reasons that could ethically excuse an osteopathic physician from membership in a state and national organization, namely, financial inability to pay, or retirement from practice. In either instance, I would suggest that such a doctor be placed either on the charity roll or the honor roll at his request without payment of annual dues."

## Fraternity Notices

According to plans now being formulated by the Committees on Fraternity Banquets and Reunions for the A. O. A. Convention in Milwaukee, the fraternities will hold their banquets on Tuesday night, July 25. Sigma Sigma Phi will convene Tuesday noon. If you have not already been notified of the convening of your fraternity you may get information at Convention Headquarters at the Schroeder Hotel. See you in Milwaukee!

## 1933 - Calendar - 1934

Registration.....Sept. 5, 6

Class Work Begins...Sept. 7

Thanksgiving Recess Nov. 30  
to Dec. 4

Xmas Vacation....Dec 22 to  
Jan. 3

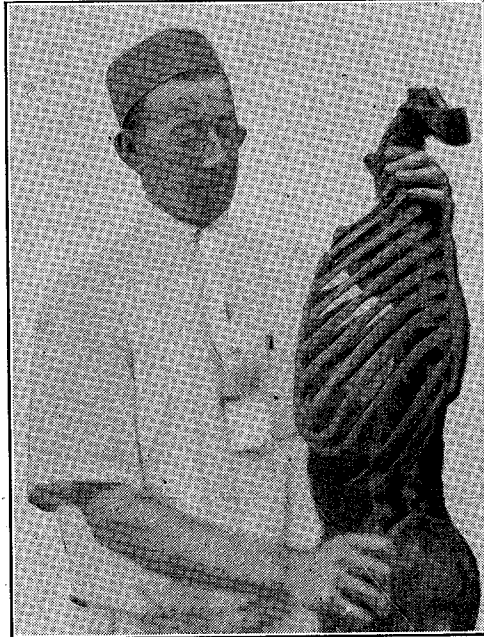
Graduation.....Jan. 19

Registration Second Semester  
Jan. 20

Class Work Begins...Jan. 22

Graduation.....May 25

## THE CENTURY OF PROGRESS



Dr. H. V. Halladay Demonstrating  
The Flexible Spine

but we will inspect these with considerable interest and try to find an exposition of normal movement of the spine. We want to see if the millions back of official A. M. A. research has produced anything as wonderful as the Halladay Spine. We wonder just how much prominence Dr. Halladay's work would have been given if he had made his discoveries in the laboratory of some medical school and written his book under the wing of approval of the A. M. A.

For about five years now we have been hearing a good deal about the exposition which has recently opened in Chicago. The propaganda put out by the managers stressed the point that the exhibits were to cover everything available that would show plain evidence of progress scientifically during the past one hundred years. But, this did not include anything Osteopathic, for the powers that controlled the space and type of exhibits allotted to the science of healing did not see fit to recognize Osteopathy.

They have devised various moving exhibits that demonstrate the physiological processes of the body. We have not been to the fair yet,

## The Foot Clinic

The increased number of cases demanding special attention to the feet has made it advisable for the trustees to establish a special clinic for this work. In the past these cases have been taken care of in the General Clinic without being classified in any particular department. Dr. C. I. Gordon will be in charge of this class of work and will be assisted by Dr. H. V. Halladay. During the summer months examinations will be held at 10 a. m. each Tuesday at which time all possible examinations will be made. Any laboratory diagnosis such as X-Ray will immediately follow and the case will be assigned to one of the Seniors for treatment as outlined by the examining physician.

Dr. Gordon's past experience in fitting shoes and his extra-curricular studies make him well fitted to conduct this type of specialty. Dr. Halladay's experience in Orthopedics and the care of athletes will be of great value to patients suffering from foot ailments.

Beginning in September the clinic will be held in the afternoon so as not to interfere with the regular class work and will be arranged so that the entire Senior class may see each case and follow the treatment outlined. A number of cases have already been transferred to this new department and from indications is proving a success from the start.

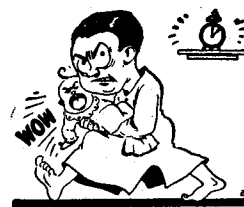
## Summer Clinic Full

The regular summer clinic at the College went on summer time schedules with the closing of the regular semester session May 26. General clinic is being held each Monday and Friday morning at 10 o'clock.

The specialty clinics as well as the general clinic have been filled to capacity every day and those student staying the season in the city are having all the work they can possibly handle.

Dr. C. W. Johnson and Dr. L. L. Facto are conducting clinics during the summer months here at the college. Physicians are invited to come to the College building at any time they are in Des Moines and visit the clinics being held.

## Birth



Dr. and Mrs. Warthman announce the birth of a seven pound boy, at the Detroit Osteopathic Hospital, April 22. The young man has been named Deane. Dr. Warthman is a graduate of D.M.S.C.O. in 1927 and has recently been appointed health officer for his home township.

## See You In Milwaukee!

Faculty members and students alike have been employing the phrase "see you in Milwaukee in July" during the closing days of the regular sessions of the College. Various fraternities are sending delegates and several faculty members are on the various programs and section meetings at the A. O. A. Convention to be held at the Schroeder Hotel the latter part of July.

Side trips are being planned to the Century of Progress in Chicago. Various railroads have already contacted physicians in active practice with round trip rates and privileges.

Every physician and student in the Osteopathic profession owes it to himself to attend the National Convention. Prominent men throughout the profession will offer papers and articles of interest. Various instrument houses will have displays of instructive value. Entertainment for you and your entire family will be afforded—an opportunity to take a fine instructive vacation and benefit your practice as well. Communities always think more of men that keep abreast of the times by attending the yearly convention. Plan now to attend—SO—"We'll see you in Milwaukee."

## Senior Awards Given

(Continued from Page 1)

V. A. Newman, G. Albert Noble, Clarence E. Reynolds, Harold Gilroy Withrow, Gerald Arthur Whetstine.

### Anatomy.

Robert F. Allen, Wm. D. Blackwood, Samuel B. Kahn, W. Russell McLaughlin, Clarence Reynolds.

### Laboratory Sciences.

Howard A. Graney, Ralph W. Jack, Samuel B. Kahn, Edmond B. King, Walter G. Nelson, J. LeRoy Porter.

### Pediatrics.

Carl V. Blech.

### Proctology.

Ralph W. Jack.

### Band.

J. LeRoy Porter, W. Russell McLaughlin, Joe P. Devine, Howard H. Cook, Carl V. Blech.

### Sigma Sigma Phi.

Verdelle A. Newman—Service; Gerald A. Whetstine—Science of Osteopathy.

Dr. Marshall's Trophy for Hospital Service.

Samuel Bernard Kahn.

## Visitors

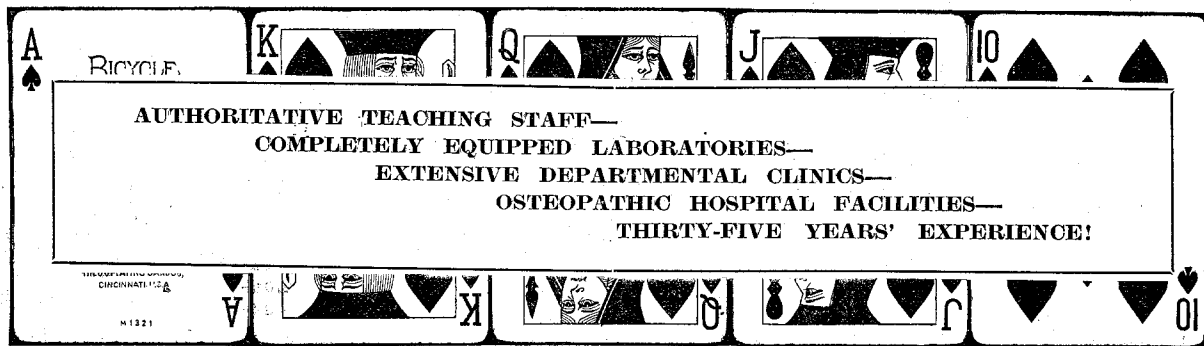
Dr. W. A. G. Armbrust and sister, Hazel, of Omaha, were recent visitors at the college.

Dr. R. E. Dorwart and daughter Darlene visited the College while on a visit here from their home in Denver, Colo.

The number of diplomas a young man has in his pocket isn't half as important as the amount of determination he has in his head.

# THE NEW DEAL!

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## This Is the Hand . . .

We are dealing new students, and we will continue to give them every advantage that adds to their training in college.

Send us new students that will take advantage of our offer. Give your prospective student the opportunity of winning when he graduates from the college that graduates physicians whose college years have equipped him to handle all cases with confidence and thoroughness.



## DES MOINES STILL COLLEGE of OSTEOPATHY



# SUMMER PICTORIAL EDITION

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

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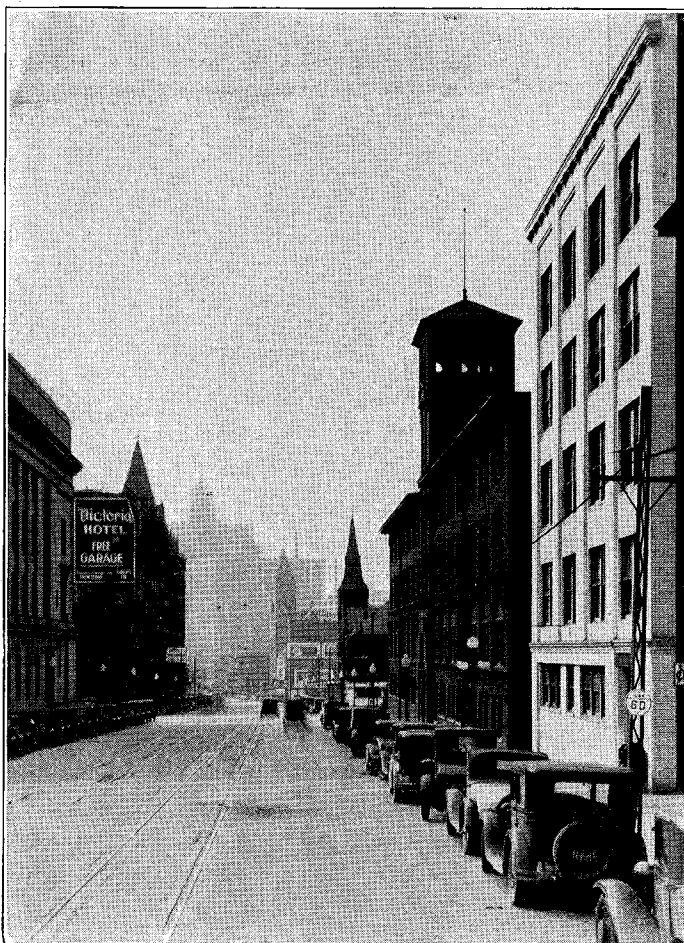
Volume 10

July 15, 1933

Number 7

## Des Moines Still College of Osteopathy

THE COLLEGE is located at 722 Sixth Ave. This location, in close proximity to the business center, gives all the advantages of the downtown district and yet no one need go more than five blocks from the building to find residence facilities. The site is convenient for patients and for the student body, and yet away from the noise of the business district.



THE BUILDING the College occupies is a 5-story strictly modern structure, adequate in every detail for instruction of the highest calibre. It is well lighted and ventilated, has broad stairways as well as elevator service and offers about 55,000 square feet of floor space for classrooms, laboratories, clinic rooms and the college offices. The entire building is used for college work.

DES MOINES is a rapidly growing city and for nearly fifty years has been an Osteopathic center. In this city of opportunity the Osteopathic student is well received and he is afforded the opportunity of studying clinical material rich in abundance in this community of 150,000 population. In such a large obstetrical, surgical, athletic and general clinic as Des Moines affords, the student is graduated from this college as an experienced and practical physician. This is a clean, progressive, wealthy city, where business integrity, civic and moral standards are high. Libraries, museums, parks, recreational facilities, and educational advantages are found in this city which is the capital of the State of Iowa. Des Moines is easily reached from any city of the United States by railway, air, or paved highway. These advantages, combined with the highest type of Osteopathic instruction, make Des Moines Still College of Osteopathy the ideal school in which to matriculate.

FALL REGISTRATION . . . . . SEPTEMBER 5th—6th



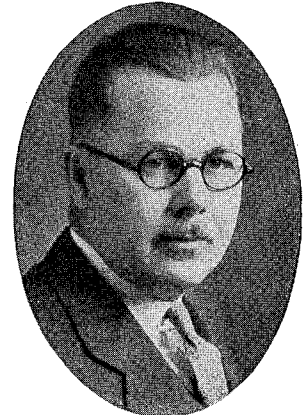
D. M. S. C. O. FACULTY



R. B. BACHMAN, D. O.



MARY GOLDEN, D. O.



J. M. WOODS, D. O.



H. V. HALLADAY, D. O.



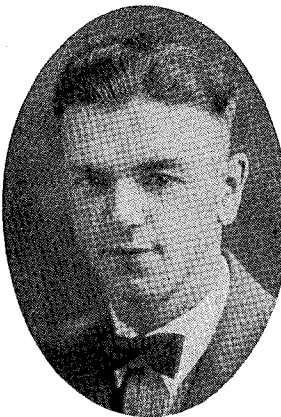
AVA L. JOHNSON, B. S., M. S.,  
B. H. Sc.



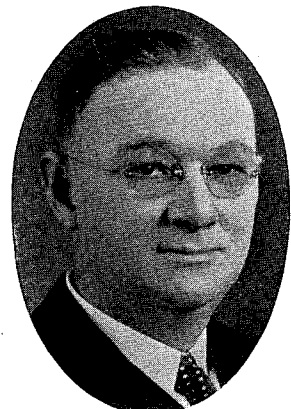
B. L. CASH, D. O.



H. J. MARSHALL, D. O.



L. L. FACTO, A. B., D. O.

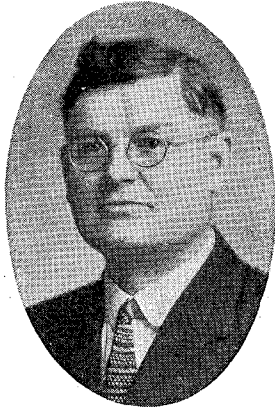


J. L. SCHWARTZ, D. O.

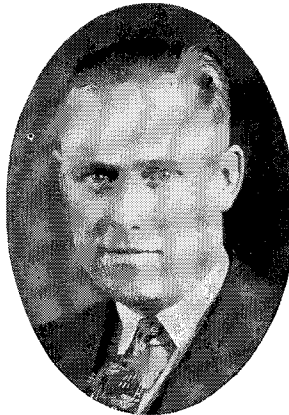
FALL REGISTRATION . . . . . SEPTEMBER 5th—6th



## D. M. S. C. O. FACULTY



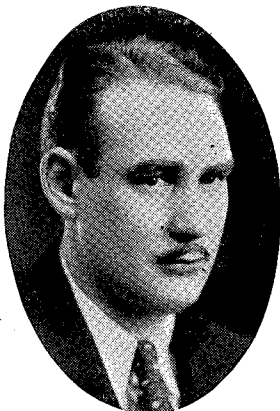
I. C. GORDON, B. A., D. O.



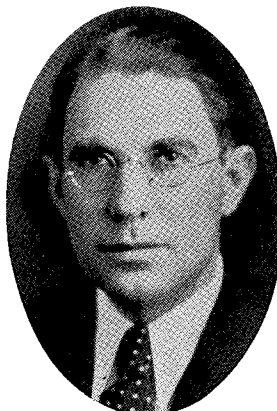
G. F. FISHER, B. A., B. S., D. O.



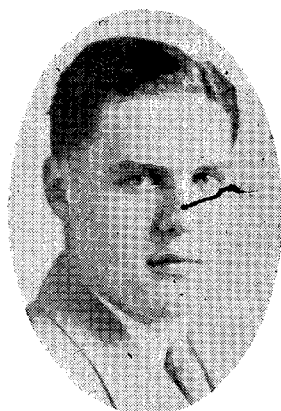
HUBERT UTTERBACK,  
A. B., LL. B., LL. M.



V. A. NEWMAN, D. O.



O. E. OWEN, M. A.



W. S. IRWIN, B. S.



W. F. MOORE, A. B.

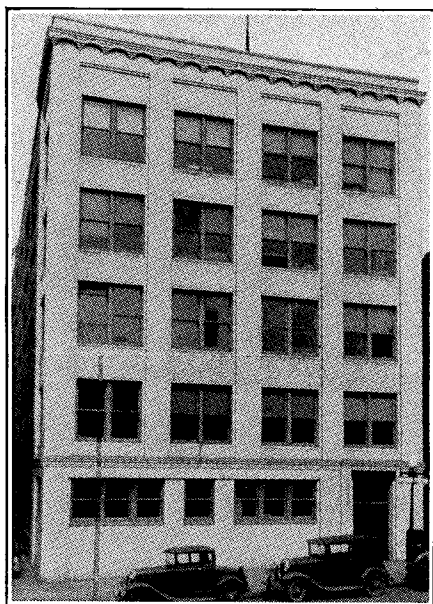


Mrs. K. M. ROBINSON, Sec'y.



FLORENCE CRAWFORD  
Sec'y. to President

FALL REGISTRATION . . . . . SEPTEMBER 5th—6th



D. M. S. C. O. BUILDING

## D. M. S. C. O. Clinics

**T**HE CLINICAL DEPARTMENT is one of the most important departments of any school of therapeutics. In this city of 150,000 people, Osteopathy is kindly received and our clinics are full the year around with patients receiving treatment in the various clinics of the College. Here our students are taught how to examine, diagnose and treat under the supervision of the heads of the various departments. It is in these clinics that the student learns to correlate theory and actual practice . . . actual cases, not theoretical cases. We are justly proud of our clinics. The special clinics include Gynecological, Obstetrical, Surgical, Practice, Eye, Ear, Nose and Throat, Nervous and Mental, Cardiovascular, Respiratory, Renal, Athletic, and the Out-Patient Department.

The Obstetrical Clinic averages about 250 cases yearly, in which the student has a minimum of seven cases he must attend personally. Deliveries are made by the student, under the supervision of the head of the department.

The Athletic Clinic takes care of all athletic teams in all the city high schools and one academy located here. Athletic injuries are treated at the time they occur by the student assigned to that particular team.

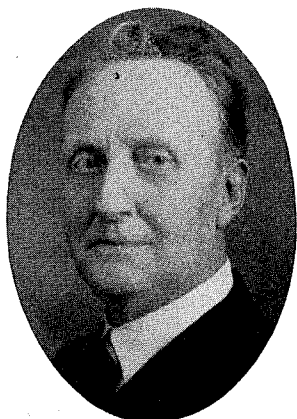
The Out-Patient Department trains the student in the care of acute cases and is conducted under the supervision of one of the faculty.

The Surgical Clinic is conducted at the Des Moines General Hospital.

**T**HE FACULTY of this College are selected yearly by the Board of Trustees and serve on a salary basis. They are, therefore, regular in their work, prepared and present at each class meeting. We boast of specialists in each department who devote the major portion of their time to the College and not to outside interests. In keeping with customary practice, the Trustees have approved a number of Associate Professors, members of the profession in the city, who offer occasional lectures and conduct special clinics. The fact that our faculty has been practically intact for a number of years is conclusive evidence that they are giving the utmost in service and satisfaction.

\* \* \*

**O**RGANIZATIONS of an academic and social nature are to be found in the College. Men's fraternities represented are the Iota Tau Sigma, Phi Sigma Gamma, and Atlas Club. Delta Omega sorority has a chapter here. Honorary professional fraternities here are Sigma Sigma Phi and Psi Sigma Alpha. This College is the only Osteopathic College having a chapter of Square and Compass, National Masonic Fraternity. The College Band and Orchestra are well known throughout the city. Competition in various Intramural sports is open to all students.



C. W. JOHNSON, B. S., D. O.  
President



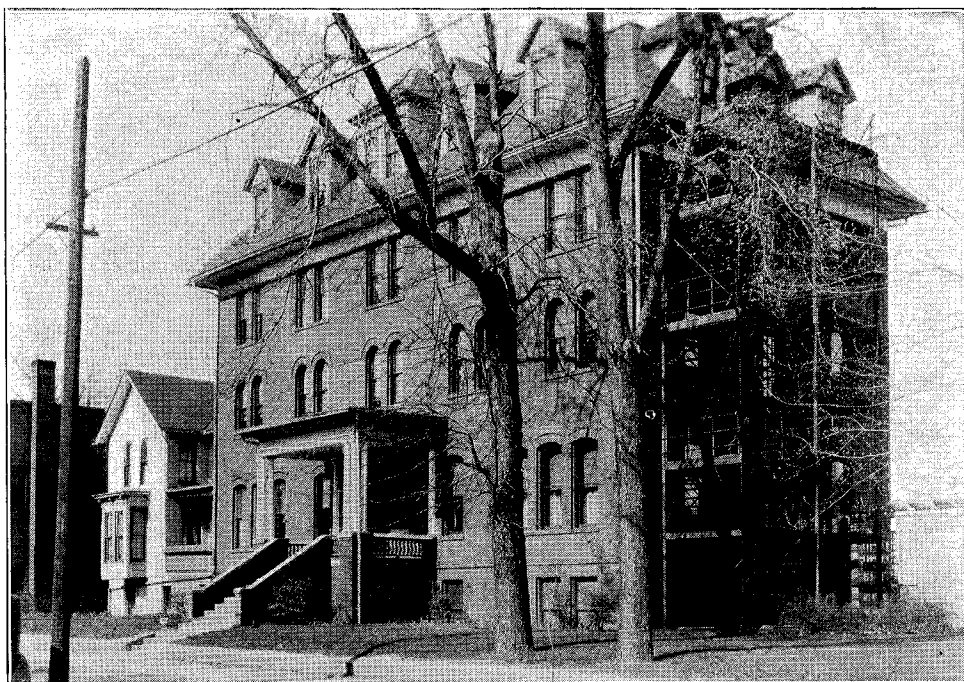
J. P. SCHWARTZ, D. O.  
Dean

FALL REGISTRATION . . . . . SEPTEMBER 5th—6th





## Des Moines General Hospital



**D**ES MOINES STILL COLLEGE opened its hospital, the Des Moines General Hospital; in Des Moines, March 15, 1910. The hospital is five stories high, including basement, and will accommodate about seventy-five patients. The building is brick and the location is ideal. It is situated two blocks from the Iowa State Capitol Building and one-half block from the Iowa State Historical Building, thus affording pleasant surroundings for convalescing patients. It is in a residential district. One-minute car service to all parts of the city may be had one block from the hospital.

**THE OPERATING ROOM** is well furnished with modern apparatus and instruments. It is provided with an amphitheatre for students in attending the clinics. Here the operative work for the College is done. As high as ninety-six patients have been operated on in one day.

**THE CLINICAL LABORATORY** is fully equipped with the best and latest apparatus known to science. All forms of laboratory diagnosis are made here complete in every detail.

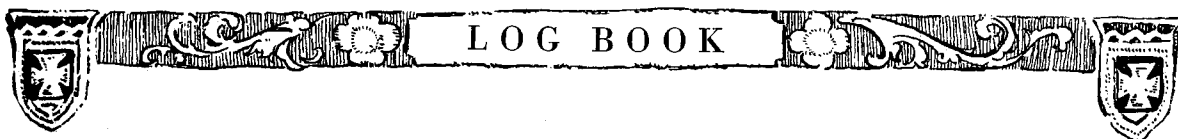
**THE X-RAY EQUIPMENT** is the best obtainable. A powerful Snook Transformer, with auto-control, permits handling of every kind of work, from the most delicate structures to the most heavy parts. The department owns \$10,000 in radium for treatment of cancer.

**THE HOSPITAL** has a state and nation-wide reputation for the high standard of its work. In it students are trained in hospital technic and procedure.

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FALL REGISTRATION . . . . . SEPTEMBER 5th—6th

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## SCHEDULE—1933-1934

### FIRST YEAR—First Semester

BIOLOGY .....	O. E. OWENS
ANATOMY .....	H. V. HALLADAY
BACTERIOLOGY .....	A. L. JOHNSON
CHEMISTRY, INORGANIC .....	G. E. FISHER
HISTORY OF OSTEOPATHY .....	H. V. HALLADAY

### Second Semester

CHEMISTRY, ORGANIC .....	G. E. FISHER
ANATOMY .....	H. V. HALLADAY
HISTOLOGY .....	A. L. JOHNSON
PHYSIOLOGY .....	A. L. JOHNSON
EMBRYOLOGY .....	L. L. FACTO

### SECOND YEAR—First Semester

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

### Second Semester

PATHOLOGY, II .....	J. M. WOODS
ANATOMY, REGIONAL .....	L. L. FACTO
OSTEOPATHIC MECHANICS .....	H. V. HALLADAY
NERVOUS PHYSIOLOGY .....	C. W. JOHNSON
PEDIATRICS .....	M. E. GOLDEN

### THIRD YEAR—First Semester

LABORATORY DIAGNOSIS .....	G. E. FISHER
TECHNIC .....	J. M. WOODS
SPECIAL PATHOLOGY .....	C. I. GORDON
PHYSICAL DIAGNOSIS .....	L. L. FACTO
DIETETICS AND HYGIENE .....	A. L. JOHNSON
ORTHOPEDICS AND TECHNIC .....	H. V. HALLADAY

### Second Semester

OBSTETRICS .....	R. B. BACHMAN
GYNECOLOGY .....	C. W. JOHNSON
SUPPLEMENTARY THERAPEUTICS ..	G. E. FISHER
OSTEOPATHIC THERAPEUTICS .....	J. M. WOODS
COMMUNICABLE DISEASES .....	L. L. FACTO
CLINIC .....	

### FOURTH YEAR—First Semester

MEDICAL JURISPRUDENCE .....	H. UTTERBACK
OBSTETRICS .....	R. B. BACHMAN
NERVOUS AND MENTAL .....	C. W. JOHNSON
OSTEOPATHIC THERAPEUTICS .....	J. M. WOODS
SURGERY .....	J. P. SCHWARTZ
X-RADIANCE AND PHYSIO-THERAPY ..	B. L. CASH
CLINIC .....	

### Second Semester

ANATOMY REVIEW .....	L. L. FACTO
NERVOUS AND MENTAL .....	C. W. JOHNSON
PROCTOLOGY AND UROLOGY .....	J. P. SCHWARTZ
SURGERY .....	J. P. SCHWARTZ
EYE, EAR, NOSE AND THROAT .....	H. J. MARSHALL
CLINIC .....	

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.

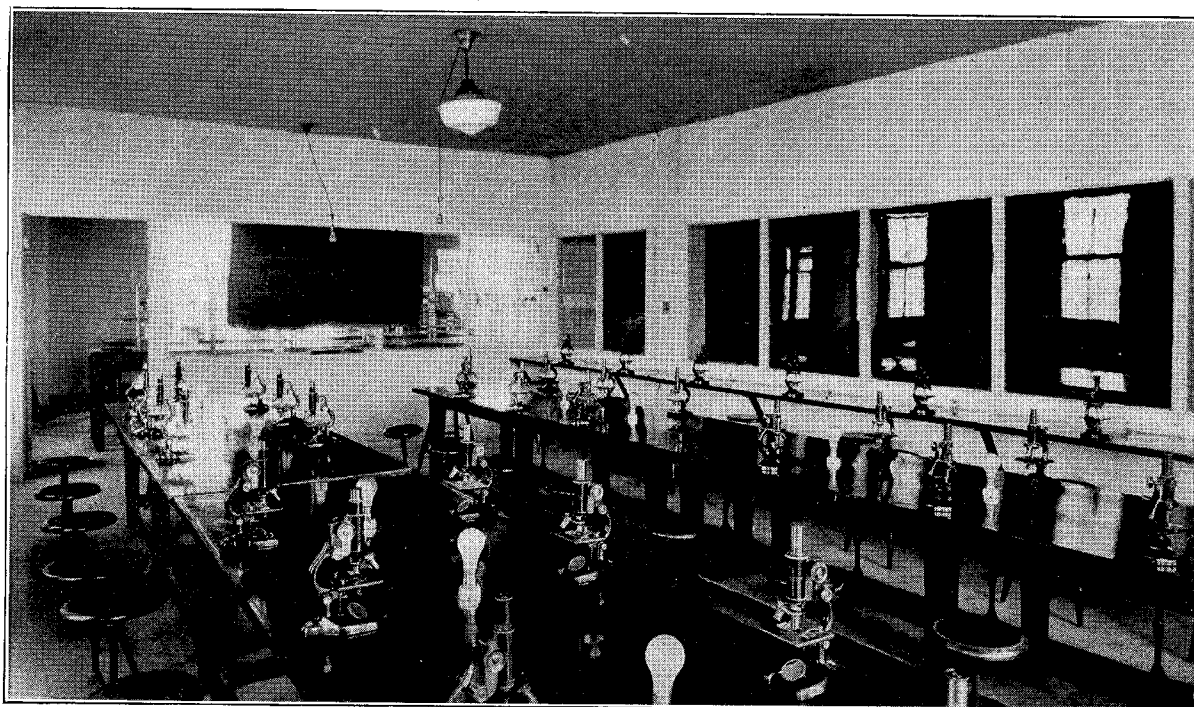
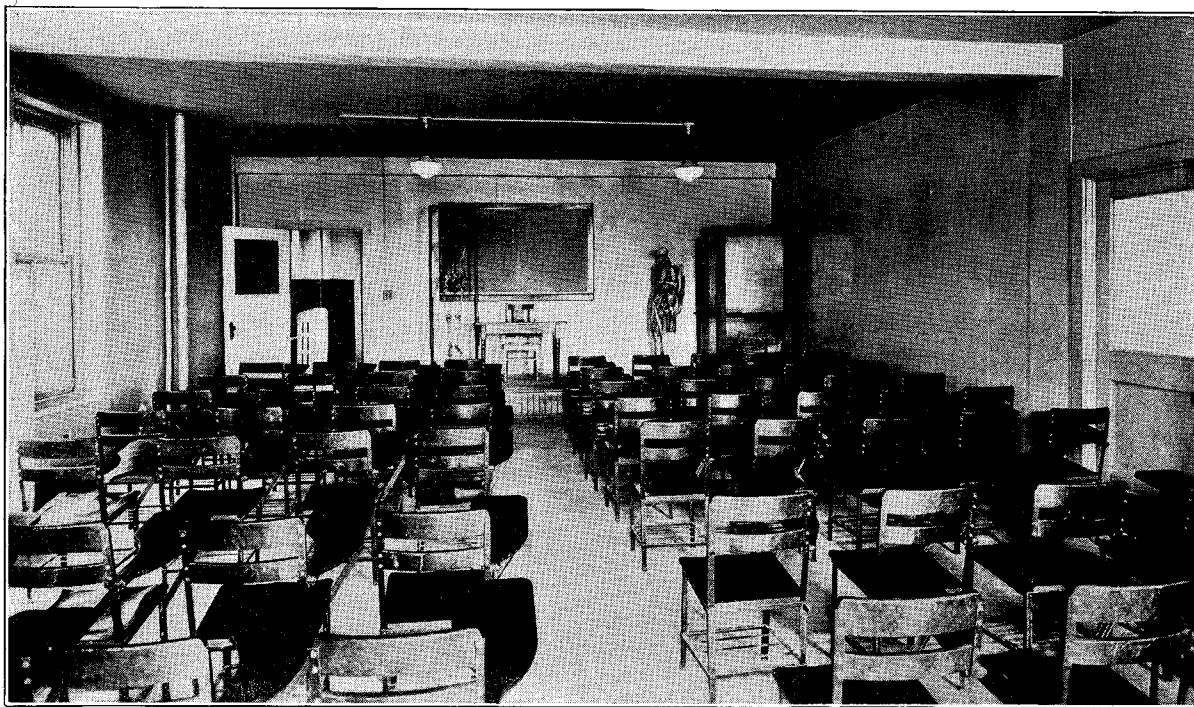
## 1933—Calendar—1934

REGISTRATION .....	SEPTEMBER 5, 6
CLASS WORK BEGINS .....	SEPTEMBER 7
THANKSGIVING RECESS .....	NOVEMBER 30 to DECEMBER 4
CHRISTMAS VACATION .....	DECEMBER 22 to JANUARY 3
GRADUATION .....	JANUARY 19
REGISTRATION SECOND SEMESTER ..	JANUARY 20
CLASS WORK BEGINS .....	JANUARY 22
GRADUATION .....	MAY 25

FALL REGISTRATION . . . . . SEPTEMBER 5th—6th

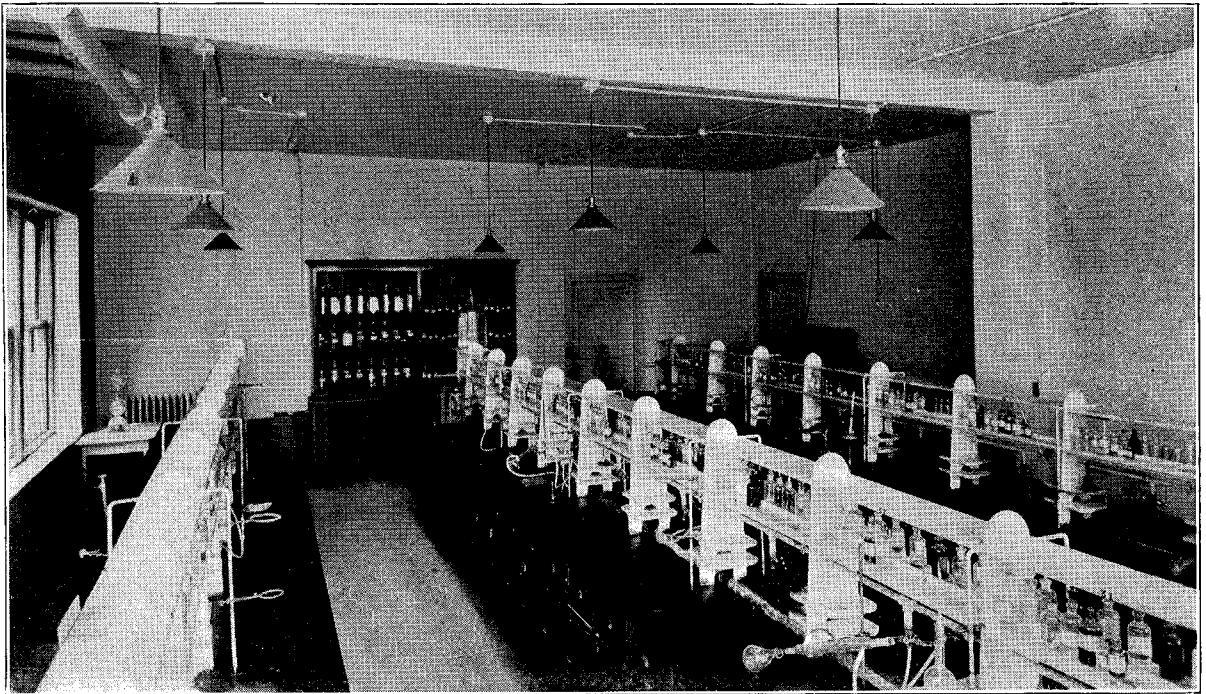


## Well Equipped Class Rooms and Laboratories

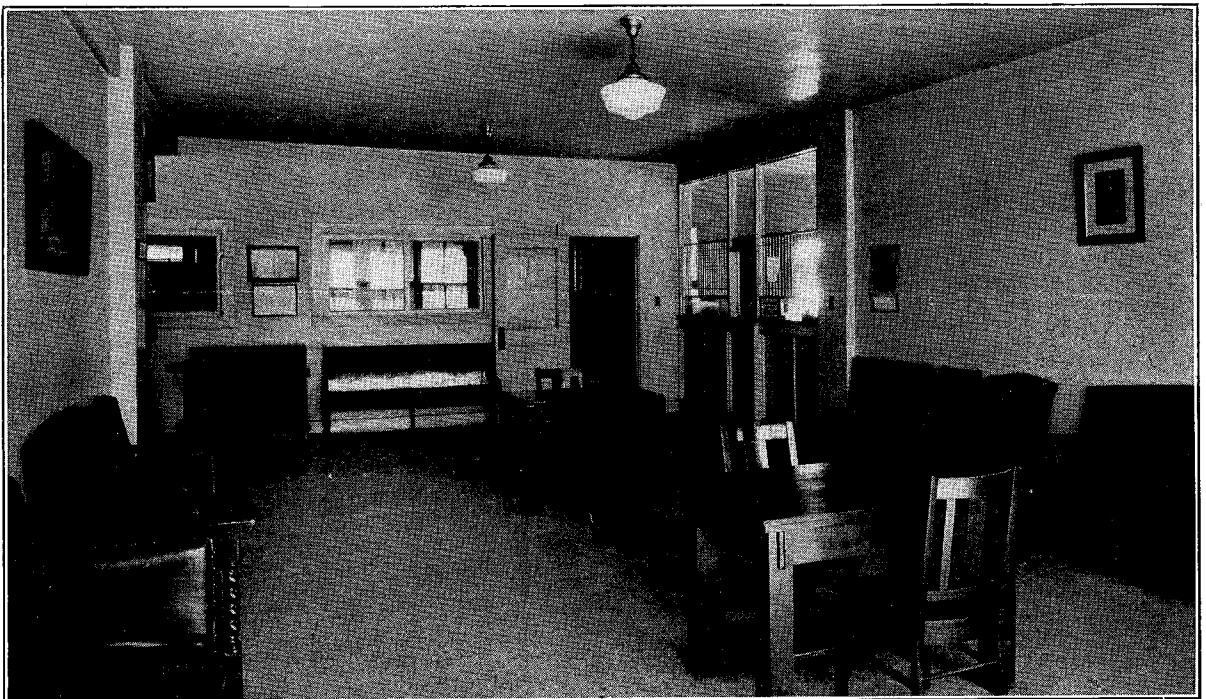


FALL REGISTRATION . . . . . SEPTEMBER 5th—6th

LOG BOOK



A CHEMISTRY LABORATORY



THE CLINIC RECEPTION ROOM

FALL REGISTRATION . . . . . SEPTEMBER 5th—6th



# REGISTRATION, SEPTEMBER 5, 6

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

## THE LOG BOOK

Accepted for mailing at special rates of postage provided for in Section 1103, Act of Oct. 3rd, 1917, authorized Feb. 3rd, 1923.

PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 10

AUGUST 15, 1933

Number 8

### I. O. A. To Hold Fair Clinic Again

The Iowa Osteopathic Association will again hold a free adult health clinic at the Iowa State Fair, daily except Sunday, August 25 to September 1, from 9 p. m. to 4 p. m.

Last year the Clinic examined 368 patients during the week and early indications demonstrate that a great number of these same people will return for a check up this year. The Association has obtained the same rooms held last year, in the Exposition Building.

Departments included in this year's clinics are Eye, Ear, Nose and Throat, Thoracic, Nervous Diseases, Abdominal and Pelvic, Structural and Feet, Diagnostic Evaluation, Laboratory, Surgery, and Records from cases handled last year.

History sheets of regulation A. O. A. will be used during the clinic. Physicians desiring to register patients are asked to get in communication with Dr. F. A. Gordon at Marshalltown so that a day may be assigned for the patient's examination.

Pledges have been generally received, overhead has been reduced and many appointments have been made, but there is still need of pledges before the actual budget is assured. This clinic is a part of your profession and deserves your support.

The following is a list of the Osteopathic Physicians who were appointed by the Committee to take part in conducting (Continued on Page 3)

### Babies

The Obstetrical Department has just hung up a record the College is well proud of. Since January 2 to August 7, the Department delivered 182 cases, four of which were twins.

From July 7 to July 13, inclusive, 16 cases were delivered with one of the total a twin case. Between 5 a. m. and 11:30 p. m. the department delivered 6 cases on July 9. During the month of July the department handled 36 deliveries.

Students staying over the summer have been more than rewarded for the time they have stayed. General Clinic has been running to capacity as well as the Obstetrical Department. Students have seen a wide variety of cases during the summer months.

### The Milwaukee Meeting

To me the most outstanding feature of the 1933 convention was the work done by the committee on technic terminology. It was my pleasure and privilege to act on this committee and the rest of the convention was routine to me. This work was really inspiring and it would have been a fine thing for the whole profession to have been there and listened in on the two days of real labor and effort given by this group. Each college was represented and when the closing hour came we were unanimous in our ideas and all happy in the thought that perhaps we had really accomplished something.

The arrangements at the convention proper were satisfactory but there seemed to be a lack of breathing space. If many more had attended, the place would have been a jam. The local committees were on the job all the time and are to be congratulated for their constant efforts to please everyone. The program was too heavy. Entirely too much was undertaken and those attending were dizzy by midafternoon. Instead of our convention program being a post graduate course it seems to me that it should be resumes of advances made during the year and talks stressing the principles of Osteopathy as applied to those things that are of most interest to the profession. This applying principally to the various sections.

The program for the colleges was entirely too heavy. Undoubtedly there is much to be done along this line but it cannot all be done in one year.

I heard many complain about the entertainment offered. With a better balanced program and with a little more time for breathing some outside air I am sure that more will be pleased. H. V. Halladay.

### Recent Graduates Active

At the annual election of officers, held at the Book Cadillac Hotel Wednesday evening, May 17, Dr. H. B. Nichols, was elected president of the Detroit Association of Physicians and Surgeons of Osteopathic Medicine.

Dr. L. M. Monger of the Monger Paul Clinic 5800 W. Fort St. was elected vice president. Dr. (Continued on Page 2)

### Alumni Breakfast At National Convention

The Still College Alumni breakfast was held Thursday, July 27 at 8 a. m. in the main dining room of Hotel Schroeder. The following Doctors were present:

E. C. Bond, '02, Milwaukee, Wis.; H. E. Clybourne, '23, Columbus, Ohio; Catherine C. Galliwan, '02, Chicago; R. D. Gordon, '25, Madison, Wis.; J. D. Humphrey, '27, Des Moines, Iowa; Adda S. Liffing, '01, Mansfield, Ohio; R. F. Lustig, '25, Grand Rapids, Mich.; Geo. Lawyer, '28, Ironwood, Mich.; J. P. Leonard, '25, Detroit, Mich.; Dora Morgan, '24, Cadillac, Mich.; R. L. Morgan, '25, Cadillac, Mich.; Martha Nortner, '18, Minneapolis, Minn.; A. V. Mattern, '11, Green Bay, Wis.; Margaret Mattern, '12, Green Bay, Wis.; B. C. Maxwell, '02, Cleveland, Ohio; Frank W. Olds, '11, Milwaukee, Wis.; Stella Prarson, '23, Muscatine, Iowa; Hulda Rice, '11, Cedar Rapids, Iowa; B. H. Rice, '11, Cedar Rapids, Iowa; E. M. Schaeffer, '23, Grand Rapids, Mich.; J. P. Schwartz, '20, Des Moines, Iowa; J. L. Schwartz, '20; Mrs. J. L. Schwartz, Des Moines, Iowa; J. C. Simons, '10, Grand Rapids, Mich.; L. V. Simons, '10, Grand Rapids, Mich.

The reunion was a very pleasant one and memories of past college days were discussed. We were especially happy to see the graduates of 1901 and 1902 and 1910 and 1911; these alumni members continue to show their deep regard for their alma mater. Plans were made to have a much larger reunion at Wichita in 1934 and arrangements for the alumni breakfast will be made in advance of the convention with the publishing of the same in the college Log Book.

Following the breakfast Dr. L. Verna Simons of Grand Rapids, Mich., gave a very fine review of a case of Acrodynia recently treated in her practice and an informal discussion followed.

In going over the alumni members present at the breakfast we find that everyone of them are listed in the A. O. A. directory as members. This certainly speaks well for the alumni of D.M.S.C.O.

"A bigger and better Alumni breakfast at Wichita in 1934."

### The College Expands

Urged by the need of more space and with the opportunity offered this year, the college is in the midst of an expansion program that will add much to the advantages of Still.

The first floor is to be rearranged enlarging both the Chemistry and Anatomy laboratory. In order to do so the Physiology laboratory will be moved to the fourth floor.

Additional space for treatment rooms will be taken over on the second floor.

The Projectoscope room will be enlarged on the third floor and the coat room placed here, which will make it much more convenient for the student body.

The fourth floor will be arranged for a large technic demonstration room with a complete set of new treatment tables. The Physiology laboratory will occupy the entire west end of the floor making it over twice as large as the space formerly used on the first floor. Two new class rooms will be opened on the fourth floor one for the small classes and another large one with the seats gradually elevated towards the rear of the room.

The space on the fifth floor once used by an insurance company will be converted into a museum badly needed by the college as our interesting pathological and anatomical specimens are now scattered.

In the matter of modern equipment the college is installing this year, complete refrigeration in the Anatomical Laboratory. This is being done at an expense of nearly \$1,000.00 and will make the lab a truly 1933 (Continued on Page 2)

### 1933 - Calendar - 1934

Registration.....	Sept. 5, 6
Class Work Begins...	Sept. 7
Thangsgiving Recess...	Nov. 30 to Dec. 4
Xmas Vacation.....	Dec 22 to Jan. 3
Graduation.....	Jan. 19
Registration Second Semester	Jan. 20
Class Work Begins...	Jan. 22
Graduation.....	May 25

## Dr. J. B. Eades Dies

"Editor, The Log Book,  
Des Moines, Iowa.

Dear Sir:

My brother Dr. James B. Eades, Bluefield, W. Va., passed away June 19th at 12:30 p. m., in St. Luke's Hospital, Bluefield, death being attributed to abscess of the brain. Funeral services at 9:30 a. m., Bland St. Methodist Church, Bluefield, Wednesday, June 21st, interment in Fairview Cemetery, Roanoke, Va., with Masonic rites.

Dr. Eades was born in Roanoke, February 7th, 1892, 41 years of age, and leaves his wife and two children, James B., Jr., age 9, and Betty Belle, age 6, also six brothers and three sisters, and father who has been bedfast for over four months.

After attending church Sunday morning Mrs. Eades left for Roanoke for a few days visit and Dr. Eades accompanied by his little girl and her playmate, visited J. B., Jr., who was in a Scout camp. He played different games with the boys and late in the evening started for home. A few miles out of Bluefield he parked the car and told the girls he would be back in a few minutes. The minutes passed into several hours and his little girl became alarmed after no response from her calls and she hailed a passing motorist. After a long search he was found semi-conscious in a rugged thicket about 300 feet from the mountain road. He lost consciousness a few hours after arriving at the hospital and remained unconscious to the end.

Brother is a graduate of the A. S. O., Kirksville, and the Atlas Club, being a graduate of class of 1918.

After leaving college he enlisted in the navy and served for the duration of nearly a year, later entering college in Chicago for one year's work in Eye, Ear, Nose and Throat. He visited D. M.S.C.O. in 1924 while I was a student there, and is well known to Drs. Joe and J. P. Schwartz, H. J. Marshall and H. V. Halladay.

Besides his affiliation in Kirksville he is a member of the above church, the Masonic bodies, American Legion, the A. O. A. and the West Virginia Osteopathy Society, being a past president and trustee of the latter. He took an active part in Legislative affairs, and is particularly responsible for the good laws pertaining to Osteopathy in this state. He is known throughout the state, having practiced in Bluefield for the past twelve years. He was loved and respected by all that knew him and I'm sure he will be greatly missed.

His death was a great shock to us because he was a devoted husband and father, and very close to his father, brothers and sisters. Our mother preceded him to the grave in 1916. May God Bless him.

Sincerely,  
Dr. Ernest T. Eades."

## Caps and Gowns For Jobless

New York.—A mock commencement ceremony will be held today by members of the Association of Unemployed College Alumni—all collegians who stepped from classrooms into breadlines.

The "graduates" will wear academic caps and gowns and will receive the degree of "bachelor of unemployment" from Heywood Broun, newspaper writer, who styles himself chancellor of the "University of Unemployment."

Broun will present traveling fellowships to those students who have become hoboes since leaving college.

## Marriage



Mary Elizabeth McKittrick and Dr. L. C. Scatterday were married at the Wee Kirk O' the Heather in Glendale, Calif., the tenth of June.

## Recent Graduates Active

(Continued from Page 1)

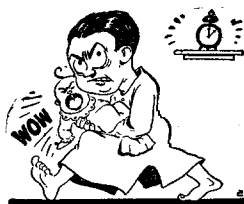
Monger was graduated from Des Moines in 1930 and while in school he was Noble Skull at the Atlas Club, a member of Sigma Sigma Phi and was very popular among fellow students.

Dr. R. K. Homan of the Highland Park Osteopathic Clinic, 13535 Woodward Ave., who was elected secretary, was graduated from Des Moines in the class of 1931. He was a member of the Atlas Club, president of Sigma Sigma Phi, president of Square and Compass, editor of the Log Book in 1930-31, and associate editor of the 1931 Stillonian.

Dr. R. M. Wright, also of the Highland Park Osteopathic Clinic, 13535 Woodward Ave., elected treasurer, was graduated from Des Moines in 1929, and was a member of the Atlas Club, and Square and Compass and was president of Sigma Sigma Phi.

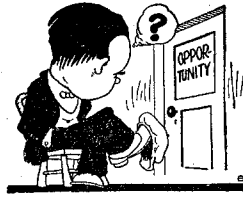
Dr. H. C. Belf, 674 Canfield Ave., who graduated from Des Moines in 1927, is now serving the second year of his two year term as trustee of the association.

## Birth



Word has been received of the birth of a fine son to Dr. and Mrs. Harold Seely of Lansing, Mich., on June 25.

## New Locations



Dr. Charles L. Baker is now associated with Dr. John Martin Hiss, 740 So. Folwer St., in Los Angeles.

Dr. C. L. Naylor is now located Point Pleasant, W. Va.

Dr. R. F. Allen is now at Grace Hospital, Mt. Clemens, Michigan.

## Nebraska University Cuts Budget

Lincoln, Neb.—Drastic salary cuts, reduction of staff and reorganization of departments were decreed by the University of Nebraska regents Saturday to balance next year's budget.

The budget was set at \$2,642,286, a reduction of \$666,342.

Other outstanding points:

A 22 per cent reduction of all salaries of \$1,500 or more.

Closing of two wards in the University hospital at Omaha and a reduction in the number of patients.

Elimination at the college of medicine at Omaha of between 1,000 and 1,200 dispensary visits a month and a reduction of time the dispensary will be open to the public.

## The College Expands

(Continued from Page 1)

edition. The many advantages of such a system need not be mentioned.

Students returning to Still College or entering for the first time will find a very different arrangement from what they expected. The work of all departments will be facilitated and improved. This applies particularly to the laboratory work the capacity for which will be twice that of last year.

The prospects for the coming year are very encouraging and we realize that we needed more room. Still College is now in a better condition than ever before to serve the profession in the teaching and demonstrating of Osteopathy. With these added features of expansion you cannot help but appreciate the advantages of new and better equipment, a stable, efficient faculty and clinics unsurpassed in all departments.

She—How wonderful it is to sit here at sunset and watch the sun rest on the horizon!

He—Yes, I could sit and watch it all night.

"Why did you engage that man as cashier? He squints, has a crooked nose and outstanding eyes.

"Of course. He will be easy to identify if he ever absconds."

## Round Trip Fares For College Students

The railroads operating in the territory west of Chicago, St. Louis, Memphis, Vicksburg, and New Orleans, and east of the eastern boundary lines of California, Nevada, Oregon and Washington, have adopted a new plan, which, it is believed will be of particular interest to students, teachers and others attending universities, colleges, preparatory schools and other educational institutions—commencing with the Fall term of 1933.

The plan provides for the sale of round-trip excursion tickets from any home station to any point at which a university, college, preparatory school or other educational is located; tickets to be sold on basis of one and one-third fare (of the one-way fares in effect May 1, 1933) for the round trip, or, approximately 2.4c per mile in each direction.

The fares will apply for first-class tickets, and will be honored in sleeping cars and parlor cars, upon payment of the usual charge for accommodations occupied in such cars.

The new plan provides, for example, that round-trip tickets may be purchased prior to the opening of the educational institution, commencing the latter part of August and continuing through the month of September, and round-trip tickets sold at that time will be good for return passage at Christmas-time; or, if not used at Christmas-time, at spring vacation time; or, if not used at spring vacation time, will be good for return passage at the close of the school in June.

In those cases where tickets purchased at the opening of the school are used for return at Christmas-time, the students, teachers, etc., may obtain other reduced-rate-return tickets on basis of fare and one-third when they are ready to return to school at the close of the Christmas vacation, and the tickets then purchased will be good for return at spring vacation time or, if not used at that time, will be good for return at the close of the school year. Should the student or teacher use the return portion of his ticket at spring vacation time, reduced rate of fare and one-third will again be available from the person's home to the city in which the educational institution is located—tickets being on sale at the close of the spring vacation period, and such tickets will then be good for return when the school closes.

## THE PASSING SHOW

Patient—Doctor, I've just received your bill for that operation. Could you take anything off for cash?

Doctor—Yes, anything—what would you like to have taken off, an arm or a leg, or what?

# 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

## Can Doctor Be Alert and Still Do His Duty?

To the Open Forum Editor:

To the average doctor engaged in active practice, discussion on the "high cost of medical care" must appear more or less irrelevant if not altogether ironical. From all the fuss made in this connection, one might draw the conclusion that doctors are actually paid in full for the work they do.

The high cost of production without realizing 5 per cent on the investment is not confined to agriculture. Parents who have financed a son through a modern medical school will also appreciate the full significance of this fashionable phrase. Moreover, they are probably not aware to what extent they are indebted to a tax burdened public.

In your issue of May 21, Charles Mayne, Griswold, advises members of the medical and dental professions to imitate "alert business men." In other words, he proposes to reduce the practice of medicine to a sound economic basis. That is a fine idea but it will not work.

With "alert business men," the primary consideration is profit. The recovery of his patient is a physician's first concern. According to Oliver Wendell Holmes, whenever this principle is reversed, the transaction amounts to nothing more than quackery.

"Alert business men" insist on security for number one. Cash on or before delivery is their axiom. But how can a doctor ask for his fee in advance when the situation involves the relief of pain and the saving of human life? When a joy ride ends in tragedy, is it feasible for the surgeon to wait with his ministrations until the proper financial arrangements have been made?

As a matter of fact, here we have to deal with factors that simply can not be reconciled with any scheme based on sound business principles. A patient cannot balance his account with a doctor who has saved his life. Obviously, the scientist who presumes to prolong life or to alleviate human suffering, assumes responsibilities that transcend all economic calculation.

Consequently, there is no logical escape from the "high idealism of service to suffering humanity."

We wonder if "the teaching

profession in public institutions" has not been seriously handicapped by lay dictation and political interference. Is state control of education such a howling success? The socialization of medical practice has been tried on the continent and in England. It has not promoted the best interests of patients. Bureaucracy is a poor substitute for private initiative in any line of endeavor.

"Alert business men" do not look so good just now. Greed and disloyalty as exhibited even by international "big shots" have about ruined the country.

Observers whose conception of values in everything is determined exactly by the cold logic of dollars and cents are in no position to give sound advice to the medical and dental professions.

While insisting that the practice of medicine should be placed on a sound economic basis, these critics resent the suggestion of disinterested motives and unselfish actions.

The less a doctor thinks about business, so-called, the better it is for his patients and for himself. In decent medical practice, pain and despair cannot be exploited for personal gain.

We submit the proposition that the average regular medical practitioner will stand for more imposition and abuse than any other rational creature.—(Des Moines Register.)

## Dr. Pieron Captures the 'Sandman'

Chicago, Ill.—When your eyelids begin to get heavy and you yearn for a comfortable bed—it means that "hypnotoxin" is gathering in your brain.

This strange substance, "hypnotoxin," which seems to be built up by the body as a result of sleepiness, was explained Sunday by Dr. Henri Pieron, scientist of the University of Paris, France, here for the two weeks' summer meeting of the American Association for the Advancement of Science.

Dr. Pieron has succeeded in isolating "hypnotoxin" from the brains and spinal fluids of animals after they have gone for some time without sleep. It apparently accumulates in the brain as a result of lack of sleep.

The qualities of hypnotoxin as a sleep producer were proved by Dr. Pieron by injecting some of it into both sleepy animals and animals that had just awakened from a sound, refreshing sleep. The wideawake animals were made sleepy at once; those already sleepy became more so.

When a sleepy animal is allowed to sleep, the hypnotoxin disappears. Apparently it is oxidized or "burned up" during sleep.

Monday the association opens the second week of its 12-day summer session here, probably one of the largest gatherings of scientists ever held.

## I. O. A. Bulletin

The vacancy on the Board of Trustees caused by the election of Dr. Clow to the Presidency has been filled by the officers and Trustees of the Third District in the appointment of Dr. J. W. Rhinsbarger of Keosauqua to fill out the unexpired term of Dr. Clow. Dr. Proctor of Ames has reconsidered his resignation and will fill out his unexpired term on the Board.

Word has been received of the appointment by Governor Hering of Dr. H. B. Willard of Manchester to his second term on the Osteopathic Board of Examiners. The other members of the Board are Dr. Sherman Opp of Creston and Dr. C. W. Gordon of Sioux City.

The following opinions from the office of the State Attorney General may prove of interest to the state. The first dealing with "Health officer of local board. (Section 2231) Each local board shall have a health officer who shall be a physician, or one specially trained in public hygiene and sanitation. In cities and towns the health physician shall be such health officer. In every other case the local board shall appoint said health officer who shall hold office during its pleasure." The office of the Attorney General states, "You will note that the health officer shall be a physician or one specially trained in public hygiene and sanitation. In the opinion of the writer, relative to the clause regarding training in public hygiene and sanitation, it is broad and would undoubtedly allow the appointment of an osteopathic physician to this position."

Again—"Section 8671) Policy Provisions for Medical Examination. The Commissioner of Insurance shall decline to approve any such form of policy or contract of insurance unless the same shall, in all respects conform to the laws of this state, applicable thereto, and unless the issuance of the same is based upon a satisfactory Medical examination of the applicant by a physician duly authorized to practice medicine or an Osteopathic Physician duly authorized to practice Osteopathy in the state of Iowa, or the state where examined, and no policy or contract of insurance shall be issued by any insurance company to any individual in this state unless such examination shall have been passed and duly approved by the medical examiner or medical board of such company."

### Committee Appointments for 1933-34 I. O. A.

Committee to Revise Constitution—Dr. J. P. Schwartz, Chm., Dr. Paul Parks, Dr. D. E. Hannan.

Adult Health Clinic—Dr. S. H. Klein, Temporary Chm., Dr. Della Caldwell, Dr. F. A. Gordon, Dr. J. P. Schwartz, Dr. H. J. Marshall, Dr. Jno. Woods, Dr. L. L. Facto, Dr. Paul Park, Dr. C. N. Stryker, Dr. Klein to call

## I. O. A. to Hold Fair Clinic Again

(Continued from Page 1)

the Adult Health Clinic, to be held at the State Fair, from August 25 to September 1, 1933.

### Ear, Nose and Throat.

Dr. Paul Park in charge; assistants: Dr. B. D. Elliott, Oskaaloosa; Dr. J. R. Schaffer, Marion.

### Thoracic.

Dr. Guy Trimble in charge; assistants: Dr. Preston Etter, Washington; Dr. James Humphrey, Des Moines; Dr. John Kline, Malvern; Dr. Jack Hansel, Ames; Dr. W. E. Butcher, Des Moines; Dr. Leo Sturmer, Shenandoah.

### Nervous Diseases.

Dr. Lonnie L. Facto in charge; assistants: Dr. Roy Pearson, Muscatine; Dr. C. N. Stryker, Sioux City; Dr. Carl Seastrand, Des Moines.

### Abdomen and Pelvis.

Dr. S. A. Helebrant in charge; assistants: Dr. Laura Miller, Adel; Dr. Lila Davidson, Charles City; Dr. Zoa Munger, Cedar Rapids; Dr. Marvin Green, Sac City; Dr. R. A. Brooker, Grinnell; Dr. Ethel Becker, Ottumwa; Dr. M. Biddison, Nevada.

### Structural.

Dr. S. L. Klein in charge; assistants: Dr. Sherman Opp, Creston; Dr. Harry Gamble, Missouri Valley; Dr. Ray Gilmour, Sioux City; Dr. J. R. Bullard, Marshalltown; Dr. L. E. Gordon, Iowa Falls; Dr. R. P. Westfall, Boone; Dr. J. K. Johnson, Jefferson; Dr. D. W. Roberts, Des Moines; Dr. Charles Samp, Des Moines; Dr. A. W. Clow, Washington.

### Rectal.

Dr. J. L. Schwartz.

### Diagnostic Evaluation.

Dr. John Woods, Dr. W. C. Gordon, Dr. Holcomb Jordan.

### Laboratory.

Dr. Glenn Fischer.

### Surgery.

Dr. J. P. Schwartz.

### Records.

Dr. F. A. Gordon.

committee together when they shall perfect their own organization making additions to or changing personnel of committee as seems advisable.

Committee on Public Affairs—Dr. R. B. Gilmour, Chm.

Committee on Professional Affairs—Dr. W. C. Chappell, Mason City, Chm.

Committee on Membership—Dr. Laura Miller, Chm.

Program 1934 Convention—Dr. F. A. Gordon, Chm.

Exhibits 1934 Convention—Dr. E. H. Phillips, Chm.

Local Arrangements for 1934 Convention—Dr. H. J. Marshall, Chm.

The Chairman of the last six Committees above to make additional appointments to their respective committees as they may see fit.

Respectfully,

Dr. A. W. Clow,  
(President Iowa Osteo. Assoc.)

# The College That Graduates Practiced Physicians!



Practical experience gained by students in this College in extensive clinics in a city of 150,000 population, gives actual practice problems solved under the direction of a faculty of well trained osteopaths. Daily clinics conducted in all branches of modern practice give our students confidence and assure success after graduation.



REGISTRATION, SEPTEMBER 5 and 6

*Write, wire or phone for particulars*

Des Moines Still College  
*of* Osteopathy

720 Sixth Ave.

Des Moines, Iowa



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

# THE LOG BOOK

Accepted for mailing at special rates of postage provided for in Section 1103, Act of Oct. 3rd, 1917, authorized Feb. 3rd, 1923.

PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 10

SEPTEMBER 15, 1933

Number 9

## Our Athletic Clinic

I have just made the annual fall trip around the circuit to see six football coaches in Des Moines and vicinity. They tell the same story this year that I have heard now for several years. "Certainly we want your boys out here working with our team. When can you send them out? Yes, we already have several cases of Charlie Horse and some other things for you to take care of and be sure to get someone out here tomorrow for we have a game Saturday."

Nine years ago we started the organization of the Athletic Clinic at Still College. We soon found it necessary to add to our already crowded lecture list a course in the diagnosis and treatment of injuries peculiar to sports of all kinds. The success of Osteopathic treatment first applied to football quickly extended to the other sports in high school and in local circles.

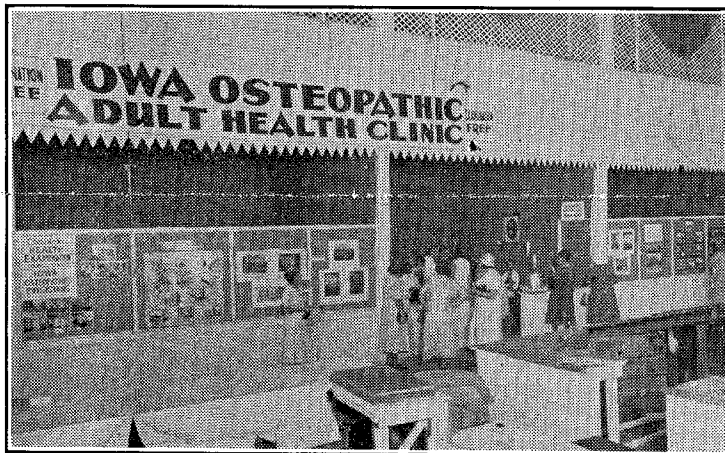
In 1930 in Philadelphia we helped in the organization of the Athletic Section of the A. O. A. and the attendance at its meetings since has proved the interest of the profession and the need for more service along this particular line.

During the past week I have seen over 500 high school boys who are out for football. Senior students are assigned to these teams and take care of the injuries that we know in advance will result from their scrimmage and play. Nine years of work with these boys have taught us something and we hope we will continue to learn. The really big feature of this work is the fact that every Senior graduating from Still College can spend as much time as he desires gaining experience in this specialty. One of our Seniors last year spent the entire year with one of the teams. From football he took the boys through wrestling, swimming, basketball, track and baseball. He gave over one thousand treatments along with his minor surgery and emergency cases of many types. If you could buy this student's knowledge it would be cheap at a thousand dollars and many of you would be glad to give that sum for such an experience as he has had.

Suppose you were attending school again. Where would you attend college and why? To us in Des Moines, a course of Osteopathy without adequate clinics of this type is an incomplete course. The popularity of this work is spreading and in the

(Continued on Page 3)

## I. O. A. Booth At Fair



## Fair Clinic Successful

Again Osteopathy gained strides in the minds of the public when the Iowa Osteopathic Association held its second annual adult health clinic at the Iowa State Fair, just closed.

Hours of examination were shortened this year by an hour each day and with that in mind the 322 patients examined shows that the staff was more than busy the seven days of the clinic. Of those examinations, 185 patients had never had any previous contact with the osteopathic profession. Those people left the examining rooms well satisfied.

A fine exhibit of all the various schools in the profession was shown as well as photographs of the exteriors and interiors of various hospitals and sanatoria. The exhibits were crowded with interested spectators at all hours and questions asked were answered by the chairman of exhibits.

Visitors of national prominence during the week include Dr. George Laughlin, Kirksville, Missouri, Dr. A. D. Becker, past president, A. O. A., Dr. George Connelly, first vice president, A. O. A., and Dr. Margaret Jones of the Kansas City College of Osteopathy.

Every patient was given a complete physical examination and thoroughness was the keynote of the entire clinic—every department making a thorough departmental examination. Di-

agnostic evaluations were then made and the patient advised as to treatment.

Practically every member of the faculty of the College participated during the week, with Dr. L. L. Facto acting as Chief of Staff of the entire clinic. Students were chosen to act as conductors and were amply repaid for their work by the number of unusual cases they noted.

Many patients that attended the clinic held last year returned for a thorough check-up this year. It is the plan of the Iowa Association to make this clinic an annual affair. Many patients were anxious to make appointments during the session this year for the anticipated clinic next year. Many patients were turned away because of the shortness of the time—many more patients than could possibly have been taken care of were in attendance.

Approximately fifty Iowa physicians attended the clinic and were more than repaid for their work in the vast quantity of various types of cases observed. These men and women gave their time from their offices and had a good time doing it and all returned to their homes feeling more than ever that the public is day by day becoming more sold on the fact that an osteopath is a full fledged physician whose therapy gives him just a little more than any other school of therapy—bar none.

## School Opens

Again D.M.S.C.O. is favored with a fine fall enrollment. The new registration shows a fine increase over that of last semester. The new class even have a fine group of co-eds in their roster.

Quite remarkable to school officials is the number of students who have returned after having been out of classes for several years—one returning after an absence of six years. This proves conclusively that our students are satisfied with the instruction that they receive here in our classes.

A larger number of transfer students from other Osteopathic Colleges are in attendance this year showing that the fame of our clinics have reached from coast to coast. The majority of these students are upper division men who have come here to take advantage of the extensive clinics maintained by the College.

In the new class Iowa leads as usual with Michigan running a close second and of course we always have a fine representation from Ohio. California is represented this year and geographically speaking, the other extreme—the State of Maine.

Old students are enjoying the advantages of the recent improvements in the building. The first floor has been rearranged and enlarged for chemical and anatomical laboratories and the physiology lab moved to the fourth floor. The new recreation and locker room is a big improvement.

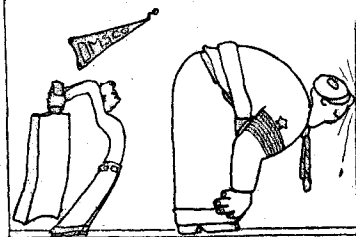
The second floor has more treating rooms and a new foot clinic established on Thursday afternoons. The projectoscope room on the second floor has a larger seating capacity.

The fourth floor has been enlarged for a large technic demonstration room with a complete set of new treating tables. The physiology laboratory occupies the entire west wing of this floor. Two new class rooms have been opened on this floor also.

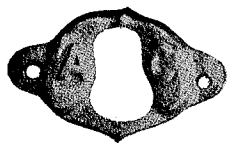
The fifth floor will house a pathological specimen museum of interesting specimens which will be on display at all times.

The anatomical laboratory has installed a complete new refrigerating plant at a cost of nearly \$1,000 which makes the laboratory one of the most modernly equipped dissection rooms in the entire country. The capacity in all laboratories has been increased over twice that of previous years. Laboratories in all departments are much closer to the teaching work of the department than heretofore.

## FRATERNITY NOTES



ATLAS CLUB



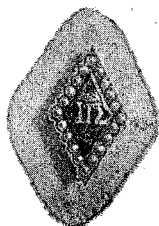
The Atlas Club smoker, welcoming the new men of the college, was held at the chapter home, Monday evening, September 11th.

Drs. Halliday, Marshall, Woods and Campbell were the speakers of the evening and their discussion of college work and freshman problems proved very interesting to all present.

The Halliday trip into the western states and World's Fair, as shown by movies, was a popular event of the evening.

Xiphoid Chapter of the Atlas Club enjoyed having the new men with them and wishes to congratulate them for choosing the Osteopathic profession for their life work.

## IOTA TAU SIGMA



Iota Tau Sigma wishes to take this opportunity to welcome every one back for the coming school year. We sincerely hope that you had an enjoyable vacation and wish you success in the future.

We wish to welcome back to the fold Brother Richardson of Minnesota who is returning to school after an absence of several years.

Brother MacIntyre has also returned from that wild and wooly state of Massachusetts. Watch out, girls.

Permit us to welcome back Brother Hall of Dayton, the third of our returning prodigals. Bud has only his senior year to complete, so let us all wish him good luck for the final stand.

The other day the quiet and peace of the afternoon was shattered by a clanking, rending, tearing noise followed by a cloud of steam and dust. As the dust settled and the steam cleared away, Brother S. G. Beghtol of DeKalb stepped from his panting steed. Gne claims he made the trip in four days, but then the rest of us have our doubts.

Brother Hubbard rolled up to the house last week in a nice,

shiny Chevrolet. We have been informed that the car has an exceptionally fine CLUTCH.

We hope by the end of this month to be situated in a new house, our present quarters being inadequate due to the fact that so many of the brothers have returned this year.

Brother Gerow returned from the wilds of northern Michigan looking rather frail, having fallen away to a mere 195 pounds. The rigors of the far north evidently to much for his after spending nine months in the city.

Brother Herbert, the Dayton protege, arrived in town at 10:31 P. M. Saturday last; dashed madly into the house, brushed his teeth and was last seen at 10:34 careening wildly down the street in the direction of Twelfth and High. The brothers are at a loss to explain this sudden hurried departure, but then we have ideas on the subject.

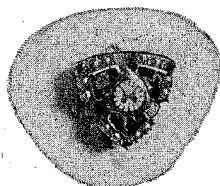
Brother Herd has been going around the house with a rather chilled expression on his face, in fact it is positively Frosty.

The special delivery boy has started to make regular trips up to the house again, loaded down with specials from Columbus. Does she love him? "Dun't esk."

Brother Beldon, '31, is leaving this week to practice in Kansas City, Missouri. We wish you all the luck in the world, Brother.

Brother Bill Aspengren, another DeKalb flash, has been going great guns all summer, so we hear. Bill, why don't you slow down a bit and give the rest of us a chance to catch up.

## PHI SIGMA GAMMA



The boys are enjoying the benefits of a new home located at 2142 Grand Ave.

The fraternity is pleased to announce the acquisition of two new members sent from the Gamma Chapter at Chicago. They are B. Wayland and J. Hoose.

The fraternity sends its congratulations to its new pledges: John Wilkes, Harold Morgan, Bob Gibson and Emyl Braunschweig.

It has been noticed that Dr. H. Toepfer, an intern at the Des Moines General Hospital has not forgotten his fraternity brothers. He is a frequent visitor at the house.

It may be of interest to any alumni brothers to know that Dr. M. C. Beilke, of Chicago, is the president of the National Chapter.

The members wish to extend a hearty welcome to all the new students, and they will be willing to offer any services which will benefit the newcomers in becoming acquainted with the routine at Still.

## Sleepers

The word sleeper is defined as: 1. One who sleeps; a drone, or lazy person. 2. A beam, used on or near the ground to support a structure.

According to the definition, we may have various kinds of sleepers. To the carpenter it means one thing, to the bridge man another and to the steel construction worker something else. While if you were to ask a poker player his conception of the word, he would, no doubt say that it was a high card in the hole. This short discussion takes care of the second part of the definition. Since the last shall be first, and the first shall be last, we shall now attempt to analyze and apply the first part.

Here at Still College, we find the sleeper to which the first part of the definition is applicable. Rightly, they should be classified under two heads. Those who sit and those who recline.

The sitting kind can be classified as: 1. Those who attempt to approximate the clavicle and the anterior superior spine of the ilium. Those whose chin approximates the patella. 3. Those with head erect and mouth either open or closed. 4. Those with head reclined and mouth either opened or closed.

The reclining type can be classified as: 1. Those who lie on their side. 3. Those who lie on their back.

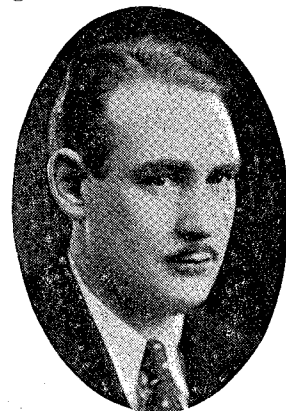
The number of chairs such an individual occupies depends on, the availability, his classification, the length of time he expects to sleep, and his size, whether he be tall, short, or intermediate. The length of waist line not making any appreciable difference.

Picture, if such a thing is possible, a man of this kind in the field, always asleep. Imagine a patient coming into his office disturbing his peaceful slumbers. He will portray a startled look, and begin rubbing his eyes, in an attempt to correlate his mental faculties, to, at least, talk intelligently. After profuse apology, he will be in a position to, at least, look at the patient, and will make a blind attempt to secure the symptoms, and diagnose the case. May we here be permitted to quote from a recent address in Assembly, when the speaker made the statement that such a man will not be much competition for the one who is alert, and wide-awake.

What will the patient think of such a man? Will he call again, or refer any of his friends to such a doctor for treatment? The question need not be discussed here, as we all well know that such a practitioner soon finds the element from which he came, and reverts back to it, whether it be, carpenter, boiler maker, garage helper, or what not. Water seeks its own level. Regardless of the business or profession, with which he is affiliated, the man who makes good, is the one who improves every minute of his time. Sleeps

## O. B. Statistics

In a report recently compiled by Dr. V. A. Newman of the Obstetrical Department of the College, several interesting things are noted. From May 27



Dr. V. A. Newman

to September 7 of this year there were 95 cases delivered in the department, of which 52 were males and 43 females. In the group are included 3 sets of twins and one set of boys and one girl and one set of a boy and a girl.

The report shows 7 breech deliveries, 6 forceps, 2 compound presentations, 1 cardiac complication, 2 preeclamptic conditions, 1 short cord complication, 1 hydromnic complication, 9 posterior occiput, and 1 placental curettage.

The foregoing report shows conclusively that students in the department receive ample experience to make them practiced physicians. Students staying for summer clinic were rewarded for their sojourn in Des Moines. Students in our clinic make the deliveries themselves under the supervision of a registered physician. Men and women coming out of the O. B. Department have had sufficient experience to give them confidence and assure success in actual practice.

when he should, and works accordingly.

To date, we have not observed many snorers, but should the sleeping continue, and many new recruits be enlisted, we, no doubt, will soon have a choice number of stertors, who will make their presence known by their sonorous emanations. Perhaps we might be able to develop a few of the hen-clucking type. If such should be the case, we might be able to use them in the clinic.

## Local Association Meets

The Des Moines Osteopathic Association will hold its first meeting of the year the evening of September 29, at the Hotel Chamberlain, at which time Dr. John Woods, faculty member, will talk on "Blood Pressure." At this coming meeting plans for the ensuing year will be discussed and committees appointed.

# 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

## Re: Iowa Bulletin

The Editor has received several letters lately concerning news published under the head of "I. O. A. Bulletin" in the columns of this publication. The column is published entirely by the Iowa Osteopathic Association and no member of the staff of the Log Book changes any news forwarded us from the Iowa Association—news forwarded us is published verbatim.

We are glad to be of service to the Iowa Association but we cannot assume responsibility for news published in the column. This column was created for the exclusive use of the Iowa group of physicians to inform their members of the activities of the organization—also to let practitioners in other states see what the local group are doing from time to time.

The pages of this publication are open to the profession at any time and we welcome criticism at any time from men and women in the field. We aim at all times to live up to the ideals and aspirations of the entire osteopathic profession and anything we can do individually or collectively for the advancement of our profession will gladly be attempted and successfully completed to the best of our ability.

## Our Athletic Clinic

(Continued from Page 1)

future all of you will be meeting more patients in this class.

A Still College Senior has been taking car of the Des Moines baseball team of the Western League all season. If such teams did not find a need for Osteopathy we could not last through the season with them. As it is, the demand is greater than the supply. We could keep twice the number of Seniors busy as are available in Des Moines just now. If you feel pessimistic about the future of Osteopathy come out to Des Moines and talk for a few minutes with one of our high school coaches. You will go back home with a new lease on life.—H. V. Halladay.

There is a story current concerning the fraternity man who was killed in a train wreck. It seems that when the coroner tried to identify him by his clothes, his first impression was that there had been a massacre.

## Don't Call Me "Doc"!

What physician likes to be called "Doc?" Answer, from a loud and ever-swelling chorus—"NOBODY!" How many medical men are called "Doc?" Answer—sotto voce—"all of them,"

The late Doctor Phineas L. Conner, of Cincinnati, was wont to tell his students that "When a man first calls you 'Doc' or mispronounces your name, reprove him gently. When he repeats the offense, reprove him profanely. If he does it the third time, knock him down."

### Don't Call Me "Doc"!

I am a Doctor of Osteopathy. My title is DOCTOR.

The word doctor means a teacher—a learned man—one schooled in a learned profession.

The degree of Doctor is the highest given by any university, and indicates that its owner is to be classed with the most highly educated men.

Any man should be proud to possess this degree and to be designated as "DOCTOR," but no self-respecting professional man desires to be called "Doc," which is a despicable mutilation of a most honorable title.

No other title is similarly abused. Does one ever hear the possessors of these titles called by an abbreviation—Pres(ident), Gov(ernor), Sen(ator), (Cong(ressman), Gen(eral), Col(onel) Rev(erend)?

Cultured people never address a physician as "Doc," and other people should not do it.

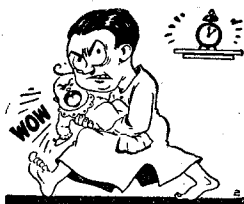
No man is harmed by being so addressed, but when a person call a physician "Doc," the doctor's opinion of him is lowered. When a physician is addressed as "Doctor," he recognizes the speaker as a person of superior intelligence, who respects himself, and honors the profession.

Please drop "Doc" and cultivate DOCTOR.

## For Sale

Dr. Florence Alice Covey, 537 Congress St., Portland, Maine, has her practice for sale and will sell it on a weekly pay basis. Dr. Covey is retiring from active practice.

## Births



Born to Dr. and Mrs. P. J. Gephart of Waterville, Maine, August 27, a fine daughter, Sheila Ann.

Dr. and Mrs. C. S. McMurry announce the arrival of a new baby girl, August 4, at their home in Utica, Kansas.

## I. O. A. Bulletin

In August I sent out a letter to every I. O. A. in the state whose address I had obtained, asking for state dues and we have had a very fine response.

I have had a number of letters returned to me unclaimed. Will give the names of returned letters so as to get the correct addresses.

I am sure they want to help the society by renewing their dues. The state cannot get along without the dues and we doctors cannot get along without the state society to give us dignity, poise and identification as to what Osteopathy stands for. Our society is as strong as each individual makes it.

When legislature is in session I sometimes feel like Al Jolson did toward Walter Winchell. I want to crack our opponents on the jaw, for neither do they eat nor sleep till they are organized to a finish. Three hundred and sixty-five in the year; they never take off the armor.

In their code you pay your dues or you are a disgrace to the society and you are treated in the same manner.

We do not use such drastic terms for we are a little family standing for a scientific science which we hope some day to see a D. O. in every little town and city in the United States, and to do this we have to put our little hurts in our pockets, raise our chin and say it can be done and everyone work together.

Cooperation means strength. In strength there is power and power means better laws for the D. O. in Iowa. Now lets get our dues paid. Start your first installment today. Don't think just because you do not have the ten that two dollars and fifty cents a month until you reach the ten spot is just as much help.

Think of the position in which we place Dr. Paul French, our secretary treasurer, unless he is able to pay the necessary bills.

I can understand how he feels for I have to pay a little each month to each of my creditors and it is embarrassing to me but fine of my creditors to be so considerate and continue to furnish my needs. Come on, let's go. Reach 100 per cent in Iowa for membership.

—Laura E. Miller.

### Returned Letters.

Dr. A. E. Brooks, Clarion, Iowa; Dr. H. F. Davis, 214, Old Colony Bldg., Des Moines, Iowa; Dr. J. E. Faldi, 825 38th Street, Des Moines, Iowa; Dr. T. A. Kapfer, 430 Flynn Bldg., Des Moines, Iowa; Dr. J. A. Clark, 214 Securities Bldg., Des Moines Iowa.

She (desiring in the worst way to take the wheel) But George lets his girl friend drive the car.

He: Sure, but George is hoping for a new girl friend or a new car.

## Why, Do You Do That?

How many times since you first entered D.M.S.C.O. have you been asked that question by some layman? Too few of our friends, the public, fully realize the scope of Osteopathic training, and are laboring under the delusion that our science consists of "Rubbing the Back."

The following article, taken from the Iowa Osteopathic Bulletin, will give you some information and help in explaining to the laity that according to the laws of the State of Iowa, you are licensed and trained to render the same service as the medical man.

What is meant by: "A physician Licensed to Practice Medicine in the State of Iowa."

The Osteopathic physician and the M. D. are licensed to and practice the following:

- Obstetrics.
- Perform minor surgery.
- Treat acute and minor diseases.
- Give antidotes for poisons.
- Give parasiticides.
- Give anesthetics.
- Make complete physical examinations.
- Make laboratory examinations.
- Use narcotic medicines.
- Sign death certificates.
- Sign birth certificates.
- Prescribe diet.
- Advise sanitation and hygiene.
- Prescribe nursing.
- Have fully equipped hospitals.
- The D. O. does not but the M. D. does—
- Give internal curative medicine.

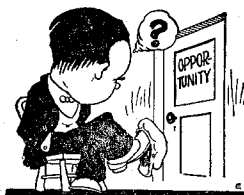
Present day medical literature and opinion is to the effect that the giving of medicine for curative purposes is becoming a small part of the medical doctor's practice.

There is no drug recognized as a cure for T. B.

Discussion—

What then constitutes the practice of medicine that it should not give the same privileges and obligations to the Medical doctor and the Osteopathic physician also.

## New Locations



Dr. F. A. Watson, recent graduate of this college, is now chief surgeon at Clark County Hospital and Clark County Health Physician at Las Vegas, Nevada.

Dr. Leslie W. Spaulding spent the month of July as resident physician at Massachusetts Osteopathic Hospital and is now associated with Dr. Milton Hall, of Kennebunk, Maine.

Old Lady: "Well, my poor man, here is a dollar for you."

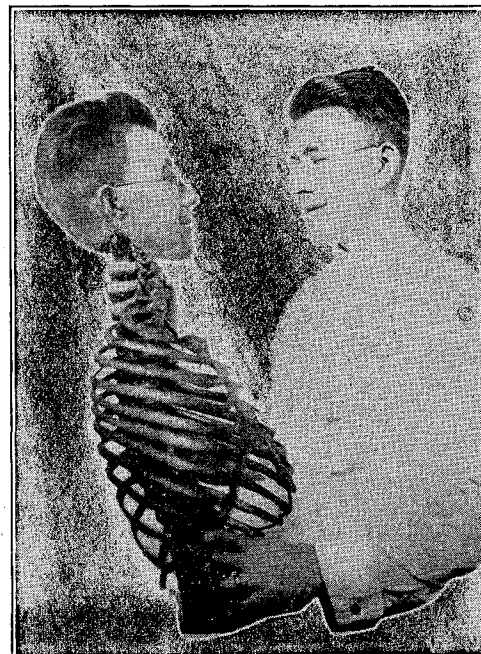
Tramp: "A dollar! Lord bless yer, lady; if ever there was a fallen angel, it's you."



Dr. H. V. Halladay Takes A Look  
At the Famous Halladay  
Flexible Spine



The Famous Halladay Flexible  
Spine Takes A Look At  
Dr. H. V. Halladay



## Nomenclature for Osteopathic Technic

The work done by the Committee on Technical Nomenclature under the direction of the Associated College marks an important advance toward definite, scientific thinking and discussion of osteopathic technic. Heretofore, various individuals and colleges have worked out their own methods of expression with the result that misunderstanding resulted. "Flexion" meant one thing to one group and another to someone trained in another college or at another time.

The Committee was appointed at the Seattle Convention and carried on the first part of the work at Detroit last year. It was arranged to meet for three days prior to the Milwaukee convention so that the task could be prosecuted without interruption. The plan proved a wise one for it permitted completion of all areas excepting the appendages. Dr. W. W. Pritchard, of Los Angeles, is chairman of the group with Dr. Russell Peckham, of Chicago, acting as secretary. Other members were Drs. C. H. Soden and George Rothmeyer, of Philadelphia; Dr. H. V. Halladay, of Des Moines; Dr. C. A. Tedrick, of Kansas City; and Dr. H. E. Litton, of Kirksville.

The Committee's report, adopted by the Associated Colleges, is as follows:

Definitions and nomenclature were accepted as follows—(including corrections and definitions prepared by this committee at the Convention in Detroit in 1932)

An Osteopathic articular le-

sion is any alteration in the anatomical or physiological relationships of the articular structures resulting in local or remote functional disturbance.

The term "Flexion" when used with reference to spinal joints indicates the position assumed by the joint in forward bending.

The term "Extension" when used with reference to spinal joints indicates the position assumed by the joint in backward bending.

The term "Lateroflexion" when used with reference to spinal joints indicates flexion to the right or left of the middle.

The term "Rotation" when used with reference to spinal joints indicates direction of movement around an axis.

A "Primary Lesion" is one which arises independently or any other osteopathic lesion or visceral irritation.

The term "Acute" as applied to the condition of lesion indicates the presence of active inflammatory process.

### Secondary Lesions:

(a) A secondary reflex lesion is one resulting from remote irritation.

(b) A secondary compensatory lesion is one of static origin.

The term "Chronic" as applied to the condition of lesion, indicates the presence of tissue changes in which active inflammatory process is no longer present.

The term "Compressed" as applied to the condition of chronic lesion indicates abnormal interosseous approximation.

The geographical location of the lesions of the spinal column are designated by numbers thus:

The lesion is named from the upper of the two bones entering into the lesion.

Types of lesion (Positional) of

typical intervertebral articulations.

Positional types of lesion may be classified according to the positions permitted by the mechanical arrangement of any given joint.

Typical intervertebral joints permit the following typical movements and lesion types are named therefrom.

1. Flexion.
2. Extension.
3. Lateroflexion (If appreciable lateroflexion occurs, a complement of rotation will be present.)
4. Rotation (If appreciable rotation occurs a complement of lateroflexion will be present.)

### Occipito-atlantoid lesion types:

1. A Flexed occipito-atlantoid lesion is one in which occipito-atlantoid articular movement is bilaterally restricted in position of flexion.

2. An Extended Occipito-atlantoid lesion is one in which occipito-atlantoid articular movement is bilaterally restricted in position of extension.

3. Lateroflexed and rotated occipito-atlantoid lesions are those in which the occipital condyle on the side of the produced convexity passes supero-laterally and posteriorly and the occipital condyle on the side of the concavity passes infero-medially and anteriorly.

Atlanto-axial lesion—is one in which rotation of the atlas upon axis is abnormally restricted.

### Sacral Lesions—

#### A. Sacro-iliac lesions:

1. A Flexion lesion of the sacrum (Flexion Sacro-iliac lesion) is that condition in which the proximal sacral segment approximates the symphysis pubis, with concurrent increase in distance between the distal sacral segment and the symphysis pubis.

3. A Rotated sacral lesion

torsion sacro-iliac lesion) is that condition in which the sacrum rotates between the ilia around an axis which approximates the longitudinal axis of the sacrum.

#### B. Sacro-coccygeal lesions:

1. A Flexion sacro-coccygeal lesion is that condition in which sacro-coccygeal articular movement is restricted in position of flexion.

2. An Extension sacro-coccygeal lesion is that condition in which sacro-coccygeal articular movement is restricted in position of extension.

3. A Latero-flexed sacro-coccygeal lesion is that condition in which sacro-coccygeal articular movement is restricted in position of latero-flexion.

#### Temperomandibular Lesions—

A temperomandibular lesion is one in which there is restriction of the normal movement occurring between the articular disc and the mandibular condyle.

#### Clavicular Lesions—

##### A. Sternoclavicular lesions.

##### B. Acromioclavicular lesions.

Clavicular lesions are primarily rotations of the clavicle around its long axis. They are named:

1. Anterior—when the superior aspect of the clavicle is rotated anteriorly.

2. Posterior—when the superior aspect of the clavicle is rotated posteriorly.

These terms anterior and posterior apply to both sternoclavicular and sacro-mioclavicular lesions.

3. At the acromioclavicular articulation an additional lesion occurs which consists of medial compression of the articulation with clavicular elevation.

Terminology for lesions not included in this report should be formally studied at some future time.—Journal of Osteopathy.



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# THE LOG BOOK

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Volume 10

OCTOBER 15, 1933

Number 10

## Dean Receives Degree



Dr. J. P. Schwartz, dean of the college, was recently awarded the degree of Fellow of the American College of Osteopathic Surgeons at the annual meeting of the college recently held in St. Joseph, Mo.

The degree is the highest honor the organization can award and went to Dr. Schwartz for his "superior skill and attainments" in the field of surgery. Faculty and student body join in congratulating the dean.

## Assemblies

Weekly assemblies were again instituted at the college this semester. The opening convocation of the year found the annual introductions of freshmen the order of the day. At this same meeting, Dr. Tasker of the Los Angeles college talked to the student body.

The next week Dr. H. V. Halladay introduced the new members of the orchestra—better known as "Halladay's Stillonians." Dr. Halladay then gave a talk on the new terminology of osteopathic lesions and explained the work of the national committee of the A. O. A. to the assembled students.

Assemblies are proving as popular as ever this term and attendance at the weekly meetings have been more than gratifying to the school officials. Definite plans have been made to carry these meetings throughout the year and programs have already been arranged for the students.

Dr. Facto presented Miss Johnson, principal of the Smouse Opportunity School for Physically Handicapped Children, in the Oct. 13th assembly. Miss Johnson illustrated the lecture on the methods of teaching the children with demonstration slides of the school and explained the splendid work being accomplished by the staff of the institution.

## Our Summer Miles

Certainly we took a trip this summer. We went to the convention in Milwaukee and after that drove out to Arizona and back. In order to keep our lungs in a fairly good humor during the winter we have to go somewhere for a while during the summer where the air is not 90 per cent soft coal smoke.

The kids and I made the convention and enjoyed above everything else the drive across southern Wisconsin on the return. Some beautiful spots there and it would be much nicer to take more time and run up a little farther north than we did.

Starting west, we drove from Des Moines to Colorado Springs, 740 miles in one day. Left home at 5 a. m. and arrived at the home of Drs. Givens and Givens at 9:30 p. m. Roads were fine all the way and the weather perfect after we got past Lincoln, Neb. We took a day off and drove up to Denver. Had lunch with Bob Starks and stopped at the P. G. Course for a few minutes. Dr. Reed made us promise to come back in the evening and give the bunch a talk so hurried on up to Boulder and had dinner with cousins there and then back to 1550 Lincoln to greet his class. Enjoyed every bit of it and met some old friends from all over the country.

Our objective was Mesa Verde, of course. I go out there every year for about a week to get away from osteopaths. This year was a bad year for no sooner did we get our tent up than Laird of Ponca City, Okla., appeared on the scene. He promised to come back and talk osteopathy but when he did I was gone. The next day who should step out of a car right in front of the tent but Moco Elsea of Detroit and both of us skipped a couple of heart beats. It took me two days to get rid of him so I could enjoy a little peace and quiet. I have always praised Mesa Verde and have always urged any of you who were out that way to make the park but please don't come in August. It is really a very bad time to be there. The rains are drenching and the nights cold. The little black gnats fill the air and coyotes howl all night, so please stay away from Mesa Verde during August and let me have a little vacation without having it mixed up with the same fare that I have all the rest of the year. I am very fond of osteopathy and osteopaths most of the time, but

(Continued on Page 4)

## Attends Meeting

Drs. L. L. Facto and J. L. Schwartz, faculty members, attended the convention of the American College of Proctology recently held in Chicago, where they were in attendance at the morning discussions of various phases of the specialty and afternoon clinics and demonstrations of surgery.

According to Dr. Facto there seems to be a definite trend toward surgery in place of injection methods of treating rectal diseases if the demonstrations held at the meeting are a criterion of modern procedure. Interesting topics observed included the theory of infiltration of tissue in the treatment of puritis ani—a motion picture. A slide demonstrated lecture on "Cancer of the Rectum" was also most interesting. Several major operations were observed at the American College Hospital.

## Frosh Reception

An All-School Freshman Reception will be held the evening of Oct. 27 at the Hoyt Sherman Place in honor of the new students registered at the College. This affair is one of an annual nature and an all-school function at which faculty and student body spend the evening either dancing or playing cards, according to individual desires.

## 'Osteopathy as a Career'

The above named pamphlet has recently been published by the United States Department of the Interior, Office of Education and prepared by Walter J. Greenleaf, specialist in higher education, and now available through the A. O. A. This is a fine little pamphlet and should be found in the office of every practicing physician in the United States as it presents osteopathy in a fair and impartial way and will be impressive to young people contemplating the choice of a life work.

## A. C. O. S. Meets Here in 1934

The American College of Osteopathic Surgeons will hold its 1934 convention in Des Moines. Dr. J. P. Schwartz, dean of the college, is the chairman in charge of arrangements.

## Western League Teams Receive Student Care

(By Wendell Kessler)

Osteopathy is not new to the baseball world because almost every league team of importance has osteopathic care throughout the year.

This summer the Des Moines Western league team received this care and by the number of verbal praises received, success was ours.

The players that had been in faster leagues wanted a treatment every day that time would allow and if any injury happened to them it was osteopathy they wanted. The new players or younger men did not pay much attention to the service at first but it did not take them long to turn to the osteopathic care.

I found that the greatest stress, strain and pain in a baseball player's body is the deltoid muscle of his throwing arm.

Good results were received with this injury. Most every case of sore arm had a third or fourth dorsal lesion.

There were all cases possible in athletics, only one, a knee injury, that caused a player to remain out of the game the rest of the year.

One player recovered from an injury of last year that had been given up as impossible. After that happened I had all that I could take care of.

The record of the team was very good, especially at home, where they received osteopathic care.

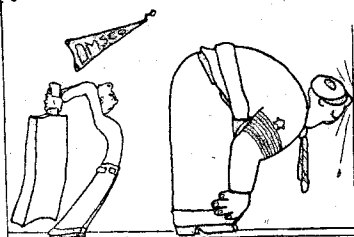
The home record was 46 wins and 14 defeats, compared to 29 wins and 29 games lost away from home and osteopathy.

The team finished just one-half a game behind St. Joseph, the champions. The visitors also used the service when there was an injury.

A bit of humor. One of the players demanded that a visiting pitcher who had beaten them several times before.

I enjoyed the work, the games and would advise any underclass man that would care for this work to be on hand next spring as the team asked for us back and you will gain some worth while knowledge plus the enjoyment of the grand old game.

## FRATERNITY NOTES



## ATLAS CLUB

The absence of many of the brothers is greatly felt by the fraternity this year. We sincerely hope that each and every one of them will be able to be with us again by the second semester.

Our home has been greatly improved by the addition of new furnishings and improvements made during the summer vacation. The boys returning this fall were very pleased with the new appearance of our home.

Donald Hickey and Dr. Chris Fedson are with us again. Hickey has not changed at all, but seems to be more capable of throwing that so-called "bull."

Tiny is working overtime, since he is even discussing osteopathy in his sleep . . . besides other subjects that cannot be published. More power to you, tiny. Give us some more . . . we like it. (He is evidently trying to take Red Tannehill's place in the dormitory.)

Dierdorff seems to be absent from the house on week-ends. What's the great mystery, Verne?

Butch Traux is still looking for some one who can whip him. Boy! These Irish are really tough!

The pledge dance was held at the house and a good time was had by all. We are now looking forward to the Halloween dance which is to be given in the near future.

We were glad to have Pledge Costello's parents with us last week. We hope that more of our parents can pay us a visit.

Things are going along nicely but the suggestion that some of the boys dust their books off a little more often is certainly in line. Let's get busy, fellows!

Xiphoid Chapter of the Atlas Club takes great pleasure in announcing the pledging of Harry Stimpson, Donald Evans, Jack Eddy, William Costello, O. B. Bush, Henry Kelman, Robert Cook, Ralph Young, Charles Gnaw, and Ralph Dryer.

## DELTA OMEGA

We are glad to report an increase in the co-eds this year. The new girls are, Marybeth Ziegler, of Ohio; Clarice Keift, of Michigan; Evelyn Kepman, of Des Moines, and Dorothea Faling of Michigan.

The evening of September 21, these girls, with Helen Butcher, Lillian Peterson and Rachel Hodges, were royally entertained at the Dr. H. V. Halladay home. Doctor was assisted by Miss Goldye Halladay. We saw pic-

tures of the summer's cruising during the evening, which included the World's Fair. Everyone enjoyed it.

We are anticipating a pleasant evening at the Dr. J. P. Schwartz home on October 11.

We regret that Miss Vienna Hall did not get back to school this fall, but hope to see her in January.

## IOTA TAU SIGMA

Iota Tau Sigma wishes to announce the pledging of Harold Dresser of Kennebunk, Maine; Francis Yukl of Greenfield, Mass., and Robert Pfuhl of Dayton, Ohio.

Brother Whetstine has received a four months' internship at the Des Moines General hospital. Upon the termination of this appointment he will leave for Boston where he will interne at the Massachusetts Osteopathic hospital. Congratulations, Brother Whetstine.

Pledge Devine is quite an accomplished pianist. Ask those who heard his rendition of "Mona" the other night.

We wish to take this opportunity to congratulate Brother Pfuhl on his becoming associated with radio station WHO. "Bing" ain't got nothing on our Bob.

Frederic Marsh should drop around to the house sometimes and get a few pointers on Dr. Jekyll and Mr. Hyde. We have a certain junior from Columbus that does a pretty fair job that way, the only thing is, we never know where he goes and that's not so good. (Paging Mr. Winchell.)

Brother Behhtol was sitting quietly with his thoughts? ? ? the other night when suddenly he was disturbed by a practical demonstration of the use of the forceps. The prognosis of the operation is yet to be determined.

Pledge Dresser is seriously thinking about hiring a private secretary to take care of his fan mail. We don't mind a couple of letters, but five in one day—"Whoa, now!"

An informal get-together was held by the chapter last Friday evening. Those present included Dr. Cash, members of the fraternity, and several invited guests among the student body. It appeared that everybody was quite satisfied with the evening's entertainment and without a doubt a good time was had by all, at least we didn't hear any complaints.

Why is it that Brother Maloy gets peeved when a certain party graciously consents to render a few songs upon request? After all, Karl, you should realize that talent is appreciated.

## PHI SIGMA GAMMA

Phi Sigma Gamma offers its hearty welcome to Dr. C. Reeves, a brother who graduated from Still college in '31. He has been visiting at the home for a few days.

Dr. Gordon and the inventors of a high-frequency physio-ther-

apy machine gave a splendid demonstration on "Open Night."

Hell weeks began on October 6th for pledges Wilkes, Jurgen-son, and Gibson. Best of luck to them.

The home is the site of house parties every second weekend.

The chapter announces the pledging of Piper, Hammond and Mattern. Congratulations!

Mrs. Robinson and Miss Crawford were dinner guests on Sunday, October 8th.

In the past few weeks, communications from various alumni members have been received. These are always received with pleasure. May we hereby ask other alumni to correspond with us.

Walter Erwin and Henry Dickow were installed as assistant treasurer and secretary respectively.

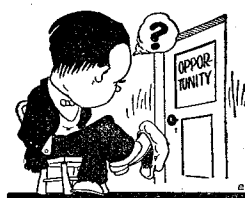
## PSI SIGMA ALPHA

Psi Sigma Alpha takes pleasure in announcing the initiation of Zimmerman, Hobbs, Rankin, Owen, Erwin, Jungeman and Berck.

It has been felt by Psi Sigma Alpha that some definite stimulus along individual scholastic lines would be welcomed by the school body. Therefore, we feel it our honor and privilege to announce the establishment of a plaque to be hung in the general clinic room with the student's name engraved thereon who has attained the highest scholastic average during his matriculation in the school of osteopathy.

It is our belief that this individual designation of the honor student will fulfill the present need of a valedictorian and in addition the student's name will be perpetuated in the annals of the school.

## New Locations



Dr. Donald B. Weir, is associated with Dr. L. C. Chandler of the Los Angeles Clinical group and Monte Sano hospital, Los Angeles.

Dr. Gerald Whetstine is now interning at Des Moines General hospital here in Des Moines.

Dr. Marvin E. Green from Sac City, Iowa, to Carroll, Iowa.

Dr. Burton E. Poundstone, Bode, Iowa.

Dr. Carl V. Blech, Renwick, Iowa.

Dr. E. I. Keig, Mason City, W. Va.

Dr. J. L. Porter, Pukwana, South Dakota.

Dr. J. E. Obenauer, Bear Lake, Michigan.

Dr. LeRoy Sparks at Mercy hospital, St. Joseph, Missouri.

Dr. Edmund B. King, Fischer Bldg., Listerville, West Virginia.

Dr. James Donovan Ravenswood, West Virginia.

## In Re Case Reports

From time to time we hear discussions about the reporting of cases. We quite often see copies of case reports from various parts of the country and note the pages of case history, laboratory findings and down in the corner we find some mention made of something that might be construed to mean that it was an osteopathic examination and report. The editor had the pleasure recently of looking over a copy of the Atlas Club Bulletin dated June, 1901. On page 33 we find a department conducted by Dr. Charles Hazzard, now of New York City, then a member of the faculty of the old O. S. O. The first case report is one sent in by one of the grand old men of osteopathy, Dr. E. R. Booth, who was then in practice in Cincinnati, Ohio. It is copied below.

"The patient was a woman of 22; stenographer, and the amenorrhea was of thirteen months standing.

"Lesions: Atlas to the left; third, fourth and fifth cervical to the left; posterior cervical tissues all thick and tense, especially on the left; seventh dorsal spine to the right, and the whole spine rather irregular. The pelvis was twisted, with apparent lengthening of the right limb, and the abdomen was full and tense.

"The greatest gynecologist in Cincinnati said that the uterus was atrophied, and that the patient would never mensruate again.

"The case was cured in four months, having showed improvement from almost the beginning of treatment.

"The treatment was done with the object of removing the lesions and of stimulating the cerebro-spinal and sympathetic systems.

"The menses returned slightly about six weeks after beginning treatment."

Oh me, oh my. Dr. Booth starts out by finding lesions. If you count the words you will find that ninety per cent of the report is osteopathic, purely so. How much osteopathy can be found in your case reports today?

## All In A Name.

An old lady in 'Amstead 'Eath was taken with pains on the appendicitis side. A new osteo was called in, made examinations, quieted fears, and went his way. That evening the old lady remarked to her daughter: "It was nice of the new vicar to call."

"But, Mumsie, that wasn't the vicar; that was the doctor."

"Oh," said the old lady, musing, "I thought he was a little familiar for a vicar."

Movie Actress: "I'll endorse your cigarettes for no less than \$50,000."

Cigarette Magnate: "I'll see you inhale first."

# 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

## D. M. O. S. News

With the adoption of an entirely new Constitution, By-Laws and Code of Ethics, and the subsequent organization of several Standing Committees, the Polk County Osteopathic Association has arranged a program of activities for the winter, that promises to be even more successful than previous years.

A noon luncheon on Thursdays is encouraging social contact, and regular monthly meetings are held on the second Friday of each month, beginning with a dinner at 6:30 at the Chamberlain Hotel.

The Des Moines group are particularly fortunate in having college faculty members and hospital staff physicians among their membership, and these men are giving generously of their time and talents in the winter's program of speakers.

Dr. Woods spoke at the September meeting on "Abnormal Blood Pressure," and Dr. Halladay at the October meeting on some original research work he has recently done on "Intervertebral Disks." In November, Dr. J. P. Schwartz will talk on "Thyroid Dysfunctions," and in December the membership will be guests at the College when "The Kidney" will be discussed in brief talks by the faculty members, each one speaking in his own department.

Dr. McBain, of Chicago, has been invited to give two addresses on January 12th, separated by dinner. Mr. Welch, a psychoanalyst, will speak in February; Dr. Facto, in March; Dr. R. B. Bachman, in April; and Dr. Cash at the final regular meeting on May 11th.

The Officers and Committees for the ensuing year, are as follows:

Pres., Dr. Jas. A. Humphrey  
Vice-Pres., Dr. John M. Woods  
Secretary., Dr. C. Ira Gordon  
Treasurer, Dr. Fred Campbell  
Program Committee—

.....Drs. Woods and Fisher

Membership Committee—

.... Drs. Facto and Butcher

Legislative Committee—

..... Drs. Marshall and Park

Public Education Committee—

.... Drs. Golden and Halladay

Ethics Committee—

Drs. Klein and R. Bachman

Public Relations Committee—

..... Drs. Kale and Caldwell

Entertainment Committee—

.... Drs. Seastrand and Lamb

## A. O. A. Bulletin

As this column is being written the six district meetings are so near at hand it will do little good to urge attendance. Very important state business will be discussed at these meetings and it is at the fall meetings that the election of state trustee and member of the legislative committee are elected. If you want a voice in your representative on these groups always plan to help elect him at the fall meetings.

Perhaps a goodly number of you have missed the secretary's letters urging payment of dues. Dr. Laura Miller, chairman of the membership committee, wrote you recently urging payment of dues and mentioning the fact that the secretary was in an embarrassing position with bills and no money to even pay a bit on each of them. If each of you sent in a dollar or two dollars a week it would help. Those in practice three years or less the dues are five dollars—otherwise ten a year.

Starting in the next issue of the Log Book we intend to publish the names of those members that are paid in full. We will also list those that are paying part at a time, and many of these undoubtedly are making more real sacrifice to do it than some of the others that pay in full in one payment. This notice gives you a month or until the 8th of November to send in your dues, either in full or in part, to be listed—and we know you want it listed. Soon the A. O. A. will be getting out their directory and your names will bear a star if a state member—does it pay to have that star? One week last month we did eight dollars worth of business referred by doctors—we were out of the office one day and afterwards learned we could have raised that eight to ten—state dues in one week's time—money which would otherwise not have come to us in all probability. Again, does it pay? There are far too many osteopaths in Iowa who consider the state society as something for only a few or something entirely foreign to their needs or deserving their cooperation. The society is for every one and if things don't go as they should, don't stand at the door and yell, get in and clean house.

There is always room for honest workers in any organization but knockers that don't work should be enlisted in the interest of their own profession. In this era of "new deals" isn't it time for everyone practicing under an osteopathic license to join forces and work for the interests of the profession? Do you realize it was only through the efforts of the state society that you were permitted to take an impartial examination under an osteopathic examining board in this state—and that it is through the work of the state society that you are now in practice in the state?

Along with the state society we would like to speak a good word for the State Auxiliary under the capable and untiring leadership of Mrs. J. K. Johnson, Sr., of Jefferson. These women can do many things for osteopathy that we cannot do—at present they are entering a campaign for osteopathic students. The wives of all osteopathic physicians in the state are eligible and it is certainly our duty to support and encourage them in every possible way—first by urging our own wives to become members. Again, however if you as a reader of these words don't think enough of your profession to join up it can hardly be expected your wife will join forces and fight your battles for you.

Whatever you do or however you feel don't get the idea that the society is out for anybody, it is out to protect the interests of all and the sooner we realize we must work together the better off we will be. If I were running this society we would do a good many things differently and if you were running it you would do a good many things differently—so lets all work together for the good of all of us—the profession of osteopathy in Iowa.

Dear Doctor:  
DISTRICT MEETING TIME IS  
HERE:  
TIME: THURSDAY, OCTOBER  
19th.  
PLACE: HOLST HOTEL,  
BOONE, IOWA.  
MARK YOUR APPOINTMENT  
BOOK AND COME.

The meeting will begin promptly at 9:30 a. m. Be there ready to go. A fine 75-cent chicken dinner will be served at noon. Bring the wife and pep up both sides of your osteopath team, she will enjoy the meeting, the drive and the dinner.

The country around Boone is beautiful at this time of year.

We have in store the usual osteopathic feast. Dr. Conley, national vice president will be with us. He is ALWAYS GOOD. Our other speakers are of the same calibre. Bring the pocket-book, our district funds are tied up in the bank. Re-organization is under way but it is not likely that our money will be released by that time. The sixth district has always paid for its program in cash. We have not let down in the quality of our program. Our speakers come for their expenses, so let's have the money to pay them. We need your help as never before. There are nearly 120 osteopaths in the district. Every one is welcome; every one is needed and urged to come. IT IS YOUR DISTRICT; IT IS YOUR MEETING. Every dollar paid in comes back to you in osteopathic activities. Your officers are working without a cent of expense to the district. There is no graft, no politics. For the past six years the financial burden has been carried by about 15 members. This year let's follow the boys' example and all chip in and help buy the

gas. If you can't spare the five bring what you can and let's all live things up and help boost osteopathy up and out of the depression.

So thinking of the officers you want for next year, nominations can be made from the floor in addition to those made by the committee.

THURSDAY, OCTOBER 19th,  
BOONE. COME, TAKE PART.

Fraternally yours,  
L. L. Wade.

## News Items

Dr. B. W. Jones, Spirit Lake, has been appointed by the board of trustees and city council as health physician for the town of Superior and Superior township.

Dr. M. E. Green, formerly of Sac City, has taken over the office and part of the equipment of Dr. L. A. Stoner of Carroll.

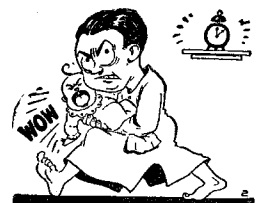
Dr. A. D. Craft, Osceola, reports he is treating a case of sleeping sickness

Drs. J. P. and J. L. Schwartz of Des Moines and Dr. S. A. Helebrant of Cedar Rapids spent their vacation fishing in Canada.

Dr. D. M. Kline, Malvern, is getting to be quite a horse trader. He takes the animals in on accounts and later sells for cash.

Dr. C. K. Risser, Maquoketa, is a member of the Maquoketa Legion Drum Corps and as such recently attended the Legion convention in Chicago and took in the Fair.

## Births



Born to Dr. and Mrs. J. K. Ward, a daughter, at Holland, Mich., Sept. 19.

A fine son to Dr. and Mrs. Burton M. Gotshall, July 23, at Waterloo, Iowa.

## Marriages



Dr. Paul Eggleston and Gladys Weeda, June 19, in Chicago.

Dr. Bernard Jones and LaRue Condit, Sept. 13, at Spirit Lake.

Dr. G. Albert Noble and Helen Coleman, Sept. 12, at Moncton, N. B., Canada. At home in Detroit, Mich.

"Who's your favorite author?"  
"My dad."  
"What did he ever write."  
"Checks."

## Congratulations, A. O. A.

The editor of the Log Book is in receipt of a group of letters from the A. O. A. office in which Dr. Ray G. Hulburt carried on a dogged fight with the editor of "Time" magazine concerning recognition of osteopathic practice and the requirements scholastically; also correspondence relative to a review of the Milwaukee convention. The correspondence started some years ago and was a nip and tuck affair from beginning to end. The A. O. A. office is to be congratulated on this victory. To quote from the final letter received by Dr. Hulburt from the "Time" editor:

"You seem to have me licked on arguments. For I certainly have been under misinformation about allopathic schools.

"Many thanks for your leaflet "Osteopathy: the Science of Medicine." Besides the clear, brief exposition on osteopathy.

"As for replying in detail to our lengthy, long time correspondence, the idea appals me. I beg off."

## Thanks, Dr. Wilson!

We are in receipt of a fine letter from Dr. John H. Wilson of Auburn, Calif., in which he compliments the Log Book on its September issue. In the letter Dr. Wilson promises to visit us. He says: "I was born Jan-29, 1859—no spring rooster any more. I'm the youngest man in Placer County for my years. I'm getting a little too old to put the gloves on with the boys as I did in 1883." We are always glad to hear from men in the field and thank Dr. Wilson for his interest.

## SHAKE HANDS WITH—



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-seven 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.

Dr. Johnson has been affectionately known to alumni as "Brick" due to the fact that he used to carry a brick-bat to class with him and threaten to throw it at any student that answered any question wrong in Nervous and Mental class. His favorite expression: "Asinine method." Hobby: Gardening.



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 sixteen 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.

Dr. Bachman is always referred to as "Dr. Robert;" favorite expression: "Now I want to make mention of—"; his hobby: Traveling about the country in his specially constructed trailer which is a fully equipped house on wheels.

## Our Summer Miles

(Continued from page 1)  
I do not like them when I am taking a vacation.

From the Mesa we took the usual route to Zuni and visited a number of places in the vicinity that we had missed before. Went down to Inscription Rock over the worst road in the country and had to have help to pull out of a bad slide that nearly put us in the ditch. Partly my fault. With the help of Mr. Voght of the park service and an Indian who could push if you said the right word to him we got back on solid ground again. We eventually reached Tucson, where Frances is attending the university and from there went on down to Nogales to see Smockie again. Some of you remember Anna M. Smock. She has a big place in Nogales and she and Jakie, her secretary, make you feel so at home that toxins acquired by long driving hours immediately disappear. Maybe it is Tequila but Smockie and Jakie have my vote. Go over into Nogales, Sonora, and at the open air cafe of Maria and enjoy some real Spanish food and some decent beer. This ended our vacation for we parked Frances and Morrie and I hurried back to get ready for our own schools. Morrie is attending Iowa State college at Ames this year. We are still looking for the cabin in the mountains but found out this year that they still want the United States money for one and will not accept promises nor even second hand shirt buttons.

Some day we are going to have a cabin out there somewhere and there will be a machine gun in the front yard with an occupational-selective-automatic-firing-control on it and the dial will be set on the word osteopath.—Virg and Kids.

# IMPORTANT NOTICE!

Please Read Carefully . . .

WILL YOU DO TWO THINGS FOR US?

### No. 1

Fill in your correct address opposite so that you will continue to get the LOG BOOK. Mailing costs are increasing and some addresses in our files are incorrect, thus costing us return mail postage every month.

### No. 2

While you are returning your address, will you give us the names of several young friends that are contemplating entering Osteopathy?

Thank You!

**DES MOINES STILL COLLEGE of OSTEOPATHY**

720 SIXTH AVENUE — DES MOINES, IOWA

To Editor Log Book:

My Name .....

Address .....

THE FOLLOWING ARE INTERESTED  
IN THE STUDY OF OSTEOPATHY:

NAME .....

ADDRESS .....

NAME .....

ADDRESS .....

NAME .....

ADDRESS .....

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

# THE LOG BOOK

Accepted for mailing at special rates of postage provided for in Section 1103, Act of Oct. 3rd, 1917, authorized Feb. 3rd, 1923.

PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 10

NOVEMBER 15, 1933

Number 11

## Dr. Russell Peckham Dies

The entire profession will be shocked to know of the sudden death, November 3rd, of Dr. R. R. Peckham, of Chicago. In ten years time he has made for himself a name and reputation in the science of Osteopathy that without his great brilliance could never have been accomplished. He leaves us at a time when we needed him most. His activities in the several capacities in which he served in such a constructive manner will suffer for some one to replace him.

Since his graduation in 1923 from the Chicago College he has been intimately associated with it in the capacity of teacher and mediator on many questions. He has spoken before many of our associations and has been very active in national osteopathic work. He leaves to mourn his death a wife and small son, his father, a sister, and three brothers, graduates in Osteopathy, many friends and the entire Osteopathic profession.

## Polk County Association

There was a large attendance at the October meeting of the Polk County Osteopathic Association to hear Dr. H. V. Halladay's talk on the "Intervertebral Disc." Those who had heard Dr. Halladay's paper at the national convention at Milwaukee last summer arranged to have it included in this year's program. Using a stereopticon the speaker clearly presented the many new facts on the physiology and anatomy of the disc some of which was the result of original research by Dr. Halladay himself.

Mr. William Welch will be the guest speaker in November on "Psycho-Analytic Methods," and in December the association will be the guests of the faculty of Still College. Dr. J. M. Woods will be chairman of the program at that time.

## Dr. E. R. Booth Very Ill

Word has been received at the college from Robert Booth, son of Dr. E. R. Booth, that his father is becoming weaker rapidly. It will be remembered that Dr. Booth retired early last spring and since that time has not been in good health. It is our hope that he rallies and will be able to yet contribute from his experience to the history of Osteopathy.

## Basketball

Sigma Sigma Phi has the series started already and the first game was played Wednesday evening at the Jewish Community Center. Games scheduled were between the I. T. S. and the P. S. G followed by the Atlas playing the Non-frat group. The I. T. S. won the first game by default but were so anxious to put on an exhibition that they recruited some rivals from their subs, together with Jay Fink a local star, and with nine men on the floor put on a rapid fire show that indicated that they have plenty of material and will prove real contenders for the crown.

The Atlas game with the Non-frats proved the guesses of the early part of the week. Atlas won 33 to 21 but the Non-frat boys put up a game fight handicapped by lack of material but not by any inferiority complex.

Having only five men, Benny Devine and Doc Hurd subbed for them in the pinches and we want to say right now that these are the things that show real co-operation and sportsmanship. The whole gang is out there just to have a little fun and break the monotony of the regular schedule and no one really cares who wins or loses. The main thing is to be a part of the whole and all have a good time. The crowd was too small considering the price of admission and this diversion for the students benefit should be better attended and supported.

Of course, there will be a lot of old men in school for a day or two but there will be smiles and friendly kidding enough to make up for the stiffness that the lack of training will bring on. Next game next Wednesday and be there.

## Tag Day

Sigma Sigma Phi members suddenly slipped up on the student body not long ago with a tag day. It's a grand idea and will do a great good. It seems that this year we have a live wire doing some work along legislative lines and the frat with the idea of helping a good cause along took it upon themselves to use this method to show the committee that the college was back of the work 100%. If anyone was missed it was because they wore an invisible coat.

## Freshman Reception and Dance

The annual reception and dance given by the trustees of the college in honor of the freshmen was held October 27th at the Hoyt-Sherman Place. Members of the faculty and trustees led by Drs. Johnson and Schwartz greeted the arriving guests. The parlor was soon filled with those preferring conversation while the card room offered entertainment in bridge and rummy. The dance floor was filled with the majority enjoying music furnished by Sandiens Melody Masters. Punch was served throughout the evening.

Approaching Hallowe'en furnished the inspiration for the souvenirs presented to the freshmen during their special dance and which consisted of rattles and horns. Several groups of early Hallowe'en pranksters were seen outside and much to the surprise of the dancers a member of the faculty secured one of them, brought her into the dance and finished a number with her. This settled the mischief with the kids, furnishing them with a greater thrill than the business of letting air out of all the parked cars in the neighborhood.

The freshmen reception and dance was a complete success. Everyone enjoyed the evening and many expressed the wish to have it repeated in the early part of the Spring term.

## Visited by Dr. John Rogers

Dr. John Rogers of the well known town of Oshkosh, official representative of the A. O. A., has made his annual visit to the college. This trip was sandwiched in between other important work of Dr. Rogers and it seems he is busier than a one armed juggler. With the improvements made in the college this year and some constructive shifting on the faculty we feel sure that Dr. Rogers appreciated the changes at the college.

Scotty Russell, famed Osteopathic fan, entertained Dr. Rogers when he was taken to East High to observe the work of the Seniors in care of athletes.

The Phi Sigma Gamma fraternity, of which Dr. Rogers is a member of the Grand Chapter, entertained him, during his stay, with a dinner Tuesday evening, November 7th.

## Born Where?

A couple of weeks ago one of the groups in the OB clinic waited on a case that for the time was living in a shack on an island in the middle of the Des Moines River. In order to get to this place the students had to drive a rather tortuous route to the bank of the river and then whistle across for Charon to come over in his trolley. This affair being a box suspended on a cable with a couple of wheels arranged so you could navigate the distance by hand power. Unique if nothing else. The babe arrived and all went well. A question now comes up. Islands are the property of the government. In signing the birth certificate should the doctor say that the baby was born in Iowa or just in the United States?

## Assemblies

The extremely interesting programs presented to the student body recently have attracted renewed attention. Dr. Gordon introduced the Rev. Stoddard Lane Friday, October 27th. Dr. Lane very ably handled the difficult subject of "Science and Religion." Without offense to either side it was pointed out that a very intimate and necessary relation exists between the two.

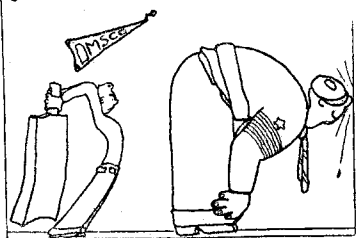
Dr. Robert Bachman proved himself capable of doing the right thing at the right time by presenting Mr. R. M. Miller of the General Electric Research Laboratories. Mr. Miller has a manner of speech that holds your attention but with such an interesting subject he would need nothing else. The entire student body was surprised to learn of many new applications of old principles, several applied to therapy. Mr. Miller also brought out the fact that there is still plenty of room of improvement in the electrical field and many things yet to be done.

Dr. Glen Fisher provided an hour of entertainment by turning back the pages of time. It has been years since we heard and saw an old time chalk-talk-er work. The old jokes, the old pictures and the old patter brought back many fond memories. It was excellent entertainment and fully appreciated.

Chas. Gnau has put the musical group through a dry cleaning process and has already shown the effect of renewal effort applied in the right direction. We hear rumors of a Glee Club, perhaps we will here more than rumors soon.



## FRATERNITY NOTES



## ATLAS CLUB

A Hallowe'en party was held at the house and the hard times costumes seemed very appropriate at this time. Henry Retman still insists he was wearing his best suit.

The "Kitchen Mistry" continues to be unsolved but the guilty finger tends to point towards Don Hickey. How about it Don?

Verne Dierdorff wants a different car again. The old model T was almost bent double and the windows broken in the collision. We are glad you were not hurt Verne.

Bill Costello seems to have his hands full since he is president of the pledges. Those boys from Detroit really give him something to worry about.

The Basketball Tournament is the center of attraction at the present time. Casy Kessler still shows possibilities of becoming a star although John Secor is giving him keen competition.

Cy Potter is trying to sell his bets on Kansas while Twaddell insists the team may win sometime. Tiny isn't saying a word.

Anyone interested in a special five-dollar proposition see Bob Ogden. He promises great returns for all invested.

Practical work nights have been very interesting and we wish to thank Dr. Fred Campbell for the program he is endeavoring to carry out.

Bruce Farmer wishes to announce that he will have some more money and another watch in a few days. Those needing money will please go to the filling station with a gun and Bruce will help you out (?).

John Secor would like to know how to replace brakes in his car. Why not make a blue print next time you take it apart, John?

Those attending the Freshman Reception at the Hoyt Sherman report having a good time. Thanks to the school. We would like more of them.

The new Kits really look slick and some of the boys made six calls the first evening. Oh, Doctor!

We wish to announce the pledging of Frank Bumpus and Ralph Ritchey.

## IOTA TAU SIGMA

To say the least, we were a bit disappointed with the first showing of the basketball tournament. It seems that the brothers were all pepped up for that first game and then to have it fall through the way it did was too much. However, we did

make the best of the situation and the result was a quite lively little game, you know one of those inner fraternity affairs.

The conditions of the brothers, the day after the night before, who participated in the game is quite surprising. On the whole they are in fairly good shape considering that the majority of them if they were as old as they act sometimes, would have one foot in the grave and the other slipping in the same general direction. Nevertheless brother Gerow, and as we understand Brother Maloy, couldn't take it at all and as a result the former is all broken up now, while the latter is as good as could be expected. Well, that's the way it goes with these athletes.

Bro. Nowlin, '30, having completed his work in Des Moines has returned to his home in Cedar Rapids. Although he was unknown to the brothers before, he soon grew in a few days, to be one of the best all around men in the house. To say that we're sorry to see him leave would be putting it mildly.

During the past month as a result of the new deal, the fraternity has been going on quite a buying splurge, nothing elaborate so to speak, just a few articles of furniture which we were sadly in need. And now one would experience difficulty in recognizing the old place if he hadn't seen it since last year. All in all we're quite proud of our work and feel sure that the new furniture will come in very handy when we move into our new house next semester.

There comes a time in every columnist's life when he must dish out a little dirt on the side to keep things interesting for his readers. One does get tired of all this cut and dried stuff. So to start, Bro. S. G. Beghtol, our big game hunter is staring out this P. M. in quest of the rather elusive canvas back. Gene has promised to invite us to a duck dinner and he'll bring the ducks. However we feel that he couldn't be depended on under those circumstances, so no doubt the ducks will be enjoyed down at B. & H. (do you wanna buy a duck).

## PHI SIGMA GAMMA

The end of the harvest was celebrated with a Fall Festival dance at the house on Friday, November 3. The event was graced by the presence of several members of the faculty.

October 30th, "open night," Dr. Gladstone addressed the group. His topic concerned the relationship of the Osteopathic physician to the optometrist.

We were honored in having Dr. John Rogers as a guest at dinner during his stay in Des Moines.

The chapter announces the pledging of G. Folkman, G. Niehouse and K. Dirlam.

To watch the members attired for sleep in the dorm one would think that they were going to a

skating party. "The Professor" has been seen retiring in a sweater labeled with three X's. We presume that it indicates his derivation from "rare old stock."

It has been suggested that the next time Bill steps into an elevator shaft, he wear a "light fall suit."

Dr. H. Toepfer, who has finished his internship at the Des Moines General Hospital, spent a week at the house before journeying east.

## SIGMA SIGMA PHI

The Sigma Sigma Phi Honorary fraternity announces the initiating of Benny H. Devine, Fred J. McAllister, William F. Hall and Don L. Ashmore. Following the ceremony the entire group enjoyed a feed at the Nanking Cafe.

## Non-Frat

The recently organized Non-Frat group held their first meeting at the Y. M. C. A. on October 30th. Dr. H. V. Halladay gave an interesting lecture on "Ethical Publicity."

The second bi-monthly meeting was held at the Y. on November 13th. Miss Ava Johnson gave an address, "Personality and the Physician," and Herbie Connor of C. C. C. C. presented several selections on the accordion.

The meetings are for the purpose of better organization in the large group of non-fraternity members. Everyone regardless of other fraternal affiliations is invited and urged to attend these meetings. Officers of the group are, DeWitt Goode, President; Sidney Ellias, vice president, and Saul Seigle, secretary-treasurer.

## Thanks!

Several have clipped the "change-of-address" coupon in last month's issue of the Log Book and sent it in. Many have sent new names and with the exception of one case all were pleased with the Log Book. We do sincerely thank you and hope that even though the majority of you do not express yourself that you enjoy the publication and will take the time to drop us a line when you have a minute to spare.

## SOME OVERTURE! !

Phone conversation picked up by our wire tapper.

Virg: How about that meeting tonight, Harry?

Harry: Can't possibly make it. We're having company for dinner tonight, tomorrow night and the next and the next. You know I just got back from hunting pheasants.

Virg: What about the Poets?

Harry: Huh, oh, I didn't see any.

(Bang goes the receiver, Another good one wasted.)

## The Medics Failed

Cases cured by Osteopathic methods have ceased to be spectacular. In the early days of the science the boldness of the Osteopath in taking and curing cases given up by regular physicians attracted considerable attention and was responsible for the large student body consisting of many middle-aged aspirants. Today these cures are no longer surprising due to the frequency of them. The clinic of Still College offers many of these cases. The following reports is not padded. The names can be furnished to anyone sincerely interested and the patient will be glad to affirm any of the statements.

Mrs. G. W. of Des Moines is 62 years old and a housewife. Nine months previous to her introduction to Osteopathy she had an accident that resulted in fracture of the tibia near the knee. She was taken to a local hospital (not the Des Moines General) and the leg was placed in a cast. She had the best of medical care and was discharged later with the information that the limb would probably have to be amputated and that she would always be a cripple. After she was settled in bed at home some friends prevailed on her to try Osteopathy. John Agnew, then a Senior in the college was assigned to the case and reports the following: "Left leg flexed at knee and toes dorsoflexed. Muscles weak. Knee stiff. Limb cold. Patient unable to help self in any way. General health good. Had been slightly lame from injury early in life. Lesions in lower dorsal and upper lumbar affecting blood supply. Adhesions causing stiff knee. Lesions at 4th and 5th lumbar affecting Sciatic nerve."

In five treatments Dr. Agnew had the patient up and supporting weight on the affected limb and as far as the patient was concerned was completely cured. Regular treatment was continued until at this writing the patient walks with the aid of a cane and crutch but can easily support herself and take steps without any aid. Her health is excellent and she is doing all of her own work. The circulation is normal in the affected limb and the muscular strength is equal to the unaffected one. It is needless to add that her mental state has improved along with the physical improvement and she radiates happiness as she goes about preaching Osteopathy to all her friends.

The remarkable features of the case are that with the best medical advice in the city she was offered nothing more than a bedfast existence the rest of her life with nothing said about the possibility of manipulative therapy. Also, in spite of the age of the patient she responded to treatment immediately. The first treatment effected considerable improvement both in position and comfort.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Editor.....H. V. Halladay

Osteopathy Without Limitation

## Well, Well, Well!!!

How long has this been going on? For years we say, but some are just finding it out. We reprint below from page 591 of the November issue, 1933, of Physical Therapy and Radiology.

### Spinal Manipulative Treatment in General Practice

Pointing out the values of spinal manipulative methods (as now mostly used by unqualified practitioners), in such conditions as dyspepsia, chronic cough, backache and insomnia, Dr. L. Capper-Johnson, in Brit. J. Physical Med., Aug., 1932, remarks that he knows from experience how often the general practitioner's reputation suffers from apparent inability to clear up what the public call simple complaints, which disappear rapidly under unorthodox treatment, and how excessively annoying it is to find a valued family connection thus severed. The mere assertion that such methods are not recognized in orthodox medical circles, in this day of skepticism makes the family doctor look foolish and out of date. Surely, the way to meet this new attitude is boldly to investigate the reasons for their success and try to add to our therapeutic equipment technic which, perhaps, has not yet been included in the syllabus of the medical schools.

## Athletic Clinic

The football season is about to close and the basket ball practice and training will soon be the main topic among the Seniors. With our four local high schools, Valley Junction and the Catholic Academy on the list the Seniors have been kept busy. Something like 700 boys have been under the care of these students during the past several weeks. The rivalry among the teams is carried to the Seniors and Bud Cooper and Louis Kestenbaum will win the pot for East high is almost certain to win the city championship.

Considerable excitement was caused not long ago when eighteen girls from the A. I. B. came over to the college for their examination so they could qualify for basketball. Every student in the college wanted to assist but Virg, the old meanie, confined his aides to the officially appointed Senior for the team. Applications are on file from six Freshmen for this job three years hence.

## Help!! Help!!

In our several years experience in the care of athletes and in all of my correspondence in regard to this work this is the first letter of this kind I ever received. Something is surely wrong here and it is not clear in my mind just why there has been a failure here. I know the physician well and know the territory. This will require more than a thought or two. Have any of you in the field had a similar experience and are just a little shy about saying so. I have so many letters that are exactly opposite in type that I feel sure that the fault is not with the Osteopathic end of the work. Have you any suggestions? If so help us with this case.—H. V. H.

Dear Virge:

For years I have been reading a good deal about osteopathic handling of athletic teams. My experience has been that this is usually a thankless job. The athlete is temperamentally inclined to accept favors easily. The Athletic Association is perennially without money. The advertising obtained has been almost nil. In other words, the financial aspect of the care of athletes is apt to be a sad story. I treat a few glass arms, stiff knees and busted backs for professional athletes temporarily flushed with money. My regular patients send me their injured sons and daughters.

However, I may have missed a vital point in the whole matter. I wish in the near future you would make some public pronouncement along the lines of "How Athletes Can Assist in the N. R. A. Program," or some such appropriate topic.

I always enjoy reading of your summer sojourns.

Your old friend.

**We Cannot Accept Ads But—** if anyone is interested in purchasing an Albright table complete with all attachments write to Mrs. A. Wilson, Commodore Hotel, Des Moines.

### The Oregon Bulletin.

Thanks, Dr. Van Brakle, we enjoy your bulletin and will change your address.

## Did You?

See that cartoon by Webster showing the "card" kidding Dr. Shambaugh an Osteopath? We are not sure but think this may be intended for the real Dr. D. A. Shambaugh of Norwalk, Conn. Knowing him personally would say that the picture hardly does him justice but yet there seemed to be a slight resemblance especially the nose. How about it, D. A.?

Did you hear the broadcast of Marie's birthday party? May we add our humble congratulations and good wishes to this artist who has so freely given of her vitality to make us all more appreciative of life.

But of course you did—ex-

perience that new emetic—"Wyncha come up some time?"

Hear the Carefree Carnival Saturday night, October 3rd? If so you must have heard Dr. Fishface the Osteopath in his extremely funny part especially at the end where he succeeded in rendering the patient useless for further broadcasting purposes. Some will disagree with us but since the whole program was made of fun being poked at doctors, it was no more than right that Osteopathy should be included with the others. We get a big kick out of this program every Saturday night, and the Senator is always good. The announcer slipped once and called him Senator instead of Doctor.

Know that one of our students has Vet tendencies? We must get a case report on this four legged patient who has been to the Vet college at Ames and to various places for treatment and finally comes to one of our Seniors.

Notice that when anyone wants Jay they yell "Dr. Halladay?"

## After Eight Years

I had the pleasure and advantage in October of returning to Des Moines after eight years and visiting Des Moines Still College of Osteopathy. Also for the first time in twelve years, of visiting Des Moines General Hospital. Like my visit eight years ago, I was only able to stop off in Des Moines for a few hours and could not visit all I wished. I had to pass up the hospital before.

Eight years ago, Still College was in the old building. Now I was shown through a building of up-to-date structure, fireproof, roomy, well supplied with windows with no obstruction of higher buildings near to shut out air and light, and although the student body still get the advantage of exercise on the stairs, for visitors at least there is a good elevator service.

It was interesting to go through the college and try to recognize some of the old equipment. It is difficult to identify much of it. There are too many new incubators, laboratory utensils, cases, tables, desks, special examining rooms, clinic treating rooms, etc., to be able to see any of the less plentiful equipment we worked with years ago, if indeed any of it is still retained.

For example, those old semi-circular straight-backed wooden seats in the old pit, where one could wear callouses on the knees against the edge of the seat in front! Not a sign of the many-where now. Also those old creaky seats we had in chapel! Now one sees fine new comfortable theatre seats in the assembly room.

The chemistry laboratory looks familiar. But then all such labs resemble each other with the reagent bottles on the shelves and the bunsen burners, sinks, retort racks, etc. But the chemistry

laboratory stock room and private office is double the size of the one in the old college building, and it looks to be doubly stocked with utensils and supplies.

The biology lab and the histology and pathology labs are arranged quite differently from the old ones, and they are bigger and much more complete. These new ones look as if students and faculty members spent many hours outside the regular class periods. It makes an old timer feel as if he might better come back and spend a while and be taken into the secrets these newer students in our osteopathic colleges are having revealed to them in these labs.

Then Des Moines General Hospital has also changed, although from the outside it looks like the same old familiar building. When one enters the front door he finds himself in a rather large pleasant sitting room, where during clinic, the hour (I was a visitor) the persons accompanying the patients are made comfortable. The business office window opens into this sitting room. The old hallway is gone. The stairs seem different. They are carpeted and silent. A maid was going over each step with a hand electric vacuum cleaner.

In the operating rooms, Dr. J. L. Schwartz was quietly and efficiently doing tonsillectomies under general anesthesia, with the surgical nurse and one interne to assist. The two patients he operated while I watched, were children. Dr. Schwartz had the mother of one child to look in to see how clean and complete was the removal of the tonsils when he was finished.

In the other operating room, Dr. H. J. Marshall was doing tonsillectomies under local anesthesia. Another interne was assisting him. I watched while he operated two patients, both adults. I had the temptation to sit down there and have Dr. Marshall dig out some old remnants of tonsils from my own throat, he seemed to do it so easily and with so little discomfort to the patients. Of course I knew what a contract the next day or two might bring in discomfort to the throat.

Then a very hurried visit down to the laboratory where Dr. Cash was surrounded by all manner of equipment for diagnostic and research work, completed the visit to an institution that every osteopathic physician should be proud of, and where any student can receive instruction and training he need never make apology for.

Donald M. Lewis.

### DR. SMOCK VISITS IN DES MOINES

Dr. A. M. Smock, her secretary, Miss Ida Jacoff, a patient and chauffeur stopped in Des Moines enroute to the Chicago Fair and New York. The party was entertained at the home of Dr. H. V. Halladay. The group visited the hospital and college and Dr. Smock was drafted to speak to the Delta girls.

## I. O. A. Bulletin

Being ever conscious of the courtesy extended by the Log Book and the Des Moines Still College in extending the Iowa Society free space in their publication, we are a loss sometimes as to what to say and yet not consume too much of the space furnished and paid for by the College. We are grateful for the courtesy and trust we may never crowd over on to the other fellow's territory.

All Iowa Osteopaths are mindful of the fact that the Special Session of the Legislature is now in session and under the capable direction of our workers, who have charge of affairs, we trust each and every one will respond in every way asked and do it RIGHT NOW. Yes, that means money donations, but it means in a much larger way active co-operation and assistance and if you are asked to do something that our Legislative Research Director asks you to do, do it as he has a definite reason for asking you and not someone else.

Just recently the last issue of the Buckeye Osteopath reached our desk and the Ohioans are seeking an independent examining board in their state. If the rank and file of the Ohio Osteopaths are half as enthusiastic and osteopathic as the editor of that publication, they cannot help but go over the top in their attempt. We are not acquainted with the editor of that publication, but it is the most inspiring and peppy publication we have seen in many moons.

In last month's issue of the Log Book we mentioned publishing the names of the members of the Society. This idea was presented by one of those who is listed as partially paid. We think it has its merits. There is still time to pay your dues and secure the star in the new A. O. A. directory, but the dues will have to be paid this month. Perhaps some of you think your dues are paid and will be disappointed not to find a star in the Directory when it comes out. Look over the list as submitted to the Log Book and govern yourself accordingly. This list was sent in the afternoon of November 9th. Last year a very prominent member of the Society and one who has contributed heavily in time and money did not receive a star and did we catch it. Fact of the matter is he absolutely forgot the dues.

There will be some names not on this list that haven't been on the Society rolls for several years—there will be others that thus far have neglected to pay. We are not saying, "Thou shalt" as we do not know the conditions, perhaps some of you are helping out other members of your family and haven't the money right now, we are not attempting to pass judgment—BUT we do feel professional obligations are as much a duty and obligation as the office rent and should receive like consideration.

The following are taken from the Society files by districts. We won't attempt to give the number of practicing doctors in each district as that would make the record look quite embarrassing indeed. If your name isn't here, send in your dues and we will list you next month. It has been suggested we publish non-members—but that would take the entire Log Book—so we can't do that but we will publish new members from month to month.

Paul O. French, D. O.,  
Sec.-Treas.,  
410-11 C. R. Savings Bank,  
Cedar Rapids, Iowa.

### First District.

Drs. Lilla Davidson, Charles City; Paul O. French, Cedar Rapids; S. A. Helebrant, Cedar Rapids; B. M. Hudson, Charles City; Holcomb Jordon, Davenport; Lydia Jordan, Davenport; Matie Kitson, Osage; G. H. Miltenbaugh, New Hampton; B. H. Rice, Cedar Rapids; C. K. Risser, Maquoketa (partially paid); Augusta Tueckes, Davenport; Theo. Tueckes, Davenport; H. B. Willard, Manchester.

### Second District.

Drs. Theresa Burns, Creston; B. D. Burton, Council Bluffs; D. M. Kline, Malvern; J. A. Kline, Malvern; P. S. McQuirk, Audubon (partially paid).

### Third District.

Drs. C. J. Christenson, Keokuk; A. W. Clow, Washington; P. L. Etter, Washington; Bessie Nudd, Burlington; R. R. Pearson, Muscatine; Stella Pearson, Muscatine.

### Fourth District.

Drs. Carolyn Barker, Ft. Dodge; W. C. Chappell, Mason City; Loren Green, Sac City; M. E. Green, Carroll.

### Fifth District.

Dr. H. L. Ganzehorn, Mapleton; R. B. Gilmour, Sioux City; Sara A. Miller, Sibley; C. N. Stryker, Sioux City.

### Sixth District.

Drs. B. E. Atkinson, Boone; Robt. B. Bachman, Des Moines; F. W. Bechley, Guthrie Center; R. E. Brooker, Grinnell; Martin Biddison, Nevada (partially paid); Ferd D. Campbell, Des Moines (partially paid); Della B. Caldwell, Des Moines; A. D. Craft, Osceola; L. L. Facto, Des Moines; R. W. Gehman, Des Moines; Geo. W. Graham, Marshalltown; J. E. Gray, Newton; F. A. Gordon, Marshalltown; F. A. Parisi, Des Moines (partially paid); D. E. Hannan, Perry; C. W. Johnson, Des Moines; R. B. Kale, Des Moines; H. H. Kramer, Pella; S. H. Klein, Des Moines (partially paid); R. R. Lamb, Des Moines (partially paid); Robt. Landry, Des Moines (partially paid); Fred A. Martin, Brooklyn; H. J. Marshall, Des Moines; Laura A. Miller, Adel; P. L. Park, Des Moines; C. M. Proctor, Ames; D. W. Roberts, Des Moines; J. A. Royer, Dallas Center; Ella Reinertson, Prairie City (partially paid); Carl F. Seastrand, Des Moines (partially paid); G. C. Trimble, Montezuma; Fred A. Martin, Murray; Grace Nazarene, Dallas Center; Stryker, Sioux City; Gertrude

Copeland, Coon Rapids.

J. P. Schwartz, Des Moines; John Woods, Des Moines; Wm. A. Craig, Story City.

## Iowa Adult Health Clinic

The second chapter of the work being done by the Iowa Adult Health Clinic is almost completed. The personnel and the officers of the committee were the same as last year, but many new faces were seen on the examining staff. The intention is to change about half the staff each year to give as many different doctors as possible the opportunity to attend this intensive post-graduate course.

If you have read Dr. Becker's article in the October Journal, you have a splendid word picture of this clinic, and I can proceed to give an account of the actual work done.

But first let me tell you that one of our delightful experiences this year was meeting the new members of our staff, and finding them doing such splendid work. Some of them were strangers to us all, but in that short week we became friends. It was a joy to find them, to be able to give them this clinic experience, and to widen our friendships and theirs. But for the clinic we might never have known them in this intimate way.

The conductors were most efficient and generous in their service, and anxious to return again next year, because of the experience they receive.

The number examined this year was somewhat reduced because one hour was cut from the examining time for each day. The number was still quite sizable, being 324, the most in any one day being 56.

This year we secured the data as to those who were having their first contact with Osteopathy. The records shows 185 with no previous contact, and many others who only had one or two treatments. When you consider those facts you can see the tremendous influence of this clinic on educating the public osteopathically. The quality of that education is well illustrated by a letter I received from a County Superintendent, who with his family have passed through the clinic last year and this. He said, "I want to say that I had one of the best examinations at the Clinic held at the State Fair that I have ever had. I was very much pleased with the examinations given the other members of my family. These examinations were very thorough and satisfactory."

Every osteopath of the State can be proud of the type of examinations given at this clinic. The full scope of osteopathic practice is clearly shown. The diagnosis and recommendations are sound. The A. O. A. case record was used and no partial examinations were made.

To make the clinic of the most possible service to the profession, each record is copied. This copy is sent to the osteopathic

doctor requested by the patient, are in case no request is made, to the osteopath in that locality. A postcard is also sent to the patient saying the doctor has the record. This means extra expense for records, postage, and cards, but comes as near putting the patient on your treatment table as it is humanly possible to do. You can complete the transaction by writing the patient yourself, that you have their record and will be glad to be of service to them. Will you do it?

A clipping service this year through the month of August was maintained and furnished some interesting information. During that time 18 inches of display advertising appeared, 50 inches of readers, doctors leaving on vacations, etc., and 75 inches of Clinic readers, which did not cost one cent. This was partly secured through the publicity man for the Fair Board, but most of it came through the use by the doctors of the article sent them for their home papers. No Clinic publicity was of the display type.

I contend that the type and kind of service this clinic affords is certainly worthy of the support of every doctor, and should be put into every state where possible.

We were greatly honored by several distinguished visitors, men and women of affairs in our profession, whose judgment we all respect. Dr. Geo. Laughlin, Mrs. Laughlin and Mary Jane came up on one day. Dr. A. D. Becker, Mrs. Becker and son, another day. Dr. Geo. Conley, and Drs. Margaret and J. L. Jones, another day. We were delighted to have them here because we like them personally and we appreciated the interest in the clinic that these visits showed.

Dr. Della B. Caldwell,  
Chairman.

## Sixth District Meeting

A brief report covering the Sixth District meeting at Boone, October 19th, indicates that while the attendance was not as high as expected the program was highly appreciated.

Dr. F. A. Paresi of Des Moines spoke on "Comparative Therapeutics," Dr. Harry Gamble of Missouri Valley covered the question, "What is Osteopathy and What Osteopathy is," and Dr. George Conley of Kansas City addressed the meeting on the subject, "The Old Time Religion." Following a business meeting Drs. Conley and Gamble continued on the program.

The meeting next year will be held in Adel with the following officers presiding: Dr. Laura E. Miller, President; Dr. A. D. Craft, vice president; Dr. Ralph Brooker, district trustee and Dr. L. L. Wade, secretary-treasurer.

Several students from Still College drove up to attend the afternoon meeting.

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# THE LOG BOOK

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Volume 10

DECEMBER 15, 1933

Number 12

## The January Graduating Class

Another example of "Quality, not Quantity" is found in going over the roll of candidates for graduation the 19th of January. As the following list indicates they are few in number but if you had the opportunity of contacting this group you would know that they have been exceptional students and leave Still College with a thorough training. The small number in the class has made it necessary for them to do more than double work in the clinic and this has of course been to their advantage. These boys are truly "Trained in Practice."

At the present writing we have not secured the detail of where they will locate but we congratulate the community in which they decide to practice the science of Osteopathy.

Remember these names: O. L. Cooper, Homer Fredricks, H. L. Gulden, W. Lawrence, Wendell Kessler, Louis Kesten, H. L. Stevison, and E. J. Winslow.

## Dr. Don M. Lewis Dies

We quote below from a letter received from Dr. H. V. Glen, president of the Arkansas Osteopathic Association:

"I notice in your issue of November 15, 1933, an article by Donald M. Lewis, titled, 'After Eight Years.' This served to remind me as to just how uncertain life is, since I attended Dr. Lewis' funeral in Little Rock last week and thought you would appreciate the information concerning his death.

"Dr. Lewis died at his home in Little Rock, Tuesday, November 21, shortly after having eaten a hearty dinner. He was resting before making some calls and died suddenly while reading. He had been secretary-treasurer of this association for a number of years and was one of the best known Osteopathic physicians in Arkansas. His passing leaves a vacancy in our ranks in Arkansas that will be hard to fill. His work as secretary was performed so efficiently that few of us knew the tremendous amount of work he did. We feel that we have lost a friend as well as an associate."

## 1934 Calendar

Roll Call	January 3
Graduation	January 19
Registration	January 20
Roll Call	January 22
Graduation	May 25

## A Merry Christmas and A Happy New Year To All!

### Basketball

The first half of the basketball schedule has been played with the Atlas Club leading by a wide margin having had no defeats so far.

Since not all of the fraternities are participating as originally planned, the schedule has been changed. It has been necessary to bring in outside teams which helps to add interest to the evening's entertainment.

Effective the next game the contests will be played at 9 o'clock on Tuesday night instead of 8 o'clock on Wednesdays as in the past.

The students so far have shown very little interest in these games and do not appreciate the good time they can have razzing their best friend.

We would certainly like to see the students show a little interest in these games at the Jewish Community Center and at the same time receive a little diversion from their usual routine.

—B. D.

### They Keep You Busy!

Closing his roll book at noon of November 21, Ye Editor hopped into the chariot and sped to K. C. This was at the kind invitation of Dr. C. A. Tedrick of the staff of the college and chairman of the program committee of the local association. We met in the fine newly remodeled college building and it is something to be proud of.

The local group had just the kind of a crowd present that we like to talk to. Coaches, and those in the city interested in physical education. Many Osteopathic physicians and a scattering of friends. To us it was a treat to talk about the value of Osteopathy in the care of Athletes.

An added pleasure was the opportunity the following morn-

(Continued on Page 4)

### Student Loan Fund

Since the inauguration of the Student Loan Fund by the American Osteopathic Association two years ago, fourteen senior students, representing the six recognized Osteopathic colleges, have been granted loans, without which they could not have graduated. All colleges participate equally in sharing the advantages of this fund.

The sale of Christmas Seals,



together with several very substantial gifts, has made this worthy enterprise possible. The Loan Fund Committee is very grateful for the generous and hearty support given by the profession. The same gratefulness is apparent in the whole student body of every Osteopathic college. This movement was initiated and its activities are conducted by the American Osteopathic Association which sponsors the fund for the American Osteopathic Foundation.

Only a small percentage of the eligible and needy candidates are granted loans because of the limited amount of money available. Your donation and those of your friends will meet this crisis. Why not give to a cause which is purely Osteopathic?

Do not limit your donation to the number of seals you can use. Perhaps you can stimulate some interested friend of Osteopathy or some club or group to make a substantial gift to this fund. See any of the following students: Cooper, Halladay, Devine, Ryan, or Bob Hoefler.

## Dr. Perrin T. Wilson to Visit Us

Word has been received from Dr. Perrin T. Wilson, president of the A.O.A., that he will make us a flying visit, January 4.

Plans have not been completed for every minute of his stay during the day, but we will guarantee that he will not have much time to shop. Our observation is that if he keeps up his schedule of visiting during the next six months as strenuous as the past, that his practice will suffer, but we, as a profession, will be ahead.

## Students Banqueted

Monday evening, Nov. 20, Lincoln High School's football team was awarded for their services during the past football season.

A wonderful dinner was served and you should have seen the boys go for it. (Ask Houpt and Schwartzbaugh if they did justice to a free meal.) To top off the dinner, they served ice cream and cake for dessert.

Following the dinner, Mr. Hutchins, vice-principal of the school and chairman of the banquet, gave a short talk. He then called on certain members of the football team for short talks.

Having called on the boys, he called on parents. I must add here that there were some nice things said about the boys, their coach, and the two Doctors that took care of their boys throughout the season.

The greatest surprise of the evening came when the chairman called on Houpt and Swartzbaugh for a short talk. They got along in great shape, but their faces were as red as the faces of the boys who had talked before them. (Ask Houpt—he was called on first.)

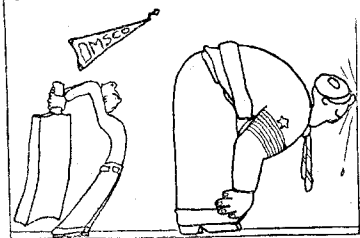
Coach Arden McClain was the last to speak. His talk was short but he brought home his point in fine fashion.

His subject was, "Controlling Emotions on Any Team." A team, he said, cannot expect to bring home a victory unless they have the full co-operation of every individual playing on that team. He praised our Doctors for their work with the boys. Here he added that during the full season only one boy was kept from any game on account of injuries. That being a broken clavicle, sustained in the Lincoln-East game.

—"One of Them."



## FRATERNITY NOTES



## ATLAS CLUB

The house was the scene of a Freshman Class Dance Saturday, November 25th. From all reports the event was a decided success.

Many of the fellows were home over Thanksgiving vacation. Now we are all looking forward to a good visit at Xmas time.

Recent purchase of a ping pong table and equipment has enlivened the evenings around the house. All of the members are enjoying the sport except Casy Kessler. His waistline cannot stand bending over chairs and looking under davenport for the elusive celluloid ball.

Basketball was resumed this week after a few weeks lay off. A game with the Non-frats was played Wednesday and anyone who thinks modern wrestling is rough should have seen that game.

Bro. Scheffold claims the duck-eating championship of the club. After eating Thanksgiving dinner he claims that 34 duck bones remained on his plate. If he ever gets to Perry again he can take his own ducks.

Bro. Forbes, at present out of school, drops in quite often at the club. His vocabulary seems to increase with time.

Bro. Hickey moved into the house recently. He has the misfortune of sharing a room with Bros. Scheffold and Bigsby. The club extends its sympathies to Bro. Hickey. His case is indeed a very trying one.

For information regarding marriage call Ed Lodish. He assisted very nicely at a recent wedding. His name was mentioned in the Sunday paper but no picture accompanied the write-up. How about it Ed? Wouldn't they accept your picture?

Pledge Harry Stimpson has been quite often of late in the company of a very nice Irish lass. You had better change your nationality Harry because the English won't rule over the Irish in all cases.

We were honored at our last meeting with the presence of two alumni members of the Atlas Club, Dr. Virg Halladay and Dr. Harry Marshall. In behalf of the Grand Council of the club they presented the Xyphiod chapter with a jewel designed around an original Atlas pin dating back to 1900. We wish to take this opportunity of thanking the Grand Council for the jewel and assure them of our appreciation of this gift.

Dr. H. V. Halladay, Keeper of the Archives of the Grand Council reports a fine set of old At-

las Bulletins received from "Dave" Drew of Barre, Vt. This set is not quite complete and other contributions are requested along this line. It is the idea of the committee to make up a complete file of the Bulletin and send it to the A. O. A. for permanent record in the name of the Atlas Club.

## IOTA TAU SIGMA

Definite information is not available yet, but the evidence is that all of the brothers had a good time Thanksgiving.

Brother Beghtol reports flat tire trouble as part of his Thanksgiving program, but we don't believe brother Pohl was bothered that way.

The house was very glad to have brother Irwin, of Corning, Nebraska, as a guest for a few days. Field members returning for visits always have an inspirational influence. We believe all of the brothers feel "pepped" as a result of his visit.

We note that Brother Maloy was "here" with a bang in dissection the other day.

Pledges Yuki and Dresser may be seen nightly going into a huddle and whispering earnestly. Xmas is coming and that probably accounts for it. After inspecting the picture on Frannie's dresser we're sure Santa isn't the only reason for the enthusiasm.

The juniors are all getting their kits together ready for clinic next semester. "The thrill that comes once in a lifetime," or something.

Brother Gerow is having some real trouble with impacted wisdom teeth. Our sympathy, Bob.

Brother MacIntyre is going to stay in Des Moines over Xmas. "My Gracious."

The chapter announces the pledging of Robert Hofer, of Dayton, Ohio.

Brother Hobbs cheerfully relinquishes his crown in favor of brother Pohl. We suggest a robe of "Brown" for our conquering hero.

The chapter wishes everyone a Merry Xmas.

## PHI SIGMA GAMMA

Key-holes: Put my ear to the keyhole of 304 the other day and heard Miss Johnson ask Bill Moore where his vaso, constrictor center was. He answered, absent minded, "Oskaloosa." The change in blood pressure occasioned by his visits there are obvious.

Sports: Earl Jurgeson has been crowned "Hamburger King" in the 165 pound class, but it is reputed that as soon as "Whimpy" Irvin can reduce sufficiently to enter that class, Earl will need intensive training to retain his position. Irvin says that it isn't in keeping with his dignity to be a "paragapher" so next time we will give him a column.

Cupid Shoots Another Dart: One more victory for a perfect marksman—Cupid. On November 23rd, Cal Haupt gave a birthday surprise party to honor his fiancée, Betty Ford. The

fraternity members and their weaker moments were entertained royally with a dinner, a dance and bridge. The Don Juan element at the house hopes Cupid again shoots straight and soon.

Dr. Glen Fisher and wife were dinner guests at the house November 12th.

The week-end parties are fun—aren't they, Joe and Gibby? Every other week, the radios and bridge table get a good workout. So do about twenty pairs of shoes and two hardwood floors.

Hell week has come and gone. Eleven men can inform you as to whether this should come under "Fun" or "No Fun."

Diekow always says he is going to study over the week end. Of course Henry, you always study over the weak end.

Alumni—Dr. H. Kesten, class of May, 1933, visited Des Moines recently.

Phi Sigma Gamma actives and pledges take this opportunity to wish all who read this a Merry Christmas and a Happy New Year.

## DELTA OMEGA

Delta Omega wishes to announce the formal pledging on December 7 of Misses Helen Butcher of Des Moines, Dorothy Failing of Oxford, Michigan, Evelyn Ketman, Des Moines, Clarise Kieft, Muskegon, Michigan, Wilma Westfall, Indianola, Iowa, and Marybelle Ziegler, Cincinnati, Ohio.

The meeting was held at the home of Dr. Genevieve Stoddard. After the business of the evening the girls enjoyed bridge and dancing.

The holidays were enjoyed by the group in various ways. Some were out of town and others used the time to advantage here in the city.

Christmas bids fair to give more and better good times. The big question is—going home.

The Delta girls enjoyed the hospitality of Phi Sigma Gamma fraternity in their invitation extended for the Fall Festival dance, November 3.

A bit of work that we appreciated was the meeting at the Atlas Club on November 20, 1933. Dr. Gladstone gave some interesting material, and practical points on the Eye.

## The Senior Dance

At the time of the publication of the Log Book we are hearing great lot about a Senior Dance. From the preliminary information it is to be held at Park View and will assume all of the appointments of an elite affair. The most important feature of the dance is the idea back of it. The Seniors feel that we do not have enough get-together affairs. It is their idea to merely sponsor this as a gesture indicating their willingness to do a great deal of work for the pleasure of seeing the student body have an enjoyable evening. The Seniors are to be complimented on their efforts and every student in the college should support this dance.

## Good News!

The Massachusetts Osteopathic Hospital News of November, 1933, carried the following item that should be of great interest to the whole profession. The college situation in Boston has not been satisfactory for a number of years. There is no reason why we cannot have a strong college there. Osteopathy has enjoyed an excellent reputation in Boston and vicinity and with the facilities of the hospital available, there is every reason to believe that the proper kind of a college would be an asset in many ways.

We congratulate those behind the movement and urge those in the immediate territory to support this new institution. A system of therapy without strong colleges back of it will eventually die and the Osteopathic profession must appreciate this fact as a basis for the perpetuation of our science.

The item referred to above is as follows:

## New College

One of the interesting announcements made at the recent New England Convention in Winchendon was that of an attempt to start a new college for New England.

On the 18th day of July, 1933, a charter was granted by the Commonwealth of Massachusetts to the New England School Osteopathy for the purpose of the following: To establish and maintain a school for the promotion and practice of, and instruction in, the science of Osteopathy including medical, surgical, anatomical and physiological knowledge and such other subjects as may be deemed necessary and proper by the Board of Directors; and maintain a hospital and dispensary departments and conduct clinics therein.

The incorporators were, Dr. Philip S. Taylor, Dr. Charles R. Wakeling, Dr. William T. Knowles, Dr. J. Harold Evers, Dr. Frances Graves, Dr. Paul G. Norris, Mr. Orville S. Poland, attorney.

The permanent trustees are: Dr. J. Harold Evers, President; Dr. Charles R. Wakeling, Vice President and Dean; Dr. William T. Knowles, Treasurer; Dr. Frances Graves, Secretary; Dr. Perrin T. Wilson, Dr. Mark Tordoff and Orville S. Poland.

Plans are being shaped now with the view of starting a freshman class next fall under the requirements of the Board of Associated Colleges of the American Osteopathic Association.

Dr. Charles R. Wakeling, who is acting as Dean, will be glad to hear from any member of the profession in regard to this new move.

## Deaths

Dr. F. H. Hainline, Dexter, Iowa, November 14.

Dr. Donald M. Lewis, Little Rock, Ark., November 21.

Lilla R. Davidson, November 25, Charles City, Iowa.



# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Editor.....H. V. Halladay

Osteopathy Without Limitation

## New Students

The publication of a list of graduating Seniors must again remind us that a new class is to matriculate very soon. We wonder if you in the field realize that at this time there is a remarkable opportunity for you to contact some prospective students of Osteopathy. Many of our colleges have had their preliminary exams and have on account of the low grading eliminated many students who would be a success in another line of work. The fact that a student fails to come up to standard in a subject in college that he is not really interested in does not necessarily bar him from work of another kind. Also we have many young men and women who have not definitely decided which college they will attend. Get in touch with these and tell them of the opportunities of Osteopathy. A new class enters at Still January 22nd. Send us these names immediately and don't just say "Merry Xmas." Do something that will make it a merrier Christmas for yourself and others in the years to come.

Do your part to make Osteopathy stronger.

## On To Wichita

The Log Book is in receipt of a letter from Dr. J. Deason of Wichita relative to the national convention to be held there next summer. Early returns from a canvas made of the adjacent states indicate an unusual interest in the program and all other features being offered by Wichita. The committee is preparing to take care of our largest convention for many years. The program and entertainment plans are well under way. Announcements will be made each month in the Log Book regarding progress along this line.

## Thanks, Dr. Slater!

Last summer, Dr. Slater stopped in Des Moines, on his way to Arizona, to inspect the college. We are pleased to know that his western trip was successful and that he has returned to his office in Wayland, Michigan.

Dr. Slater has the distinction of being Health Officer in his home city for the past eight years and it would indeed be interesting to hear of his experiences.

## Assemblies

On November 10, Dr. Cash introduced Mr. Wilson, who has been working with the State legislative committee. Mr. Wilson has made it his business to contact the majority of the profession in the state and he knows whereof he speaks on both sides of the question. It is very evident that the legislators will have a much better idea of Osteopathy when Mr. Wilson gets through with them and it might be added that some of our own profession have learned a thing or two. We would rate Mr. Wilson as a very high class educator.

Miss Ava Johnson managed to drag Dr. M. D. Kramer away from his work, November 17. We all know of the excellent Osteopathic training all Drake athletes have had under the care of Dr. Kramer. In his talk he explained methods of diagnosis and treatment for the more common knee injuries. At this time of the year it was especially appreciated, since our Seniors are working with several football teams and will soon start with basketball.

Dr. Mary Golden brought a nationally known speaker to us November 24. Mrs. Max Mayer of our city, has for many years been interested in world problems and has been called to all parts of the country to serve as a speaker. Our objection and hers was that the time was too limited. It was a real pleasure to hear her. Mrs. Mayer was given the city award in 1932 for service to the community, due principally to her work at the Jewish Community Center.

## Belated Broadcast

Don. M. Mills of the Senior class, kept this a secret for some time but finally had to tell. He and Miss Romaine Croil motored to Conception, Missouri, July 26, and were married.

## Hunters!! Oh, Yeah?

If we had all the ducks, pheasants, etc., that were promised the office during the late season, some of us would not be waiting for a way to weigh more. Maybe it is better for some of the faculty that these students failed to get by the game warden. But how about the grade warden?

**We Cannot Accept Ads But—** write to Dr. J. S. Baughman at Burlington if you are interested in purchasing a large home suitable for a hospital.

**And—** We know where you can buy a disarticulated skeleton.

## The Only Hope.

Vaudeville Singer: "And for Bonnie Annie Laurie I'd lay me down and die."

Listener (rising): "Is Miss Laurie in the audience?"

## Speaking of Operations

We often get an inquiry as to just how much surgery students of Still College see and get to take part in. Those of you who have attended Still know the advantages of the surgical clinic, but some who have never been in Des Moines have of course no idea of the extent of this division of the work.

The following cases have been operated before the surgical clinic at the College since the beginning of the semester.

- 1 Ectopic pregnancy.
- 5 Appendectomy.
3. Cases of pus tubes requiring double salpingectomy.
- 2 Large ovarian cysts.
- 4 Perineorrhaphy.
- 7 Cervical Cautey.
- 1 Herniotomy.
- 4 Abdominal hysterectomy, three sub-total and one total.

258 minor surgical cases, most of which were tonsillectomies, adenoidectomies and several circumcisions.

In addition to these abscesses of a minor nature were operated at the college clinic and in the surgery class.

During the past month the students have had an opportunity to observe four blood transfusions and several blood injections, three senior students being used as donors in these transfusions.

We feel that this is quite an adequate variety of both minor and major surgical cases for a period of three months and that the student body should receive sufficient instruction in this wide variety and volume of cases necessary for the average clinical practice.

## Death of Dr. Davidson

The death of Dr. Lilla R. Davidson of Charles City, came as a surprise and shock to the hundreds of her friends in the profession. To the Iowa profession she was known by all as an active hard worker and a loyal supporter of organized Osteopathy. Dr. Davidson was this year serving as President of the Iowa Division of the O.W.N.A. and only recently wrote the Secretary concerning her plans for the convention next May. The O.W.N.A. and the profession at large have lost a real worker and a sincere friend.

Graduating in 1922 from the Des Moines Still College, she remained for a time serving in the Obstetrical Department of that institution. Before locating in Charles City in 1925, she practiced for a short period of time in David City, Nebraska.

Dr. Davidson had a very pleasing personality and this coupled with a thorough preparation for her life work, she had established a most successful practice at Charles City, who as we of the profession, will mourn her loss as a friend and an Osteopathic physician.

—P. O. F.

## Drs. Marshall and Facto Go to Cedar Rapids

On October 19, Dr. H. J. Marshall and I motored to Cedar Rapids to attend the Osteopathic convention of the fifth district.

We left Des Moines about seven o'clock and arrived at the Roosevelt Hotel in Cedar Rapids, about ten o'clock and had time to visit with some of the Doctors before the convention was called to order at ten thirty.

The morning program was changed to permit Mr. Wilson, our legislative research man, to give his talk first, in order that he finish in time to drive to Boone, and attend the meeting of the sixth district that afternoon. Following Mr. Wilson's talk the meeting was adjourned until after lunch.

About thirty or thirty-five were present at the luncheon and the Roosevelt Hotel should be complimented for the type of food and service they gave us during the convention.

After the luncheon, the convention was again called to order and the business session taken up in which the officers for the coming year were elected and other business transacted. The business session out of the way the regular program was taken up. I was first to speak, giving a discussion on diagnosis in acute respiratory diseases. Dr. Marshall then gave a talk on acute and chronic diseases of the ear, nose, throat and paranasal sinuses the diagnosis and treatment. Many questions were asked about treatment and Dr. Marshall always answered them to the satisfaction of all. I then talked about ten minutes on the value and importance of taking a case history when making a complete examination. This was followed by a round table discussion which lasted for about thirty minutes and was enjoyed by all.

We left Cedar Rapids at four-thirty and arrived home about seven-thirty, a little tired but happy because we had met and talked with those Doctors whom we see once or twice a year.

L. L. F.

## Memorial

### A. T. STILL

Founder of Osteopathy  
August 6, 1828  
December 12, 1917

\* \* \*

### GEORGE A. STILL

Osteopathic Surgeon  
March 12, 1882  
November 23, 1922

\* \* \*

### S. S. STILL

Founder of Still College  
December 7, 1851  
November 20, 1931

## J. O. A. Bulletin

The last issue of the Log Book carried the names of those having paid dues to the Iowa Society for the year 1933-34. The Society year, just as the AOA year, runs from June first to June first. This we can't over-emphasize as we have found a goodly number, four or five that have paid since last January first and were laboring under the impression their dues were paid for the year. The Society year 1933-34, started June first and runs until next June first. Below are given the ones paying state dues since the last issue of the Log Book.

President Clow's active campaign for members hasn't started as this is being written but is scheduled for the week of Dec. 11th.

We have been asked why we haven't published the names of those subscribing to the Legislative Fund. This fund, our Legislative Worker is collecting in person and makes reports to the Legislative Committee and undoubtedly will make a final report at the State Convention next spring. We have had no report given us of this and hence are unable to publish such.

As the Iowa profession knows from a recent letter from the Chairman of the Legislative Committee, our bill is now introduced in both houses of the Legislature during this, the Special Session. It is the responsibility of everyone to help this work and as our Legislative Research worker is extremely busy now that the legislature is in session, if you will send your contribution either to Dr. Park, 400 Capitol City Bank Bldg., Des Moines, or to myself, we will see that it reaches the proper source. Don't hesitate, — do it NOW.

It should be remembered this Legislative Research Worker will carry through to the next regular session of the Legislature, if for any reason he does not accomplish his work at this session. He is very confident of success and has many times stated to the Committee he has never failed to achieve his object in any legislative attempt he saw fit to enter. Let's each and every one support him in this work.

President Clow and the Secretary have both had letters misinterpreting the doctor's statement made in his letter to the profession under date of Nov. 4th. Since at least three members of the profession have stated their reaction, we would take the space here to clear up the matter, so if by possible chance anyone else is laboring under a false impression it may be cleared. It is too bad the letter was misunderstood and misquoted, as Dr. Park in his letter under date of Dec. 7, quoting from a personal letter from Dr. Clow, states, "There isn't a single one in the profession more

sold on the present plan of legislative activity than I am."

Dr. Clow's statement in his letter to the profession has been misinterpreted in respect to the Legislative Program to read: "It is going to be a dud," "calls the program a dud." Dr. Clow stated, "Our legislative program, speaking frankly, looks like a dud thus far." Dr. Clow had no thought of casting any reflections on the Legislative Committee, or upon the work of our Legislative Research worker. He goes on in the same paragraph deploring the lack of support this legislative program had had at the date of writing and urging the support and co-operation within our own ranks.

Dr. Clow is most heartily in favor of this plan and in his letter of Nov 4th devoted an entire paragraph to our Legislative Worker, urging his support:—"please give him your undivided attention and assistance."

If by any possible chance any of you have held back as indicated in the letter from your Legislative Chairman, from subscribing to this work on account of any remarks in the President's letter, please again read his letter over carefully and then contribute to the work—it is your work and my work. I have contributed and the committee has contributed—have you?

Paul O. French, Sec.-Treas.  
410 C. R. Sav. Bk.,  
Cedar Rapids, Iowa.

### Additional State Members Since the Last Log Book:

Drs. H. W. Gamble, Missouri Valley; J. W. Rhinabarger, Keosauqua; B. D. Elliott, Oskaloosa, (part); R. W. Shultz, Mason City, (part); W. C. Gordon, Sioux City; Elizabeth Mochrie, Sioux City; S. H. Klein, Des Moines, (final); Mary E. Golden, Des Moines; Mabel Andrews, Perry; L. L. Wade, Winterset, (part).

### Detroit Association To Hold Dance, Dec. 28th

The annual Christmas dance held in honor of Detroit students now attending Osteopathic Colleges will be held Thursday evening December 28th in the English Grill Room on the fourth floor of Hotel Book-Cadillac.

All Osteopathic students are invited to attend as guests of the Detroit Association of Physicians and Surgeons of Osteopathic Medicine.

This will be an informal dance and all students are asked to get in touch with some one of the local Doctors upon their arrival home from their respective colleges.

The Detroit Association of Physicians and Surgeons of Osteopathic Medicine wishes to take this opportunity of extending to all readers of The Log Book a very Merry Christmas and a Happy New Year.

Dr. R. K. Homan, Sec.

## Polk County Osteopathic Association

The Polk County Osteopathic Association met Dec. 8, 1933, at their regular dinner and meeting in the Chamberlain Hotel, with an excellent attendance.

Dr. J. P. Schwartz, Dean of Still College, spoke, and the subject was "Treatment of Burns."

The doctor, in his discussion emphasized, first, the seriousness of second and third degree burns. Second, he pointed out the pathology of burns to be marked engorgement of the adrenal glands, loss of body fluids, diminution of blood, concentration of hemoglobin and anaphylaxis due to the absorption of the foreign protein produced by the burn. Third, he said the treatment of choice today was based upon the pathology; then explained that the primary shock must be controlled with opiates; the systemic conditions by the use of adrenalin chlorides; by putting at least two quarts of fluid into the patient's body each twenty-four hours, and to prevent anaphylaxis by spraying the burned area with tannic acid.

These are only a few of the many helpful things brought out by Dr. Schwartz.

The Association has invited Dr. P. T. Wilson, President of the National Osteopathic Association, to be our guest on Jan. 4, 1933. This will be Dr. Wilson's only stop in the State of Iowa and the local association wishes to extend to every Osteopathic physician in Iowa an invitation to attend this meeting. It will be held at 6:00 p. m. at the Hotel Chamberlain and reservations must be in by Jan. 1st. Those of you outside the city of Des Moines, address your reservation to Dr. C. I. Gordon, 806 So. Surety Bldg., Des Moines, Ia.

—C. I. G.

### They Keep You Busy!

(Continued from Page 1)

ing of meeting with each of the classes in the college and also of talking to the entire student body at an assembly. Beginning at 8:45 we were flipped from Sigma Sigma Phi and Atlas to Freshmen to Assembly to Seniors and Juniors and to Sophomores, finishing the game at 12:15. The whole faculty, including George Conley, have absolutely no mercy on a speaker there, so if you drop in on the Kansas City College, either wear your false whiskers or go prepared.

### We Like These

A letter from Dr. Carlton Towne of Tucson, Arizona, requests Osteopathic service for the university team when they are here in Des Moines playing Drake. We are glad to do this and to know that Dr. Towne is doing work of this kind in his territory.

## Iowa State Board

The Iowa State Board of Osteopathic Examiners will hold its next examination in the State Capitol Building, Des Moines, Iowa, January 29, 30 and 31, 1934.

Anyone wishing to write the examination should write to the secretary for application and information, as these applications are supposed to be back to the secretary two weeks prior to the examination.

The secretary is Dr. Sherman Opp, Creston, Iowa.

## A. O. F. Educational Campaign

Friends:

We have a request to make, that, when granted by you, will eventually bring a rich reward to our profession and to its members.

As you know, one of the chief purposes of the Foundation is to administer funds to help sustain Osteopathic institutions. The members of our profession are not themselves financially able to satisfy the imperative needs of these institutions. We must seek aid from the host of kindly people who have received benefit from Osteopathy. There are thousands of laymen who would be willing to make direct gifts or bequests to our cause through the Foundation if they were properly informed as to what we are doing for humanity.

The Secretary of the Foundation has been requested to secure from our members several thousand names of the better-to-do friends of Osteopathy. We wish to cultivate in them a desire to assist Organized Osteopathy to carry on its wonderful work.

Please put on your "thinking cap" and send in the name of at least one individual who might respond favorably to our educational campaign. Be assured of one thing—your friend will not be solicited for funds in this campaign. He will be given dignified literature from time to time, calculated to make him an even more enthusiastic supporter of Osteopathy, and of you as his practitioner.

We plan to mail to this preferred list Osteopathic statistical records in the treatment of various diseases, records of our hospitals, clinics, and the Research Institute. Also occasional copies of the Osteopathic Magazine containing articles of special interest.

A list of several thousand names will be a definite step toward eventually securing the endowment so necessary for the perpetuation of our institutions.

We know you will do your part. Send that preferred name today to the Secretary of the Foundation.

R. H. Singleton,  
713 The Arcade,  
Cleveland, Ohio.

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

# THE LOG BOOK

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## Student Dies

Russell W. Hubbard of Greenfield, Mass., a Junior at Still College and a member of the Iota Tau Sigma fraternity, was accidentally killed near Angola, Indiana, early in the morning of January 4th. Four students left Des Moines in Don Hurd's car before Christmas to drive thru to spend the holidays at home. The visit was completed and they had met at Greenfield, Mass., and were driving back to college. At Columbia, Ohio, they agreed to stop and get some rest, Yuku napping in the rumble seat. He awoke first and left the car to get breakfast. The others awakened soon afterward but drove on, not aware of Yuki's absence. At Lagrange, Ind., they stopped and discovered that Yuki was not along. Dressler, driving with Hubbard in the seat beside him, started back to find the lost member of the party. Near Algona a truck had broken down but had put out flares.

Evidently misunderstanding these signals the driver kept on, avoiding a head-on crash but suffering a side crash which re-

(Continued on Page 3)

## Dr. Wilson's Visit

The early morning arrival of the Wabash (and on time for once) made it necessary for the entire editorial staff of the Log Book to set the alarm two-thirds of an inch farther to the right and with even the handicap of iced pavements we made it in time to greet the president of the A. O. A., Dr. Perrin T. Wilson of Cambridge, Mass. Figuring that the way to a man's heart was through his stomach as is proved physiologically, we took him to breakfast in a room adjacent to the editorial desk. The physical man sated, he prepared for his meeting with the student body.

The morning was spent in inspection of the college and an assembly at which Dr. Wilson addressed the student body. Following the assembly the Doctor was assailed by several students from his part of the country. Lunch followed at the Tap Room of the Ft. Des Moines Hotel.

The afternoon was started with an inspection of the Des

(Continued on Page 4)

## Practicing Osteopathy



By MARY GOLDEN, D. O.

(Can a woman practice Osteopathy and if so, what can she accomplish, and what does she think of it? No one could be better fitted to answer these questions than the author of the following article. Dr. Golden is active in many fields. At the present time she is Chairman of the Health Committee of Des Moines Federation of Women's Clubs; President of the local Women's Rotary Club; Vice-President of the National O.W.N.A. and Vice-President of I.O.W.O. She has served as Chairman of Department of Women's Affairs of the Des Moines Chamber of Commerce and until recently was a trustee of the Business and Professional Women's Club. In her odd moments she practices Osteopathy and teaches at the College. In October she addressed the P. T. A. meeting at Pine Hill school. In November she talked to the Ladies Aid of the Universalist Church of Christ, at Mitchellville, on "Life's Shortening Habits." In December she conducted the Book Review at a forum of Physician members of the Central Presbyterian Church. In January she addressed the Polk County Federation of Women's Clubs, on the subject, "Our Boys and Girls." Her job is not one for a lazy person. There is no doubt that she is enjoying her work and expects to continue for years to come, and we all hope so. Her work in Des Moines and outside is just another proof that there is ample opportunity for the young woman in Osteopathy. Dr. Golden's profession has been an opening wedge to her associated honors. Osteopathy does not suppress initiative and leadership and all of those other things that go to make up a broad life of service. Osteopathy on the contrary offers the opportunity to extend these talents.)—Editor.

Looking backward over twenty years of very active Osteopathic practice; looking forward to many more that may be as active. Through all these years at each meeting of the Legisla-

(Continued on Page 3)

## Teaching Osteopathy



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

(Can a woman teach Osteopathy and of so, what does she really think and accomplish? Ava Johnson is busy all the time. Her work in the college is not all. She is in demand as a speaker at all times. Her vacation took her to northeast Iowa, at McGregor, where instead of loafing around she was doing research work in pioneer and pre-pioneer history. Since the beginning of the college year she has addressed the National Convention of Alpha Iota at South Bend, Ind., the Young Peoples' Club at Westminster Presbyterian Church, and the Non-frat group at the college. During the past term she has conducted a series of lectures at the American Institute of Business, on "Personality in Business." This coming term she will give a special course of lectures at the Y.W.C.A. on the "Psychology of Personality." On January 14th she addressed the Collegiate Club of Grace M. E. Church on "Personality That Withstands Crashes." It is plainly evident that Miss Johnson is not confining her talents to one field, but the one works with the other. An appreciated service such as she gives certainly adds to the pleasure derived from a professional career.)—Editor.

A woman is likely to conceive of students as humans, not automatons. And so her interpretation of her job will express her temperament and be colored by her experience. Her view must be taken as a single instance, not a general resume of what all women instructors think of all Osteopathic students.

I watch for humane quality in students, to foster and encourage it when I may. For experience shows mediocre students who are endowed with sympathy, understanding and human interest often not only make good but

(Continued on Page 4)

## Studying Osteopathy

By RACHAEL HODGES

(The article below was written by a Senior student at the Des Moines Still College of Osteopathy. It would be unfair to you and to the student body to leave out an expression from one of their number. Miss Hodges came from an Osteopathic district in the state of Iowa. The college has graduated a number of excellent students from her home town and vicinity, and some are still in school, there being one or two enter nearly every class. She fortunately selected parents who have been vitally interested in education. She therefore came to Still with an appreciation of educational methods and the sense of value of a practical demonstration of science. Her work has been most satisfactory. We have watched her in the care of several patients and have kept our eyes on her in class thru several subjects. We predict success for her. Those of you who expect to enter the work of Osteopathy will know after you have read her article just what a young woman thinks of Osteopathy, just as she is about to be graduated as a full fledged physician. Those of you in practice should see that this is read by some young woman who is dissatisfied with her present status.)—Editor.

Osteopathy as a student, covers a BIG field. It begins probably before the decision to become a doctor is fully formed and ends, I hope, only at the

(Continued on Page 3)

## January '34 Graduates

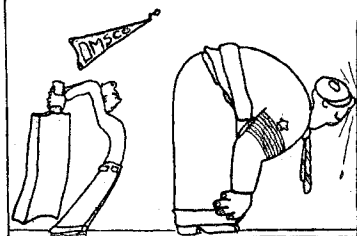
Roll call following the Christmas vacation means the last roundup for the Senior A class, when in a few days they expect to be roped and branded in the approved style. One end of a rope will be dangling in front of their eyes for about an hour, the night of January 19, and at the close of the ceremony they will be awarded a brand which has been placed on their sheepskin. This does not imply that any of the class will be big bad wolves dressed in sheep's clothing.

The trustees have planned a banquet in honor of this class, given at Younkers the night of January 18, at which time the majority of the group will for the time abandon all B. & G. table manners and may unfold a napkin. On some of the evenings preceeding these two dates the I. T. S., Atlas and P. S. G. will fete their graduating members

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# A NEW CLASS MATRICULATES -- JAN. 22

## FRATERNITY NOTES



## ATLAS CLUB

The Christmas vacation seemed to be a rest treatment for most of the fellows. A good time was had by all but it did seem nice to get back to school again. A few of the boys managed to add a little weight, besides a lot of new pep and ambition.

Brother Ogden is still having car trouble. It seems as though he had to be pulled almost to Minneapolis before the flivver finally decided to run. Tough luck, Bob.

A group of new doctors are now at large since the Juniors are eligible for clinic and O. B. work. The black Boston bags look mighty nice and should be an aid in producing the professional appearance.

With six-week and final examinations coming due, many of the boys have been spending a lot of time doing book-work. The Seniors are quite busy reviewing for the State Board Exams that will be given within a very short time.

The game of ping pong is still going strong. Don Hickey is being pressed very strongly for his title as champion by Casey Kessler and John Secor. The experts expect Secor to dethrone Hickey with Kessler in third place.

Installation of the following officers took place the evening of January 8. Bayard Twaddell, Noble Skull; C. E. Schefold, Occipital; Ralph Hickey, Stylus; W. C. Andreen, Pylorus. All took oath of office and have announced an interesting program to be worked out this coming semester.

The semi-annual banquet held in honor of Stevison and Kessler will be honored by the presence of Dr. J. V. McManis. The spread will be at the Chamberlain Hotel the evening of January 11th.

We wish to extend our most sincere sympathy to the Iota Tau Sigma fraternity in the death of its brother, Russell M. Hubbard.

## PHI SIGMA GAMMA

The "key-holer" says "Hello"—and did you enjoy your Christmas vacation? He hopes you did. By the smiles upon the faces of the boys here, Christmas really was a grand event. Using a colloquialism, I wonder if all the fellows can "take it"? Hecker has discovered that the flu is both affirmative and negative. Sometimes the eyes have it and some times the nose.

At the election of new officers the following men were chosen: President, Wayland; Vice-President, Rees; Secretary, Moore; Treasurer, Irvin; Sub-Treasurer, Bartram; Sergeant-at-

Arms, Folkman; Pledge Master, Hecker. Best of luck.

The chapter announces the pledging of Joseph McNerney.

Four new members were initiated since the last Log Book. They are, Mattern, Folkman, Walters, and Dirlam.

Dust cloths are removing the holiday dust from books. The keyholer has a sneaking suspicion that final exams are just around the corner. He, too, adds his prayer for mercy.

Physiologists say that health is improved by laughter. So-o-o laugh along.

With many of us it is just hair today and gone tomorrow. How about it, Owen? But there is one thing about baldness—it's neat.

Gibson is wondering why they put so many holes in Swiss cheese—when it is Limburger that needs the ventilation.

Phi Sigma Gamma extends its sympathy to the Iota Tau Sigma in the loss of Brother Hubbard.

## IOTA TAU SIGMA

Just what has the new year in store for us? Here is a question that time alone can tell. Yesterday we were happy, happy with the prospects of a joyous Christmas and a prosperous New Year. Happy that we were alive. But today we stand on the threshold of tragedy, hardly being able to realize the intricate workings of fate. Death has walked among us.

Everybody knew "Hub," that funny little fellow with the engaging grin, whose secret ambition was pathology. He was the slide man. There wasn't hardly a bacteria of any size, shape or description that he couldn't stain. He was the little fellow that couldn't do too much for you, that couldn't go too much out of his way for you—would do almost anything for you. Everybody knew him and everybody that knew him liked him—they couldn't help it. It would be of no use to try and be him enemy—it just couldn't be done.

But "Hub" is gone—gone for good. He'll never be back. He'll never run another slide—never be able to go out of his way for you again. Death has caught up with him; overtaken him and passed on.

Is it any wonder that sorrow prevails throughout this place he called his home while at school? Is it any wonder that we just can't realize what has taken place—that "Hub" will never be with us again—never join in those bull sessions that are so much a part of fraternity life? But there will always be a spot for him in our hearts—not just deep down in one little corner; he meant more to us than that. He'll rate a place worthy of a real fellow, a real student and a real brother.

## SIGMA SIGMA PHI

Installation of the new officers of Sigma Sigma Phi took place the evening of January 9, in the following order: Presi-

dent, Roy Mount; V-President, Benny Devine; Secretary, Fred McAllister; Treasurer, Lou Carleton; Sergeant-at-Arms, William Hall.

## DELTA OMEGA

Vacation days have come and gone. According to reports all of the girls had enjoyable times. Miss Dorothea Failing returned to her home in Oxford, Mich. She had the added pleasure of attending the Christmas dance given by the Detroit Osteopathic Association at the Book-Cadillac Hotel.

Miss Rachael Hodges spent Christmas at her home in Keosauqua, Iowa, and New Year's Day visiting friends in Nebraska. Needless to say, her holidays passed pleasantly, altho swiftly.

Miss Clarise Kieft's return to her home in Muskegon, Mich. was welcomed by her friends, who gave a party in her honor.

Pella and Humbolt, Ia., were the scenes of Christmas and New Year's dinners for Miss Evelyn Ketman of Des Moines.

Miss Helen Butcher of Des Moines entertained friends and relatives at her home during the holiday season.

Honors go to Miss Lillian Peterson, who industriously poured over her books in anticipation of State Board Exams.

Commuting between Indianola and Des Moines seems to have been Miss Wilma Westfall's chief enjoyment during the holidays.

Miss Marybeth Ziegler spent that brief season visiting relatives in Grinnell, Iowa.

## The Medics Failed

After two years observation of this case we feel certain of the permanency of the results and know it is of interest to the profession. Osteopathy has cured other cases of Hydrocephalus, so this report is not as unusual as it may seem. The important fact to keep in mind is that in this case, as in others, the patient has been given no hope and aside



from mechanical treatment there is nothing to be done for the case. Surgery, which is resorted to with very little success, is of course a mechanical form of treatment.

R. M. L., born November 2, 1931. When last seen on December 9, 1933, was in excellent health. Head normal. Slight weakness of muscles of left upper and lower extremities, which is improving rapidly. Talks, walks, laughs and plays as any normal child. (Note, photo above taken a short time ago).

First seen November 20, 1931, aged 18 days. Normal except for head, which was enlarged in cranial region with marked bulging at both fontanelles. Mother gives a history of 18 hours labor terminated by use of the high forceps. Mother discharged from hospital at ten days but baby kept for about a week longer for observation by doctors. Delivery was made at a local hospital with every modern facility and with selected physician in charge. (Neither hospital nor physician Osteopathic). An early diagnosis of Hydrocephalus was made but the parents not informed for several days. The father of the baby came to a member of the faculty of Still College for advice after consulting a baby specialist and was told that nothing could be done until the case was taken from the medical physicians. The medical doctors on the case admitted that they could do nothing and that the baby would not live long; at the most, probably a year.

Examination at the home after the case was discharged from the hospital revealed very little except greater density in region of the right Occipito-Atlantal articulation. The case was sent to the Des Moines General Hospital for an X-Ray by Dr. Cash. This plainly showed a slight deviation of the right Occipito-Atlantal articulation the condyle of the occiput being anterior. Gentle treatment was instituted to correct this condition and the case began to improve immediately. At the end of six weeks the case was nearly normal and it was decided to change the diet. This unfortunately brought on a series of spasms lasting for about 24 hours. At this time medical advice was secured again with the diagnosis of Hydrocephalus, the spasms being just another symptom of the persisting condition. The writer examined the baby carefully noting particularly that there was no distension at either of the fontanelles and the head as a whole was no longer hard and tense. The baby made a successful recovery from the spasms and Osteopathic treatment was discontinued in January, 1932. Some Nystagmus persisted for a period of about nine months but has completely cleared.

Nothing of this kind has occurred in either family and the conclusion we must come to is that the condition was due to injury at birth. It was very apparent from the attitude of the attending physicians that they did not expect the baby to live and considered themselves fortunate in being able to save the mother.

The case was handled by a member of the faculty of the college and names can easily be furnished if necessary.

If you are not a charming conversationalist, you may still make a great hit as a charmed listener.



# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

President.....C. W. Johnson

Editor.....H. V. Halladay

Osteopathy Without Limitation

## To the Ladies—(and Gentlemen)

With this issue of the Log Book we initiate a series of articles intended to inspire you to work harder for Osteopathy. To those of you in the field we call your attention to the special articles by the named authors and want you to use these to induce more young women to enter the study of Osteopathy. To those of you who are contemplating the study of Osteopathy we want you to feel more assured of the place you will occupy in college and your field work.

The late depression has certainly brought out one fact above every other. It is that your future is more secure in professional work than in any other type of employment. The next several years will prove that intensive college training along professional lines is a certain asset.

Every girl should have a course in therapy even if she never intends to become an active practitioner. As the head of the home she assumes responsibilities that in their fulfillment should have basic instruction in the training and care of the body and mind of her children.

At the present writing none of our colleges have as high a percentage of young women students as they should have to fill the vacancies made by retirement. This is not adding to the field and every active Osteopath should make a special effort to increase this number. The time to begin this campaign is now. Make it a point to meet and talk with young women in high school or college and aid them in their decision to study Osteopathy.

Even taken from a cold monetary standpoint, an investment in Osteopathy will pay dividends if its influence is never extended beyond the home.

We need more students, both young men and women, in Osteopathy, BUT at present the men are keeping up their percentage due to the absence of the young women and this condition should be corrected.

## Team Physician

The Wisconsin News recently carried a six inch double picture of Johnny Baldi with an item commending his on his work with football teams there in Milwaukee. Dr. Baldi is working along the right lines and has already laid a firm foundation for his success.

## Studying Osteopathy

(Continued from Page 1)

grave of each individual. For such is the scope of this science that there is no place to stop. The person who ceases to go forward will invariably slip back.

I am going to take part out of that field and give some impressions of what goes on right here in school. To begin, each one must have his candle of enthusiasm lighted, and that is up to us here in school and to those other students who are several jumps ahead of us, out practicing. This can't be done too thoroughly—for the more determination the student starts out with, the better will be his work, for the academic course is exacting and at times a bit hard to see around.

The first years are essentially the foundation. The sciences of Anatomy, microscopic and gross, of Physiology of the human organism, various forms of Chemistry, etc., are to fix a normal on which will soon be laid Pathology in the more or less abstract. Then, joy of joys, as a Junior A, the actual problems must be faced, pathology in clinic form.

The curriculum has been arranged to give the embryo doctor something to work with before this time—training in the use of these "ten fingers" we hear so much about. It is worth a lot of the effort already put in when a patient responds, as most of them do, under carefully supervised treating, and you honestly know they feel better. The world looks bright now because you are a useful part of it, and no one is so grateful as the ill person whom you relieve of pain.

Then one settles down to polish that ability and to add the finer points. Laboratory work is emphasized and different clinics are set up for additional work. Lines especially interesting to women students are the Pediatrics division, the Gynecology, Eye, Ear, Nose and Throat, etc. It need not be narrowed to these branches at all, but there is a big field here for women. Work in Obstetrics rather combines those first two, and surely better clinic facilities than we have right here could not be found.

About the time this gets settled and running smoothly, athletic work looms up. Osteopathy has a big place in keeping teams and individuals fit, and as a trainer you work into homes, gaining confidence for yourself and your profession. Osteopathy is not so widely known that we should miss any chance to make it friends and supporters. Competitive athletics is quite a question, especially for girls, and we CAN minimize any bad after effects. This care is becoming more and more popular. Following teams through a complete season gives a liberal education in acute injury work.

Surgery, to watch others, and actually to assist at times, teaches technic and adds something a little hard to define to our self

confidence. We all respect an operating room and the calm, cool-headed surgeon. A sense of power is carried over to other work that only asepsis can teach as well as necessity for routine and co-operation.

So, in my Senior year, I look back a bit to wish I had studied harder so far, and forward with a bit of panic sometimes, wishing experience came bottled up, but determined to make the most of the advantages offered right here at Still College. It is a full-time proposition leading, I am sure, into a useful life—and there is room for more students right here.

## Practicing Osteopathy

(Continued from Page 1)

ture there has been some form of battle but always the Osteopathic profession has come out more or less on top. Quite likely this struggle will continue to go on for many years to come. It certainly adds a little spice to professional living. With all this fight for legal life the profession grows in the good old State of Iowa. Each year splendid young men and women are being added to our ranks. The laboratory training in our Osteopathic colleges will equal that of some of the best universities. The college clinical experience is exceptional. The doctors out in the field are indeed glad to welcome the new workers in the profession. Several strategic locations for Osteopathy have been vacated the past two years in Iowa by the hand of death. It is to be hoped that strong fine young men and women may be located in these several communities. When once well established in a neighborhood it is a double loss for any Osteopathic practice to be closed in that community.

Never has there been such a brilliant outlook for Osteopathy as at the present time. Osteopathy challenges the ingenuity, the mentality, spirituality of the physician who would make his professional living a success.

During the past few years of depression there has been no field of work that has offered a happier outlook. There is no profession that offers more possibility of extending help to one's fellow man, whether rich or poor, than Osteopathy.

Youth looking forward to years of service, community consciousness, means of building up an estate and providing for themselves an adequate income, would do well to investigate training for an Osteopathic practice. As in all professions, there have been those who have come, stayed a short time and drifted into other lines of work, but the big majority of Osteopathic physicians in Iowa have stood by and are outstanding community assets in the cities where they have made their homes.

If looking forward again to a business life, there would be no hesitation in choosing the Osteopathic profession. What more satisfactory tribute can one pay to the choice of a life work?

## January '34 Graduates

(Continued from Page 1)

and each will in shaky voice and knees get up and tell how they have been looking forward to this night especially because they can eat for once without paying for it.

Regardless of the dangers ahead, as they are thrust out into a cold (look at your thermometer) world, each member of the class has plans and some of them very definite. At the time of going to press we were handed a rather brief outline of this class and a word about each. This is offered for your information.

Dr. O. L. Cooper will take the Iowa board and remain in Des Moines for the time being.

Dr. H. M. Fredricks will do the same.

Dr. H. L. Gulden will take the Iowa board but is undecided as to his location.

Dr. W. F. Kessler will take Iowa and S. Dakota boards. His location has not been definitely settled. Probably wait and see what happens to Babe Ruth.

Dr. L. R. Kesten will return to Michigan, taking the board there and locating in Detroit.

Dr. W. E. Lawrence will accompany Dr. Kesten to Michigan to take the board but is not certain as to his ultimate location.

Dr. L. H. Steverson will take Iowa and Kansas boards and will interne at the Southwestern Osteopathic Hospital at Wichita, Kansas.

Dr. E. J. Winslow will take the Iowa board and will interne at the Des Moines General Hospital.

Class Day will be Friday, January 12. The only advance information we have on this program is that Bernie Lowe will bring his Savery Hotel Orchestra to the college in honor of this class. Bring your asbestos ear-drums.

The trustees, the faculty and the student body of Still College extend to this class every good wish for their success. We can recommend each and every one to the profession and hope that we will hear of them and from them.

Class of January, 1934 . . . we will miss you!

## Student Dies

(Continued from Page 1)

sulted in the death of Hubbard. Dressler was rendered unconscious and unable to give any information for several hours. Hurd in the meantime was waiting for the return of the boys and knew nothing of the accident until about six hours afterward.

A combination of circumstances resulted in this regrettable accident. Too many "if's" come into the review to try to blame any one person.

Russell was an only child and we deeply realize the need for sincere sympathy to his parents. The trustees, faculty and student body join in this expression.



## J. O. A. Bulletin

At the time of going to press the editor has not received any text from the state editor for this issue of the Log Book. The last issue in December carried some statements under this heading sent in by the state editor that should have been modified, but due to the fact that the forms were closed, it was impossible to make any changes at the time the request was made. We regret this very much but at the same time feel that the expressions were not really as serious as might be thought at first inspection.

We know from experience that officials are often misunderstood and yet they are working with all of their energy to get the best out of the association and for the association. You in the field little realize the vast amount of work a state office requires and it must be done along with keeping up a practice. Our officers are elected with enthusiasm which as a rule dies as soon as the ballots are counted. State officers are expected to perform miracles over night and for every dollar paid in to the state treasury we want one hundred out or no more dollars.

The state manuscript received a day late will embarrass us again but we will continue to carry this space as long as the state society wishes to use it and will offer no more excuses.

Below we add the names of three state members who have paid their dues since the publication of the last list.

W. S. Edmunds, Red Oak.  
H. D. Wright, Hampton.  
Ellen Phenicie, Des Moines.

## Dr. Wilson's Visit

(Continued from Page 1)

Moines General Hospital and a trip to find a coach of one of our athletic teams. Unfortunately the public school system had not opened since the holidays and this proved futile. Two consultation engagements were filled and then at six p. m. Dr. Wilson met with the Polk County Osteopathic Association.

Forty-three were present at this meeting, including two visitors from out of town. Dr. Ray Gilmor made the trip from Sioux City and ably introduced the speaker, Dr. Wilson. F. A. Gordon drove through from Marshalltown and deserves a medal for the feat, for the wet snow which was falling made driving even in town dangerous.

In each of his talks in Des Moines Dr. Wilson left no doubt in the minds of his listeners of his stand on Osteopathy. In each case he cited patients who had been under his care and in many instances under the previous care of medical physicians. He brought out in a very forcible manner the need for closer adherence to Osteopathic principles and offered the results ob-

tained as sufficient proof of this need. The undergraduates in the college and the visitors at the evening meeting had no difficulty in understanding his meaning. It was indeed a pleasure and a privilege to have Dr. Wilson with us, not only as the presiding officer of our national association but as the man we know him to be.

The staff trailed him to the Rock Island and supervised the business of getting him tucked in for the night ride to Chicago. We will welcome him back in May when he meets with us at the state convention.

## Teaching Osteopathy

(Continued from Page 1)

have phenomenal success. While students of excellent average ratings may flounder, turn to specialties, become hardened and embittered toward an ignorant public. Whereas the public's chiefest fault may be that it is human. And human nature's very human.

It has been traditional to deem abstract thought as of the highest quality and every other as being essentially weak and insignificant. An expression of human interest has been called personal, feminine, sentimental and regrettable. Viewing human relationship as human, not abstract; seeing the workings of cause and effect among people as something of greater significance than the swirl of iron filings about a bar magnet is an innate quality of the feminine make-up—of female chemistry. But one observes it is also an essential quality of life's noblest men.

Dr. William Montague, a lecturer on philosophy at Columbia University has described himself as a non-descript college professor while his wife is one of the city's valuable psychiatrists, because he thinks in the abstract and she thinks not with "intuition" but with a sensitive intelligence and heart. Dr. Frankwood Williams who has been President of the National Association of Mental Hygienists for years has said, "We are making a mistake in favoring the students who are good scientists and research men, instead of those who elected sociology in their undergraduate years." And Dr. C. E. Lambert, Psychiatrist and Lecturer at Columbia on "Mental Adjustments" has said, "What this world needs is the good old fashioned family doctor, who has technical information and a heart." Such statements, it seems to me, have particular importance for the Osteopathic physician starting out into general practice.

Some students possess a radiant nature. Some are responsive and can understand human frailties merely as frailties, neither tragedies nor something to be ridiculed. Women, in the main, start with this advantage, which accounts perhaps for the consistent record of success among sincere Osteopathic women physicians. In direct ratio as one is

## Osteopathy in Dublin, Ireland

We are in receipt of some very fine clippings from Dr. H. D. Harold now of Dublin, and who graduated from Still in 1912. Dr. Harold addressed the Rotary Club there on "Osteopathy" and received very favorable comment in both the Irish Press and The Evening Herald. The Herald was especially generous in its comment all of which was favorable. We congratulate Dr. Harold and know that this publicity will not only raise him in the estimation of the people of that community but it will also convey to them a clearer understanding of our science.

## Wedding Bells

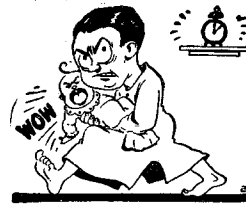


Dr. L. W. Spaulding and Miss Myrna L. Langer. December 26th at Pittsfield, Me. Dr. and Mrs. Spaulding will be at home in Kennebunk, Me.

## West Virginia

The next meeting of the West Virginia State Board of Osteopathy will be held in Clarksburg, February 5 and 6, 1934. Applications may be procured from the Secretary, Guy E. Morris, 542 Empire Bank Building, Clarksburg, W. Va.

## A Young Osteopath



Born to Dr. and Mrs. J. A. Humphries of Des Moines, November 19th, a son. He has been named James A. Humphries, Jr.

personal, in this broad sense, he is successful. And equally in proportion as one is self centered, absorbed in money, in self aggrandizement, considering self comfort before service, he is in trouble. This is not because the issue is a moral one but because, as has been said, Human nature's very human. It takes humanity to handle humanity. It's a pity that reading Ian MacClaren's "Beside the Bonnie Brier Bush" and "Doctor of the Old School" is not requisite to receiving every doctor's degree.

Hound: "I hear that you had pups at your place last night."

Hounded: "Literally speaking, yes, we did."

## Dr. Booth Dies

Just as the Log Book is going to press we have the news of the death of Dr. E. R. Booth of Cincinnati. This passing was expected, but comes as a shock, nevertheless. Death occurred at the home of his son, Robert Booth, January 5th and burial took place in Cincinnati the 8th. Details of his life and work in Osteopathy will appear in the next issue of the Log Book.

## The Tenaculum

The Log Book has been honored by being quoted in the official news publication of the Los Angeles College. Thanx fellers, and we're glad to exchange. You folks in the field should read this publication, which is about the same size and style of the Log Book, so you will know what is going on along the western coast.

## The Buckeye Osteopath

Another very interesting publication is gotten out by the Ohio Society and edited by Dr. A. C. Johnson. We have been thinking of doing a little musing on the side and certainly enjoyed the intimacy of that column.

## The British College

—is putting out an official Journal edited by Dr. J. Martin Littlejohn. We are glad to know of the recent improvements in the college and sincerely hope its influence will be extended greatly during this next year.

## Item

Dr. Ada Hineckley Chapman of Galesburg, Ill., has home office equipment for sale. Write her about it.

## To Wichita

If doing things gets something done, you can be assured of a fine program and every convenience at the coming meeting this summer in Wichita. We have on our desk a voluminous report of the recent activities of the group there. Drs. Wilson, McCaughan and Logan met with the local group and it is quite evident that considerable progress has been made and those who attend will not be disappointed.

The Allis has been selected as headquarters and we suppose they are claiming it is the real Alice of Wonderland. We will be there, Jawn, and will be looking for the wonders of Allis.

Miss Snoop: "Mr. Smith, I saw your wife kiss the iceman this morning."

"Great scott, wasting her time on him when we owe the grocer twenty dollars!"

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