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THE LOG BOOK

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Volume 11

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Number 2

To Abilene, Kansas

We add below a report sent in by Dr. L. M. Hanna of Clay Center, Kansas, on our recent trip there. May we add that the weather was ideal, the roads were fine and the car purred along like a kitten. We have not had such an enjoyable trip for a long time. We want you to see just what they do there in Kansas. Notice that this group brought sixteen coaches to this meeting, some of whom traveled over seventy-five miles before the dinner hour. — (Editor.)

North Central Kansas District held a very successful meeting at Abilene, the night of January 23. Dr. H. V. Halladay brought a deal of information to the coaches and doctors present. His talk was directed primarily to the coaches, and from his experiences with the public school athletics of Des Moines, covering as it does some 20,000 athletic injuries, he was able to show the results of prophylactic as well as curative treatment. His demonstration of knee and ankle strapping should do much to reduce the damages resulting from strenuous exercise of weak structures. A round table of questions and answers was held after the talk and problems of coaches were threshed out. Both the coaches and doctors were well repaid by the new knowledge gained.

Those present were:

Dr. Chas C. Boyle, Bennington; Mr. R. G. Vickers, Bennington; (Continued on Page 3)

Dr. C. M. Proctor Dies

Dr. C. M. Proctor, M. D., D. O. actively engaged in the practice of Osteopathy for thirty-five years at Ames, Iowa, died Saturday, February 3. He had been ill for some time, his death due to a heart attack following a week in bed.

Dr. Proctor received his medical degree from Rush Medical and immediately came to Des Moines to study Osteopathy, graduating in 1899. During his stay in Des Moines he was a member of the faculty of the college, being the first to teach surgery.

He has always taken an active part in association affairs and was a member of the Corporate Board of the College. For the past twenty-four years he has been associated with Dr. Bertha Crum in practice.

Dr. C. W. Proctor of Buffalo, N. Y., Dr. Arthur Proctor of Rockford, Ill., and Dr. E. R. Proctor of Chicago, are brothers.

Burial took place at Ames on Tuesday, February 6.

Osteopathy -- Surgery



By J. P. Schwartz, D. O.,
F. A. C. O. S.

[When we look for some one to make authoritative statements, we seek those that by their deeds have proved their close application to the subject. We, therefore, do not hesitate to offer the following article by Dr. Schwartz. Following his graduation from the A. S. O. in January, 1919, he immediately came to Des Moines for post-graduate work. This was in turn followed by a year at the Des Moines General Hospital as an interne, and he continued for two years as House Physician. During this time he also taught at the College and was associated with Dr. S. L. Taylor in his clinical work. In 1925 Dr. Schwartz was elected a member of the Board of Trustees of the College and made Dean of the faculty in 1926. For the past eight years he has been President of the Des Moines General Hospital and Surgeon-in-Chief.

Aside from his duties at the hospital and as instructor in Surgery at the College, he finds time to attend meetings and act on committees for the expansion of Osteopathic principles. At the National Convention in 1933, Dr. Schwartz not only represented the State of Iowa as its delegate but also represented the College. At the recent meeting of the American College of Osteopathic Surgeons he was awarded a fellowship, which is a distinct honor. He is in demand as a speaker and makes frequent trips for this purpose. To appreciate the fine work of Dr. Schwartz you should sit in his class and watch his work at the hospital.—Editor.]

The science of Osteopathy as taught in our recognized colleges today comprises a system of the healing art which is limited only by the skill and knowledge of its practitioners. Its broad scope necessarily divides its therapeutic measures into certain specialized fields. Surgery is one of these special fields in the practice of Osteopathy.

It can be said without fear of contradiction that the basic course required for a graduate in the science of Osteopathy offers a most admirable foundation. (Continued on Page 4)

Osteopathy -- Obstetrics



By R. B. Bachman, D. O.

[Experience is a teacher. Yes, but the student must be of the receptive type of fellow. With eighteen years experience, covering an important Osteopathic specialty, we can be sure that Dr. Bachman will not make any serious errors. The observation of over four thousand cases in this branch of our work enables the writer to speak and write with assurance. Dr. Bachman graduated in 1916 from Still College. His work in the clinic was exceptional. For the past seventeen years he has been a member of the faculty of the College and in charge of the Obstetrical Clinic. The record of this work in the College is unique. Over three hundred cases have been taken care of this last year by students, supervised by the head of the department. Look at the record of the graduating class and see what can be done in this department.

Dr. Bachman has been a member of the Board of Trustees of the College for nine years and for the past six years has been Treasurer of the Board. Even with an extensive practice and his work in connection with the College, he finds time for many outside interests. He is a member of the Rotary and active in church affairs. His recreation is camping during the summer and not only has a fixed cottage in Minnesota but built a house trailer that is a triumph in workmanship.—Editor.]

Conclusive evidence of the value of Osteopathy in Obstetrics can easily be found if one will spend a little effort in investigating those cases that received pre-, intra-, or postpartum Osteopathic treatment and compare them with those that have not.

During the course of pregnancy one is very apt to look upon the minor ailments of gestation as natural and make an effort to institute routine treatment only after these minor disturbances become distressing. Take for instance morning sickness: It is given as a symptom of pregnancy. If it is natural to the course of pregnancy why are only eighty-five percent of the cases effected with it? Should (Continued on Page 3)

Noted Ichthyologist Here.

Dr. Will Beebe, famous for his under-sea photography and studies of deep sea life, was a recent guest of Miss Ava Johnson. Dr. Beebe was enroute to Ames, Ia., where he was scheduled to talk. Time did not permit an appearance at the college, but he told Miss Johnson that he would have been glad to spin yarns for the student body.

At Ames, Dr. Beebe and Miss Johnson were entertained at the Alpha Delta Pi house, were invited for a conference with President Hughes, and were guests of the Science department.

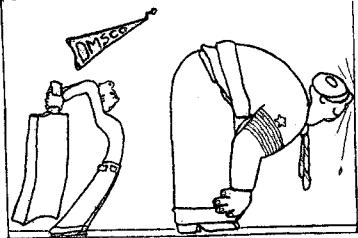
Dr. E. R. Booth

[The Forum has already given you the detail of the life and work of the historian of Osteopathy. It has been the honor and pleasure of the Editor to know Dr. Booth for thirty years. We have on our desk a fine letter from his son, Bob, with whom we used to play years ago, and a paragraph from it is well worth quoting. It explains why, at the age of forty-seven, he studied Osteopathy and practiced it in its purest form for nearly thirty-three years in the same office in Cincinnati.]

"In the nineties, Mother's health was poor. She had consulted the best specialists in Cincinnati, St. Louis and elsewhere, but nothing was accomplished. In 1895 or 1896, Dr. Herman Still, son of Dr. A. T. Still, opened the first Osteopathic office in Cincinnati. Willing to try anything once, mother was taken to him. It was a desperate trip, three times a week, from the suburb where we lived. She was transported to the station in a wheel-chair and up-town in a street-car, I think. At any rate, Dr. Still diagnosed her case and treated her until he left Cincinnati. There were definite evidence of improvement, which was very slow. Dr. George Sommers succeeded Dr. Herman Still and mother continued with him, still improving.

"Father was always a student and at the end of the school year, 1898, decided we should spend the summer in Kirksville, so mother could get treatments first-hand. Father was so convinced of the merits of Osteopathy by September that he obtained a year's leave of absence to study and thus it was that he entered the old American School of Osteopathy. Before the first year was up, he resigned from the Cincinnati Technical School. As you know, he graduated in June, 1900."

FRATERNITY NOTES



ATLAS CLUB NOTES

The Xiphoid Chapter extends congratulations to Bros. Steverson and Kessler, two members of the January, 1934, graduating class.

The semi-annual banquet, held at the Chamberlain Hotel, received radio publicity during the "Talk of the Town" program from KSO.

The pledges have challenged the actives to a basketball game in the near future. The losers will entertain the victors at a theatre party. This game is to be an annual affair in the future.

Xiphoid Chapter takes great pleasure in announcing the pledging of C. A. Johnson and Neal Johnson. The former from Texas, and the latter from Michigan.

The annual bridge tournament started last Sunday afternoon. We received an even break with the Non-Frats, each getting 14 points. Certain members of our team are receiving the Bronx cheer, and maybe they deserve it—who knows?

Hell Week is scheduled to begin Monday, Feb. 5. That is the most enjoyable week of the entire school year . . . to the Actives!

We understand that Bros. Andreen, Schefold, and Lodish are on the blacklist. Getting too much knowledge is often a dangerous thing. For further information, consult any one of the above mentioned Doctors.

Pledge T. D. Bell returned to school this semester, after a half-year's absence. Glad to have you back again, "Doc."

About two weeks ago, Bro. Morehouse "got religion." His change was only temporary, however, and we welcomed him back to the "Knights of The Square Table." He now holds the office of Banker in that organization.

Practical work has been very well attended this past month. Dr. Ruth and Dr. Parisi, both of this city were the instructors, and much valuable information was given us by them.

Pledge Bumpus has moved in the house this semester. Glad to have you with us, Frank.

Our Jay says, "Any time that Bernie wants a fourth Jay, lemme know."

We understand that a serious accident happened at Dr. Roy Mounts hospital. Fortunately the Doctor was immediately available and expert repairs were made on practically everything damaged.

PHI SIGMA GAMMA

Phi Sigma Gamma extends a hearty welcome to all new students, with best wishes for a successful career.

We take pleasure in announcing pledgeships conferred upon Edwin Zyzlewski, Detroit, Mich., Stanley Wilkas, Detroit, Mich., J. B. Miller, Dayton, Ohio, and Don W. Dykstra, Knoxville, Ia.

Brother Diekow engineered a successful party February 2, at the chapter home, which was both educational and entertaining. Diekow learned that warm cream won't whip, and all present reported a good time.

Brother Durlam was "that way" about a certain local girl and pressed his suit (get it?). Well anyhow he is now a married man and every brother agrees the lad did right well. Congratulations to you, Kenneth, and every wish for happiness, Mrs. Durlam.

Bits about 'em. Bros. Hoose and Hecker practice girth control. The pledges declined free tickets to the Policemen's Ball, all because they forgot to fix it up for the actives. Pledge Story is back, after a semester's absence. Glad to see you around, Bud. Pledge Penquite was appointed callboy because of his unique ability to keep the musical note in his voice unsullied and still get the sound sleepers aroused.

Bros. Wilks, Gibson and Jergenson now receive their mail and telephone calls in the "OB" room.

IOTA TAU SIGMA

A new semester and a promise of a new lease on life — school life. Of course the usual financial worries accompany this particular period, but it seems that the majority of the brothers have been able to scrape up enough of that necessary leucure to carry them through another half year, — at least they have promised to. Pledge Pfuhl was not quite so fortunate. Due to monetary difficulties he was forced to withdraw from school. He expects to be back with us next year. Brother Lyle received remuneration from home, hence after a half year of rest (?) he is back in school again. Good luck, brother Lyle.

The result of fraternity elections held last month were as follows:

President—V. C. Pohl.

Vice President—D. MacIntyre.

Secretary—G. H. Beghtol.

Brother Whetstine, '33, left month for Boston, where he will interne at the Boston Osteopathic Hospital. Brother Whetstine just recently completed a four-months' internship at the Des Moines General Hospital. We hope that he will make as good a record in the East as he did here.

Money gives and the lack of it takes away or some old proverb like that. Bro. Maloy, due to difficulties along the financial lines, has been forced to withdraw from school and therefore,

Des Moines. We hate to see him leave. During his stay here with us, he has proved himself to be one of the most colorful members of the house; his services to the fraternity have been invaluable. Our one consolation is that he will be back with us next fall.

The bridge team got off with a roaring start. We had a rather difficult time getting the boys together—the cause lying in the fact that a number of them are by no means exponents of that great American indoor sport. However, when we did succeed in coraling them, there was no holding them back. The results will vouch for that. Although the score is in a deadlock, we're still proud of our showing.

DELTA NOTES

On January 26 there was a notice on the college bulletin board stating that Dr. John M. Woods would not meet classes that morning. Rachel Hodges was also missing, but no one knew that at that time both the Doctor and Rachel were saying, "I do," at the First Baptist Church. The wedding was very quiet, with only their closest relatives and friends in attendance.

Rachel's blonde beauty was wonderfully enhanced by an ivory taffeta gown of Colonial style trimmed with lace ruffles, which were draped in scallops by wreathlets of rose-buds and forget-me-nots. A coronet of blue dotted with dainty rose-buds adorned her hair, while half blown salmon-pink roses and fragile blue sweetpeas comprised her bouquet. The "something old" was Rachel's great-grandmother's jewelry—a necklace, earrings, and bracelet of old gold.

After the ceremony, Dr. and Mrs. Woods left immediately for a brief honeymoon in Kansas City. Delta Omega wishes its president a life filled with joy and happiness.

We also want to welcome our new co-ed, Miss Caroline Hoch of Sibley, Iowa. We are certainly glad to have you with us, Caroline, and hope that you will soon regard Still as your true—not adopted—Alma Mater.

SIGMA SIGMA PHI BRIDGE TOURNAMENT

The annual inter-fraternity bridge tournament is now under way with Work, Culbertson, etc., replacing Morris, Curtis and Howell as texts for student research.

The results of the first meeting, which was February 4, was an even break, with scores of 14 for each organization. Points are scored as follows: Two to the winner of each rubber and one extra point to the team winning two out of the three rubbers. Three rubbers are to be played in every match, making a total of seven points to be awarded.

Those interested in the progress of their favorites will find

the schedule and score sheet on the bulletin board on the third floor.

The following are representing their organizations in the tournament:

Atlas Club—Halladay, Twadell, Ennis, Andreen, Hall, Johnson, Bell and Stephens; Phi Sigma Gamma—Irwin, Storey, Hecker, Walters, Bartram, Wilkins, Hoose and Wayland; Iota Tau Sigma—Hobbs, McIntyre, Hall, Pfuhl, Malloy, Gerow, Pohl and Beghtol; Non-fraternity—Ekelman, Elias, Michelman, Nixon, Siegel, Hamilton, Rogers and Ellis.

PSI SIGMA ALPHA

Regular monthly banquet was held Feb. 6. Miss Ava Johnson was our guest, and her goldfish story was enjoyed by all.

The following officers were installed for the coming semester: Bayard Twadell, president; O. E. Owen, vice president; Luther Stingley, secretary; T. C. Hobbs, treasurer.

Psi Sigma Alpha takes great pleasure in announcing the pledging of Frederick Hecker and Carl Means.

Spflash!!

At the southeastern corner of lab number one, Two Seniors were setting the stage for some fun. A well known container and label so clean. That color of contents could easily be seen, Was handed two Freshmen with orders to test. By taste, sight and smell. The report of their quest: "It looks like the product of Ben's Alma Mater, But we now believe that it's been Alma's Water."

The Freshmen

A new class entered January 22, very quietly slipping into place without a great deal of noise. Several members are recruited from our local schools, however one member claims to have traveled farther than all the rest put together, since he is from Texas.

In addition to welcoming the new students, we are glad to see several of the upper classmen back after an absence of one semester, and a few transfers from other colleges.

The college feels very much encouraged by these additions to our student body. We congratulate you on your choice of a profession and hope that you will equal or exceed the record made by the recent graduates. Keep in mind that you have every opportunity here at Still College to gain the actual experience that you wish.

Some of the filing done by the Iowa State Board of Health has sharpened the teeth of the law.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Editor.....H. V. Halladay

Osteopathy Without Limitation

The New Directory

A directory is for the purpose of pointing out something, and in our opinion the new issue of the A. O. A. Directory points out a number of things.

In the first place it plainly shows a great deal of hard, tiresome work on the part of the office force there in Chicago. If any of you have ever had any experience in editing such an affair, you can begin to appreciate what it means, but if you have not been thru it, don't dare to criticize a single punctuation mark in the book. If there is a mistake in your name or address, 100 to 1 it is your fault, for you know the approximate date of its publication and you know that in spite of all the claims made by some who are listed as mind readers, that we are not using them on the A. O. A. staff. Our experience here with the Log Book and our effort in trying to keep the mailing list up-to-date plainly proves this fact. When you folks in the field move across the hall or over in the First National Bank building, you still expect the Log Book to reach you without telling us that you have moved. It takes one person's time to keep track of the changes in address of our profession, and then it can't be done.

This year there is added to the list of members a roll of non-members of the association. This is even more difficult to keep straight, for these Osteopaths do not keep up their direct contact with the A. O. A. office and they have to be hunted in the by-ways.

By glancing thru these lists it looks as if there is a little uneven distribution of our profession, but it points out this fact: We have not yet reached the saturation point and there is plenty of room anyplace for more Osteopaths.

Will those of you in the field start right now to help us fill our colleges and supply this need all over the country. Begin this week in the schools and colleges in your community and get in touch with young, ambitious men and women who want to get into professional work and tell them of the advantages of Osteopathy.

Read "Notes from a Doctor's Diary" in the last issue of The American. Also "A Religion that Does Things" in the February Reader's Digest.

Osteopathy -- Obstetrics

(Continued from Page 1)

we consider the fifteen percent that do not have it as abnormal, unnatural, or pathological? If one group is natural, is it logical to consider the other one natural also? When the symptoms of morning sickness are persistent throughout the day and have reached a stage that does not permit the retention of enough food and fluids to maintain normal function, treatment at once is instituted to correct the exaggerated form of a so-called normal, yet unnatural symptom. Osteopathy will be effective in relieving these symptoms only when the impulses imparted by the treatments are stronger than those originating from the effected organs. The response of these organs to treatment will be in proportion to the capability of changing the blood and nerve supply and its resultant repair of the organs.

Those of us that have had experience in treating these cases are well aware of the fact that the symptoms will return if the treatments are discontinued too soon. Some may say that these changes are physiologic or coincident with the treatment. For those of that belief, the following results may be given. Patients effected with toxæmic vomiting have been treated by more than one doctor, each doctor advised to treat differently and at different times of the day. Different results were noted and so evident that the patients expressed preference for one doctor as his treatments were more beneficial. When this was evident the doctors were instructed to change the type of treatment and nerve centers with the resultant change in effects and a remark from the patients, "I guess I was wrong, the other doctors' treatments seem to give the best results now."

Adema of the feet, evident only during hot days or increased activity as walking or standing, are the results of abnormal function. It is a transitory evidence of what might be called an occult or incipient adema. The early onset of this adema can be detected if a pound or two variation in weight over the proportionate gain is noted in the weekly or by-monthly check up. Osteopathic treatment will clear up and increase the total urinary output when the patient's routine is not altered as to diet, activity, or weather conditions.

Osteopathic treatment during labor has changed the character of uterine contraction definitely evident to those in attendance. It has completely stopped false labor discomforts and changed other seemingly false or ineffective contractions into normal dilating pains.

After-pains which are so distressing to the multipara during the first few days of the lying-in-period are an exaggeration of a physiological function that has

reached a state of painful contraction. This in the majority of cases can be reduced to the physiological state by Osteopathic treatments and occasionally when sedatives and opiates have failed to relieve these pains, specific Osteopathic treatment has given the desired results. When prenatal exercise or walking can not be engaged in because of organic weaknesses or discomfort to the patient, Osteopathic treatment will accomplish these results without taxing the patient's resources and at the same time provide a therapy essential to her needs.

Space in this article does not permit presenting evidence as to the effect of Osteopathic treatments on the course of labor. Its results and effects are obvious.

Many other conditions that arise are equally successfully treated so that many of the discomforts of pregnancy no longer need be endured.

The large amount of cases available in the D. M. S. C. O. obstetrical clinic gives the students ample opportunities to prove the merits of Osteopathy and find it is indispensable for the needs of the mother and her child. From many years of clinical experience one must accept the statement, it is not Osteopathy that failed but the individual who neglected the specific and timely application of this science.

To Abilene, Kansas

(Continued from Page 1)

ton High School; Mr. A. F. Reinhardt, Bennington High School; Dr. W. H. Riche, Ellsworth; Dr. A. H. Domann, Enterprise; Mr. F. L. Carter, Lucas High School; Mr. H. A. Holmes, Sylvan Grove; Dr. Wm. S. Childs, Salina; Dr. Marie Quisenberry, Salina; Dr. W. B. Edwards and Mrs. Edwards, Concordia; Dr. Chas. E. Mitchell, Lincoln; Mr. Rudolph Boberger, Lincoln High School; Dr. Guss C. Salley, Manhattan; Mr. F. P. Root, Basketball Coach, Kansas Aggies; Mr. R. D. Caughron, former coach, N. Y. Life Ins.; Mr. Chas W. Gentz, Kaggie Base Ball Captain; Mr. B. Ray Griffith, Delphos High School; Dr. W. W. Wagner and Mrs. Wagner, Delphos; Mr. George Baxter, Glasco High School; Dr. C. A. Welker and Mrs. Welker, Concordia; Dr. H. G. Rolf, McPherson; Dr. F. W. Clark, Salina; Mr. Clarence H. Little, Manhattan High School; Mr. Carl A. Nelson, Clay Center High School; Dr. Lawton M. Hanna, Clay Center; Mr. H. S. Unger, Clay Center High School; Dr. A. L. Hawkins, Minneapolis; Dr. J. R. Neel, Sylvan Grove; Dr. E. F. Stark and Mrs. Stark, Abilene; Mr. K. M. Ward, Solomon High School; Mr. Geo. W. Montague, Supt. of Solomon Schools; Dr. E. G. Nigh, McPherson; Dr. E. C. Pedersen, Salina; Dr. W. M. Koons, Herington; Dr. G. L. Davidson, Salina; Mr. W. L. Beatty, Salina.

The January, '34, Class

The notable achievements of the recent graduating class makes it obligatory on our part to add this report to the news of that class as given in our last issue. It would be difficult to select eight members of any class and total their record to an equal of the whole class of January, 1934.

Class Day was held January 12. President Gulden of the class opened the ceremony with appropriate remarks. The History and Will of the class was read by Winston Lawrence. Loyd Hundling and Sam Kaplin accompanied by Eddy Trueman, all of Bernie Lowe's Band, then entertained with voice and violin solos.

Dr. J. P. Schwartz, Dean of the College, then awarded the certificates of honor and remarked at the unusual number for such a small group.

In General Clinics; Gulden, Stevison and Winslow for giving over 800 treatments.

In Obstetrics; Gulden, Stevison and Winslow. Gulden delivered 23 cases, attended 107 in homes, and 7 in the hospital. Stevison delivered 23 cases, attended 162 in homes and 9 in the hospital. Winslow delivered 17 cases, attended 117 in homes and 8 in the hospital.

In Anatomy; Gulden, Kesten and Lawrence, for prosecting.

In Band; Kesten, Kessler and Winslow.

Des Moines Club certificates; Gulden and Lawrence.

Sigma Sigma Phi honors; Stevison, for service to the college; Winslow, for advancement of Osteopathy.

Dr. H. J. Marshall's award for service at the hospital, to Gulden.

The record of this class in the Obstetrical Clinic will be difficult to equal. The eight members of the class delivered 89 cases and attended 492 cases in homes in Des Moines.

Look out for these boys. "They're gonna save your gal."

The Phi Sigma Gamma Fraternity received the Sigma Sigma Phi scholastic award.

Hazen Gulden, with the highest average for the four years, will be the first to have his name on the honor roll provided by Psi Sigma Alpha.

Following the awards the Three J's—Jean, Jane and Joan—entertained with songs from their radio repertoire. They are an excellent addition to Bernie's list of talented musicians.

Dr. C. W. Johnson closed the session, extending congratulations and best wishes of the trustees and faculty to the graduating class.

We notice that the Osteopathic Society of New York City is putting on some excellent programs.

Dr. Heinrich H. Kesten, (May '33) has been elected secretary treasurer of the Genesee County Osteopathic Society.

I. O. A. Bulletin

Association Membership

(A. W. Clow, D. O. Washington, Iowa.)

The recent drive for members in the state association brought forth some interesting points. Most of those making the drives to call on fellow Osteopaths turned in, along with their reports, data gathered by the visits with the individual practitioner.

The writer found these side-lights most interesting. Knowing the individuals in many of the cases, personally, made the reports more interesting. We asked for these reports in order that we might get nearer to a comprehensible understanding of the individual line of thought of the Osteopaths in general. When you meet an individual in his or her office they are quite likely to open up in a frank discussion of affairs in a manner totally unheard of in an association gathering.

When the recent state drive was planned we had in mind these other things as well as the membership fee. We believe it was much worth while. The cash obtained, possibly considered alone was rather small considering the effort put forth, but taking all things into consideration, we believe it was a much worthwhile effort. This seems to be the opinion of those making the different drives.

One thing we must mention, was the willing spirit in which the various drivers undertook the work. After all it is asking a lot of a man to leave his practice and drive one to two hundred miles doing something that should be done without any such effort. One small section of the state was uncovered. In this area we tried three or four different people and could get no response. We wonder just what is the trouble in that particular locality. In every other section the first individuals asked same right back with the reply: "Send on your stuff . . . we'll do our best." And they did.

It has always been our contention that more time and thought should be given to selling our association to the individual practitioner. Sometimes it seems we forget the big tent in our varied balahoo for the side-shows. We spend time and money in the interest of clinics, legislation, conventions, etc. and forget that the main attraction is the association. Now please get our meaning, because it has been our misfortune to state certain things heretofore in such an ambiguous way that our statements have received varied and strange interpretations. We feel that all these things—legislation, clinics, etc. are absolutely right and necessary, and we always kick in to the best of our ability—but do you not think that if we should stress associa-

tion membership and sell that one thing to the profession that these other activities would be taken care of?

We may be wrong. On the other hand it remains yet to be proven that we are. We have been practicing in Iowa some eighteen or twenty years; during our time there has never been a genuine membership campaign staged on the basis of membership alone. We believe that at least sixty percent of the practitioners could eventually be sold on the idea of association membership. Do that and we would have more money for clinics, legislation, etc., than we now have, providing this membership could be maintained at that general average over a period of years. And we believe that this could be done. As a matter of fact, our percentage should be much higher than that.

May we take this opportunity of thanking the doctors over the state for the reception given and the response made to the ten or twelve men who co-operated with us so splendidly in the recent membership drive. And we wish once more to express to those individuals our sincere appreciation of their efforts.

The Sixth District was under the direct supervision of Vice-President Dr. Laura Miller. The rest of the state was covered with the one exception mentioned in the first of this article, by the following Doctors: L. C. Harrison of Cherokee; W. C. Chappell and Harold Jennings of Mason City; L. E. Gordon, Iowa Falls; H. B. Willard, Manchester; Bert Rice, Cedar Rapids; C. I. Daley, Fort Madison; A. D. Craft, Osceola; D. M. Kline, Malvern; Phil McQuirk, Audubon; and A. W. Clow, Washington.

On to Wichita

A preliminary survey of transportation costs and housing plans is being made by Dr. J. A. Humphrey of Des Moines for the profession in the State of Iowa. Write to him for or offering suggestions. In our next issue we expect to have some very definite information that will be of considerable interest to everyone in the state.

Johnny Agnew was married in December, but we have lost the exact date. Seems to us that it was the day after Xmas.

If you listen thoughtfully, you can learn a lot about a person by noting what he says about others.

Charlie Hazzard has returned from abroad to resume his practice.

Dr. and Mrs. Conti of Akron, Ohio, are the parents of a fine girl, born December 16.

Which is the better, Bob, "Obeisance" or "OB sense"?

More State Members

E. E. Chappell, Clear Lake; H. L. Gordon, Brighton; Ethel Becker, Ottumwa; W. E. Butcher, Des Moines; Bertha Crum, Ames; J. C. Bishop, Rock Rapids; Phil S. McQuirk, Audubon, (final); J. S. Baughman, Burlington, (partial); Rolla Hook, Logan, (partial); H. E. Johnson, Dayton, (partial); R. L. Nelson, Humboldt, (partial); E. M. Van Patten, Ft. Dodge, (partial); Alice R. Paulson, Le Mars, (partial); L. C. Nicholson, Sanborn, (partial); Mathel Hospers, Orange City, (partial); Elmine Stewart, Clinton; B. B. Gotshall, Waterloo, (partial); O. A. Barker, Dubuque, (partial); H. A. Crawford, Dyersville, W. A. McVane, Dyersville; B. D. Elliott, Oskaloosa, (final); Henrietta M. Griffith, Washington; Minnie Wintermute, Bedford; E. S. Honsinger, Wellman; J. H. Courner, Oskaloosa; C. L. Wheeler, Centerville, (partial); H. D. Wire, Corydon, (partial); and R. W. Shultz, Mason City, (final).

Osteopathy -- Surgery

(Continued from Page 1)

tion for the physician aspiring to practice Surgery. The very principal upon which Osteopathy owes its birthright is: "Normalization of structure, that function may not be impaired," and this too, is the aim of surgical practice. Conservation has always been the keynote of Osteopathic practice—nature, with the assistance we may be able to give it, is capable of repairing well advanced pathological changes in tissues. Thus the Osteopathic trained mind in Surgery as well as in its other branches does not capitalize on excision and removal but rather the restoration of normal functions with the minimum loss of body tissue. This inherent respect for nature's powers as learned in our Osteopathic concept of the cure of disease is invaluable to the operating surgeon in his final analysis as to whether or not a certain disease condition requires surgical intervention.

It may be further said that the Osteopathic surgeon enjoys advantages that no other system of therapeutics can offer him. These great advantages are found in Osteopathic pre-operative preparation and Osteopathic post-operative care. The statistics of our Osteopathic hospitals in post-operative lung congestion, pneumonia and atelectasis show them to be diseases of almost negligent consideration, while these same diseases are ordinarily considered common post-operative complications of surgery. Thrombosis is another complication of surgical practice rarely seen in our Osteopathic institutions, yet common in other systems of the healing art. One of the greatest advents in anesthetics was the introduction of spinal anesthesia into

surgical practice, one of its chief advantages being the lessening of pulmonary complications. If this was the only advantage of spinal anesthesia, Osteopathic surgeons would not need it, as these complications are rare in their practice.

The normalization of circulation and the freeing of nerve impulses as produced by preoperative and post-operative Osteopathic treatment offers the surgical patient more normal function of every tissue of the body. Oxygenation is increased, waste products more rapidly eliminated and circulation accelerated to bathe the tissues in pure blood.

Osteopathy and surgery, it would seem, go hand in hand. The fundamental principals underlying their practice are identical. Surgery is a necessary branch of Osteopathic practice and Osteopathic treatment offers surgical practice advantages unequalled in any other therapeutic field.

Dr. MacBain Here

Dr. R. N. MacBain of Chicago is to be the guest speaker at the monthly meeting of the Polk County Osteopathic Association, February 9. During his stay he will speak at the college and deliver two lectures to the local group.

Morton Downey—

famous tenor of stage and radio, made a personal appearance in Des Moines recently. During his stay, he was treated by Dr. H. J. Marshall. Mr. Downey's official Osteopath in New York is Dr. S. M. Kanev. In no uncertain terms he demanded Osteopathy and nothing but.

diSTILLED

Dr. Rolla Hook and Miss Wilma Himebaugh, both of Logan, Iowa, were married on New Year's Day at Council Bluffs. Mrs. Hook is a graduate nurse. Dr. Hook, of the Hook Hospital at Logan, has been located there for twenty-one years. Congratulations!

Dr. J. M. Woods and Miss Rachel Hodges of the Senior class were married Jan. 26. Dr. Woods indicated his engagement in the customary manner at the Atlas Banquet in January, but declined to announce the date of the wedding, hence it came as a surprise. Our best wishes!

According to advices received from Jack Hart, the editor is expected to do some plain and fancy Osteopathic necking the evening of the 22nd of February. This it to follow a dinner at the Martin Hotel at Sioux City, beginning at 6:30 p. m.

Dr. and Mrs. T. S. Clark of Bradgate, Iowa, are the proud parents of a boy, born Jan. 30.

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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Number 3

The Trek to Sioux City

Jack Hart, an old past, present and (we hope) future friend, wrote us some time ago to come over the 22nd of February and get a square meal at the Martin Hotel in Sioux City, for which plus \$1,800.00 he would let us talk for about an hour on the subject of Cervical Technic. We did all this except the eighteen hundred, the collection falling short of the original estimate a few cents. It was a real pleasure to meet with this group most of whom have suffered through our classes in the past. The Martin was entertaining pharmacists from all over the state but in spite of this medical influence we had an excellent meal and managed to talk for the required hour. Ray Gilmour and Rex Martin took another hour to try to convince each other that Osteopathy was O. K. after all and the meeting ended by the speaker inviting himself to come back and make another talk early in April. Elizabeth Mochrie, a classmate of the editor, assumed the dignity for the group.

We arose early the following morning and drove to Bronson, Iowa, for breakfast with some old friends and arrived home shortly after lunch, nearly frozen but very glad to have made the trip.

Believe us, that group around Sioux City is an osteopathic one. They are thinking and giving a lot of Osteopathy and don't go around there talking anything else.

Dr. Woods Speaks At Omaha

Dr. and Mrs. John M. Woods drove to Omaha on Wednesday afternoon, February 14, where he was invited to speak to the Douglas County Osteopathic Association. His subject was "The Abnormal Blood Pressure."

The meeting, following a banquet nearby, was held at the office of the president, Dr. H. H. Brinkman of the class of 1927 of D.M.S.C.O. Among the members of the association were several other Still College Alumni, which made a very close link. Greetings were forwarded to other teachers and friends.

This Association has been doing some very good work both in their own improvement and in presenting Osteopathy to the public.

Osteopathy—General Practice



By J. M. WOODS, D. O.

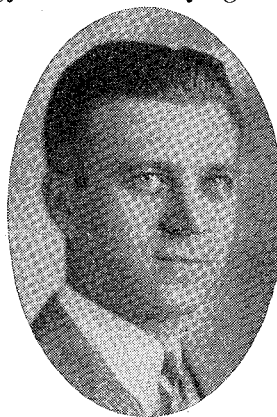
(We are not sure about classing Dr. Woods as an "old timer." The title is applied to those whose graduation date goes back twenty years or more, but we are getting to the age when we would rather not mention dates and prefer accomplishments" instead. Dr. Woods started his career at the old school in Kirksville, where he assisted in the Pathology laboratory. He graduated, however, from Des Moines Still College, and during his last two years in college, superintended the laboratory work in Anatomy. During his last year in college he also assisted in the Obstetrical department. Following his graduation he was elected to the faculty and has been in this service since 1923. For the past five years he has served on the Board of Trustees of the college and takes an active part in all college affairs. Dr. Woods is called frequently to fill speaking engagements at conventions and will attend the national meeting in Wichita this summer, being already scheduled for two addresses. He maintains an office in the city of Des Moines and is called, as his paper indicates, on every variety of case that an extensive family practice offers. It is with pleasure that we present this viewpoint of one who has specialized in general practice.—Editor.)

At the present time there is a greater demand for the old family physician type of general practitioner than there has been for years and the graduates of our Osteopathic colleges are meeting that demand most successfully. Their thorough scholastic and clinical training plus the effectiveness of Osteopathic treatment enables them to obtain such excellent results in treating a wide variety of conditions that more and more entire families depend upon these Osteopathic physicians.

From the time of the first treatment given to a new born babe to correct a possible birth injury until the physician gently eases the patient along that last

(Continued on Page 3)

Osteopathic Ophthalmology & Oto-Laryngology



By H. J. MARSHALL, D. O.

(The remarkable thing about digging into the past of a number of people is the astounding fact that some can accomplish a great deal in a very short time and others never get anything done. The remarkable record of Dr. Marshall bears certain evidence of time exceptionally well used. Dr. Marshall has already made for himself a name that will become a part of the history of development in Osteopathy. His early start in his chosen specialty brands him as one of the pioneers. During the years 1918-1920, he acted as secretary of the American Osteopathic Society of Ophthalmology and Oto-laryngology and was elected to the presidency of the society in 1921. He was a member of the board of the society from 1921 until 1932. In 1929 he became a member of the examining board of the International Society of O. & O. L. and a Fellow of the International Society in 1931. Along with the work necessary in attending to a practice he has taught Eye, Ear, Nose and Throat at the St. Joseph P. G. Course, has been president of the Iowa State Association, a member of the state board of trustees, Editor of the State Bulletin, and a member of the State Board of Osteopathic Examiners. For five years he was delegate to the national meeting from the State of Iowa. In 1929 Dr. Marshall was chairman of the General Arrangements for the national convention held in Des Moines.

At the present time he is secretary of the Des Moines General Hospital, a member of the faculty of the college, a member of the Corporate Board of the college, and active in civic affairs. He says he will be at the national meeting in Wichita, but will only look and listen. Capable people are busy. That is why we knew Dr. Marshall would write of his specialty in the fine way that he has.—Editor.)

The Osteopathic Rhinologist and Oto-Laryngologist occupies a unique place in the realm of Osteopathic Therapeutics. It is for him to supply the principles laid down by Dr. A. T. Still in the treatment of Nose and

(Continued on Page 3)

Four States Circuit

Through the co-operation of Convention Program Chairmen, Dr. J. Allen, Carter, of Ottawa, Ill., Dr. C. C. Hitchcock, of Milwaukee, Wis., Dr. Arthur E. Allen, of Minneapolis, and Dr. F. A. Gordon, of Marshalltown, Iowa, a FOUR STATES CIRCUIT has been developed, whereby mutually chosen speakers will appear through the Circuit on concurrently arranged dates.

The Illinois convention will be held in Ottawa, Ill., on May 2 and 3.

The Iowa convention will be held at Hotel Fort Des Moines, in Des Moines, Iowa, on May 3 and 4.

The Minnesota convention will be held in Minneapolis on May 4 and 5.

The Wisconsin convention will be held in Manitowoc, Wisconsin, on May 4 and 5.

The programs include lectures by President Dr. Perrin T. Wilson of Cambridge, Mass., who will lecture on the subjects of "Auto-intoxication," "Pneumonia, Asthma, and Bronchitis," and "Low Backache." He will also hold a "Clinical Council," for the diagnosis and direction in care of problem cases submitted.

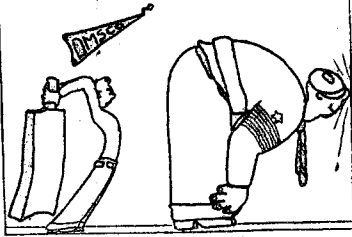
Dr. R. C. McCaughan, secretary (Continued on Page 4)

Osteopathic Trainer for Reds

We quote below from the Cincinnati Enquirer of February 18th, with reference to the selection of Dr. Dick Rhode as physician for the Cincinnati ball team. Dr. Rhode is a graduate of Still College and received his training in college, as do all Still seniors, working directly with one of the local teams. We congratulate both the management of the team and Dr. Rhode.

"Rhode, who is a graduate osteopath, has specialized in the muscular and other ailments peculiar to athletes. He trained the Columbus team for the past two years with conspicuous success and there was seldom a lame arm on the squad. He will accompany the team on all its trips this year and will set up his equipment in a hotel room, ready to cater to the needs of the players morning, noon or night. Larry MacPhail says that his methods will be an improvement on those used by any other trainer in the league. So the Reds are going to be very nearly physically perfect, if not quite so much so artistically."

FRATERNITY NOTES



ATLAS CLUB

Another hell week has passed and taken its toll of "bubbling" youth and vitality, aching joints and "whatnots." The activities have slowly begun to recover and the candidate, no doubt, can find a common meaning in the following lines—"The road is wide and the stars are out and the breath of night is sweet." New members are Costello, Richy Stimson, Eddy, Ketman, Hall, Evans, Bell, Wyman, and Diegar.

It is encouraging to see how the new members are taking hold of things. Brother Costello already holds an important office and has organized a gym class which meet every evening from 10 p. m. to 12 p. m. on the mezzanine floor of the Atlas Club—bring your own suits (birthday's accepted). Even the "knights of the square table" leave their smirky surroundings now and then to take a turn or two with the old Sacro Iliac. "Affliction's sons are brothers in distress."

A dance was held at the house Friday night, and the general verdict was that it was a howling success, not too howling, however. Stags Costello and Richy didn't miss a dance. If there is anything that disturbs the harmony and feeling of brotherly love within a fraternity it is to start a discussion as to who had the best looking girl, the loveliest armful, or in other words the Queen of the dance. Brother Lodish always enters wholeheartedly into these little discussions and lauds his candidate with all the vigor of his Polish nature.

The club basketball team has begun to practice up. A return encounter with the Kirksville Atlas Club team looms in the immediate offing and the boys want to make a good showing. A group of nearly twenty visitors is expected so boys get out your telephone numbers and fix 'em up.

Brothers Halladay and Twaddell took a spin down to Kansas last week end.

Brother Bell also took a trip to Sioux City to visit the "little woman."

It has been announced that open house is to be held every Saturday night from now on so fellow brothers, bring your dames and friends and come on out.

Loitering around the various bridge games on Sunday afternoons one is struck by the deadly, determined faces of the non-frats. Looks like we are going to have to get busy.

It has been nosed about that Glen Bigsby is living in the house now. Glad to have you back Glen.

IOTA TAU SIGMA

As spring approaches (right now at the time of this writing it does not appear much like it) our thoughts lightly turn to the subject of moving and not love. This has been going on for several months. However, now that the warm weather is expected our thinking finally has developed into actions. For a week or more now the boys have been hunting and haunting real estate agencies. We had no idea that the large houses were so scarce. No doubt they have all been turned into rooming houses. That seems to be the general trend of conditions.

Once again Bro. Maloy is seen careening crazily through the streets of Des Moines in his alleged automobile. It seems that the car (?) has been layed up for repairs in Carroll, Iowa. How it got up there is a question that only Bro. Maloy can answer. Last week end he invigled Bro. Gerow into accompanying him to Carroll in order to return the car. Just ask Bro. Gerow how he likes to ride in an open car on a cold morning, and another thing, we are waiting with our fingers crossed until after the 3rd of April.

Brother Hurd has taken up his abode in the house again after a semester absence. He plans continuing with us until the end of the year when he graduates. We take this opportunity to welcome Bro. Hurd back to the fold.

Bro. Beghtol is having trouble again because ladies continually call him up disturbing him in his studies. Everytime the phone rings he is seen to settle back with a satisfied grin on his face and just waits for someone to call him to answer it. For some reason or other it is generally for him. What is the secret of your popularity, S. G.?

Tempus didn't fugit quite fast enough for the pledges last week. Except for sore feet they came through well and with flying colors.

Bro. Kinter, '28, was a recent visitor at the house as also was Bro. Belden, '31.

A gentleman rapped at the door the other day and asked if could purchase a fly-wheel for his car. Noting a puzzled look, he said, "Pardon, but don't you deal in scrapped parts?" Bros. Beghtol and Lyles cars were sitting out in front.

The fraternity didn't fare so well in the bridge tournament. The competition in the house though is keen. There is an unfounded rumor about that Bros. Beghtol and Maloy are champions. No one, but themselves, recognizes their prowess in bridge.

Congratulations to Bros. Gerow and Herbert. They are now full fledged members of that new but honored society, "Carriers of the Mail."

The next time Bro. Beghtol

wants a date he is going over to the pediatrics ward of the Iowa Methodist Hospital. We believe there are more cradles there than any place else he can rob.

PHI SIGMA GAMMA

Apparently (?) another hard winter is breaking up, at least at the Phi Sig House, where the active pledges have all become veritable heralds of spring. The pledges have shown a renewed interest in the house, and even the time honored treating table has had every squeak removed—thanks to Morgan; and orchids to the pledges who have glued, nailed, wired, sewed and painted wherever an odd-job needed to be done.

Mrs. Robinson and Miss Crawford were guests at dinner a few Sundays ago. We always like to have guests and invite them back.

What would it mean to you if: Brother Bartram received a package from an official jeweler and then trekked to Ashtabula, Ohio, in great haste? We don't either, but he did!

Bill Rees is mapping his future meanderings—strengthened by Joe's examples.

A well rounded man: Brother Owen does his Saturday afternoon work to Grand Opera—this scribbler was entertained briefly with an account of what Lucy Lammernore is all about!

A gentleman of the first water: Brother Moore—and how he stands that cold water so early in the A. M. is more than I can see.

Two of a kind: Brother Wayland and his car (Ford), neither one appears to get in a hurry but both are capable of carrying great loads and always get there none the worse for wear. After an O. B. call the "automobiles" finishes the night in the driveway and Byron on the davenport—yet both are up in time to push bigger cars and bigger boys to eight o'clock classes.

A man of good taste: Brother Mattern, we agree with you.

Interfraternity Bridge Tournament

The interfraternity bridge race is in the home stretch with the Non-frats and the Atlas battling for first place. The Non-frats are in the lead by nine points. This is the largest difference in points between the two teams so far in the tournament. The Phi Sigma Gammas and the Iota Tau Sigma are fighting to keep out of the cellar position with the P. S. G.'s leading by seven points.

Sunday, March 11th, marks the grand finale and the beginning of post mortems. The circulating trophy, which at present is in the custody of the Atlas Club, will be awarded to the victor at the Sigma Sigma Phi assembly.

The Sigma Sigma Phi wish to congratulate the participants on their interest and sportsmanship during the tournament. Not

even one match was won by forfeit. Any criticism on the rules, etc., and remarks will be welcomed.

Watch for announcement for the coming kitten-ball tournament. Spring is around the corner. Let's go, fellows. Begin to get organized.

The Medics Failed

The clinic at the college continues to furnish us with case reports that a few years ago would be classed as spectacular or called a miracle. These cures are so common in Osteopathic practice that ordinarily we pay very little attention to them. The case of Miss M. G. is unusual in this way. She gives what might be called a "blank" history, that is, there was nothing of any importance in either physical or laboratory examination that showed a reason for the symptoms. An osteopathic examination of the spine revealed marked lesions. These were corrected and the case recovered.

This patient came into the clinic with Aphonia and Anuria. She had been to one of our well known medical clinics and had been examined by several medics none of which gave her any encouragement. She had not been able to talk for three years and had to resort to the use of the catheter for the bladder condition for over two years. Lesions were found at 1-2-6 cervical, 1-2-7-8 Thoracic and 4-5 Lumbar. We quote from the student's report.

"I treated her daily for two weeks in which time I took special care in treating her neck and throat. She was greatly relieved of her nervousness and the headache came only in the evening and left when lying down. She was improving rapidly so I had her come in three times a week instead of every day.

"On November 23rd she called me on the phone with her natural voice and I could not believe it was she talking until I heard and saw her the next day. Am still treating her two or three times a week to clear up the bladder condition. At times the bladder function will return for a week or two at a time, then she will have to catheterize herself again. I am sure that it will soon return to normal. Her other symptoms have all disappeared and at the present time she is working in a grocery store.

She offered the following statement when asked what she thought of Osteopathy. "I cannot find words to express myself concerning the Osteopathic field and my Osteopathic doctor."

A complete record of this case can be found in the clinic of the Des Moines Still College of Osteopathy. Names and dates can be furnished if necessary and the patient will be glad to tell of her recovery.

FLASH

Atlas Club wins Sigma Sigma Phi Bridge Tournament.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Editor.....H. V. Halladay

Osteopathy Without Limitation

Name the Town!

About this time of year we hear a good deal of talk about the matter of locations. Every member of the Senior class knew exactly where he or she would locate when they were progressing through their first two or three years work but now find themselves "locationless." A survey of the number of practicing osteopaths in the country and a glance at any recent list of deaths makes us think about the same question but in a very different light. We wonder where is the town that is so filled with Osteopathic physicians that there is not room for one more. Is there a town of any size in the United States that has absolutely no use for one or more of our profession? If so I would like to know its name. Do you mean to tell me that every resident of every community in this country is informed about Osteopathy and in this community that you have in mind every resident is satisfied with the therapy they have available? Do you mean to tell me that here is a town that is 100 per cent against Osteopathy? I can't believe that such a place exists. I do know that it will be many years before we as a profession will reach the point where we will need no more Osteopathic Physicians. It will be the same year that the public will have no further use for physicians of any kind, so very few of us here now need to worry much about it.

Osteopaths are needed everywhere. Be sure that you go to a place that you will like. A place where you will want to live and be a part of the community life. It will be your home. These are the foundation stones for your success. Select the state, blindfold yourself and stick a pin in the map. That town is a good place to practice.

Dr. Golden Appointed

Dr. L. L. Wade, Winterset, Secretary of the Sixth District has informed the State Secretary that the officers of the Sixth have appointed Dr. Mary Golden of Des Moines to fill out the term of late Dr. C. M. Proctor, formally state trustee from that district. We feel confident the appointment of Dr. Golden will meet with state wide approval.

More things are wrought by prayer than this world dreams of.—(Tennyson.)

Polk County Association

When Polk County decides to do a thing it is done right. On February ninth Dr. R. N. MacBain of Chicago was the guest speaker and over fifty attended the meeting, many being from out of the city. Dr. MacBain met the student body of the college in the morning and gave them some sound osteopathic advice. Being a member of the faculty of the Chicago college he felt perfectly at home here before a group of students and his remarks were highly appreciated.

The dinner, held at 6:30 p. m. at the Chamberlain Hotel was followed by several entertainment features planned by Mrs. R. B. Kale. Dr. MacBain then addressed the group on the subject, "The Involuntary Nervous System." It is needless to add that those who heard him left with a much clearer understanding of the principles upon which the science of Osteopathy is based. Entertainment for the wives of the visiting doctors consisted of bridge during the address.

Mrs. Kale's entertainers were Mr. and Mrs. Anderson in songs; Miss Nutt dancing, and Miss Bachman (daughter of Dr. R. B. Bachman) a harp soloist.

The following by their presence and applause plainly indicated their approval of the entire program:

Dr. and Mrs. P. L. Park, Dr. Della Caldwell, Dr. O. E. Rose, Bayard Twaddel, Dr. T. K. Kapfer, Dr. and Mrs. V. A. Englund, Dr. H. H. Kramer, Dr. Carl Seastrand, Dr. and Mrs. F. M. Crawford, Dr. and Mrs. John M. Woods, Dr. and Mrs. R. B. Kale, Dr. James Humphrey, Dr. and Mrs. Martin Biddison, Dr. and Mrs. J. J. Henderson, Dr. and Mrs. W. E. Butcher, Dr. Anderson, Dr. and Mrs. Ira Gordon and son, Dr. M. C. Day, L. P. Fagan, Dr. and Mrs. R. B. Bachman and son Willard.

Dr. Mary Golden, Miss Brown, Dr. Laura Miller, Dr. Grace Nazarene, Dr. A. D. Craft, Dr. and Mrs. B. L. Cash, Dr. and Mrs. Glen Fischer, Dr. and Mrs. Lonnie Facto, R. Mount, J. W. Halladay, Dr. and Mrs. C. W. Johnson, Dr. H. V. Halladay, Dr. and Mrs. F. D. Campbell and Mrs. T. E. Campbell (doctor's mother), Dr. and Mrs. M. E. Bachman, Dr. and Mrs. S. Klein, Dr. F. A. Parisi, Dr. F. A. Gordon, Dr. J. P. Schwartz, Dr. J. L. Schwartz and wife, Dr. J. H. Hansel, Dr. Ellen Phenicie-Schultz.

Ava Johnson Busy

Miss Ava Johnson of the faculty continues to appear before the public with considerable regularity. February 20th she addressed the Proto League; March first, the Daughters of the Nile and March fifteenth, the Amicitia Club. She has recently been honored by being elected to active membership in the Iowa Author's League on the basis of published writings.

Osteopathy— General Practice

(Continued from Page 1)

long trail, there are many times in that patient's life when Osteopathic care will enable him to enjoy the greatest possible health and happiness. As the infant passes from the colic to the croup stage the parents appreciate the immediate relief afforded their gasping child by our form of therapy. Later as he returns from school with measles or some other contagious disease, he obtains relief and escapes complications under the same doctor's care. Then football, basketball, "shinny," and other rough and tumble games cause him to appreciate the relief Osteopathic hands and brains afford. He depends upon his Osteopath not only for physical care but for all types of advice during these adolescent years. His sister may obtain even greater results from Osteopathic care during this period of development. These youngsters come to know through personal experience that Osteopathy is a complete system of therapy and to depend upon it in every case of injury or illness.

Conditions often arise at various times in a person's life which seem to require surgical treatment. In many cases operations may be rendered unnecessary by Osteopathic treatment while those cases operated upon by the Osteopathic surgeon make more rapid and complete recoveries due to the treatments given before and especially after the operation. The family Osteopath can watch and treat these post operative cases in such a way that normal function is restored to the greatest possible degree in the shortest possible time.

As the doctor's young patients mature and establish homes of their own they perhaps learn to appreciate that Osteopathic obstetrics means a great deal both for mother and child. The prenatal care, which safeguards both precious lives, the lessened suffering and greater safety during labor and the effectiveness of Osteopathic care as the mother returns to normal and the child develops causes the parent to rely upon their Osteopath in case of any future "blessed events."

Most people spend the first half of their lives fighting infection and the last half resisting these degenerative processes that tend to develop as the years go by. However, these degenerative processes such as hardening of the arteries and weakening of the heart muscles, are much less apt to occur if deviations from normal body structure are corrected by Osteopathic treatment before they unfavorably influence body function and cause these degenerative processes to begin. In most cases these degenerative processes are the result of abnormal blood and

nerve supply, and our school of therapy has for years echoed the axiom of our founder, Dr. A. T. Still, that "the rule of the artery is supreme," and by Osteopathic treatment we have in many cases so normalized this blood and nerve supply to the diseased part that function is greatly improved and in some cases restored to normal.

So from the cradle to the grave, the patient may depend upon his Osteopathic physician to efficiently care for him and his family in sickness and maintaining health.

For the doctor, general practice offers many rewards: a respected place in the community life, a comfortable living, a useful old age, a warm spot in the hearts of many grateful patients and the satisfaction of a life well spent in service to one's fellow men, and in advancing the science of Osteopathy. Such a life of service should appeal to many young men and women, and they will find that the Osteopathic colleges offer them the needed preparation for such a career.

Osteopathic Ophthalmology & Oto-Laryngology

(Continued from Page 1)

Throat conditions. The Osteopathic physician, whether he decides to pursue a general practice or the practice of an Eye, Ear, Nose and Throat specialist, is essentially trained from an Osteopathic principle viewpoint. He is required to have a four-year high school course and the regular Pre-Osteopathic Science subjects credits and a four-year Osteopathic course before graduation. This course of study comprehends all of the classic subjects pertaining to the structures and the functions of the parts of the human body and diseases of the same. The viewpoint, however, from which he studies these is what characterizes him as an Osteopathic Physician or an Osteopathic Ophthalmologist and Oto-Laryngologist.

Before one can be recognized as an Eye, Ear, Nose and Throat specialist by the International Osteopathic Society of Ophthalmology and Oto-Laryngology he must have been in practice two years or more and have had a year's course as an interne in a standard hospital or pursue a one year's course in diagnosis, special Osteopathic Technique and Osteopathic Surgery.

The Osteopathic general practitioner and the Osteopathic Eye, Ear, Nose and Throat Specialist diagnose from the same viewpoint. Their motto is adjustment of structure with conservation of structure, whether the case is one of non-surgical or surgical treatment. It thus becomes imperative that in order for either one to succeed in the relief or cure of any disease involving the treatment by both,

(Continued on Page 4)

I. O. A. Bulletin

Dr. Clow, (generous soul), in answer to my letter early in December as to what the Osteopaths had to do in order to participate in the Federal Emergency Relief Administration funds, very promptly appointed me State Chairman to find out.

I at once called at our Welfare office and was told they had NO word regarding it but urged me to find out as they felt the Osteopaths should participate in these funds. They sent me to the Director of the Re-employment bureau here. He was interested but told me there had been no orders to pay for any medical attention or drugs in this county, as the relief for UNEMPLOYED and INDIGENTS was an entirely separate matter.

I then went to the County Board of Supervisors, who were very agreeable, but insisted I was in the wrong pew as they only took care of indigents. When finally ironed out, I found the indigents to be the lame, the halt and the blind and those "ever present" men who were not able-bodied, widows, etc. etc. Unemployed, those who would work and had been doing some things and were receiving help from the Reconstruction Finance Corporation funds, and were now being rapidly placed in jobs with the four millions who were to be at work Dec. 15, 1933, under the F. E. R. A.

In a pamphlet issued from Washington, "Rules and Regulations No. 7, Governing Medical Care Provided in the Home to Recipients of Unemployment Relief," I find these words are used synonymously. The same pamphlet says an agreement between the Relief administration and organized medical, . . . professions state or local, must recognize the "traditional family and family-physician relationship in the authorization of Medical care for indigent persons in their homes."

I wrote Mr. E. H. Mulock, Chairman of Emergency Relief Comm., Des Moines, if it was possible for us to participate in these funds at this time. Quoting from a letter from his office: ". . . I was holding it thinking some policy might be worked out regarding care in the State of Iowa. Up to the present, we are not using any of our Federal funds for medical care. It is spent entirely for food, fuel, clothing and a few necessary household articles."

"The State Committee has taken this attitude because of the limited amount of Federal money available and because they believed if they relieved the County of the cost of the above items for those who are on relief because of unemployment, that the County thru its natural resources could assume the cost of medical care. To date this policy has not been changed. Workers who are injured on CWA jobs are taken care of by

Federal appointed physicians."

Dr. Swope informs me the A. O. A. has opened the way thru Regulations No. 7 so there can be no discrimination against Osteopaths in the distribution of these funds, EXCEPT where the State laws are inadequate. Our State law qualifies us as physicians but so far we have not made the necessary contact with the State Emergency Relief Commission.

I know personally how busy this committee has been in investigating these various projects and getting men to work so have not tried to get a hearing, as I thought we might get along better after this rush. But so far no other branch of the healing art has either.

There are as many different ways of handling relief as there are counties in the State, and I urge Osteopaths in every county to become acquainted with their Boards of Supervisors and your local Reemployment Director if you have a separate office for that. They are used to being interviewed and I am sure will give you a fair hearing, and you may enlarge your education when you get their reaction.

Point out to them that thru loss of jobs, we have lost contact with many good families and because they are poor must accept the medical help provided by the county, and as licensed physicians and taxpayers, we have a right to the "Traditional family - physician" relationship, and it is unfair that we cannot participate in Recovery.

At present we cannot receive help thru the F. E. R. A., but where the indigents are cared for separately, your supervisors can give you a contract to do the work you feel you want to do, and many of them are anxious to get away from the strictly medical contracts which at present are huge items of expense. Changes are being made in many places and you should have a hearing. Many counties are so overburdened with taxes at present, that they may soon have all government care, and when we have made this contact with the State Comm., you will be in a position to receive a share of the funds.

Carolyn Barker, D. O.
Fort Dodge, Iowa.

The Osteopathic Woman Physician of Iowa

(By Dr. Laura E. Miller)

It is no longer any new thing for women to establish notable records in Osteopathy and in other professions that used to be regarded as fields reserved for masculine endeavor.

We have a number of Osteopathic physicians. They are women of high character and are public spirited, progressive and influential citizens of Iowa. We can not go into detail about all of them, but will speak of those who have blazed the trail for our sex.

Dr. Ella B. Gilmour, who is now living in Sioux City, graduated from Des Moines Still College in 1898. She has been an outstanding physician in her community, loyal and progressive, and has identified herself with the various movements and enterprises tending to advance Osteopathy. Dr. Ella Gilmour was the first woman president of our state society. I had the pleasure in 1926 of seeing her given the honored seat between the outgoing national president, Dr. Asa Willard, and the incoming national president, Dr. Ray Gilmour, who is her son. It was a joy to see the twinkle in her eye and proud expression on her face in that feeling. We were honored that Iowa could furnish a national president.

Dr. Della Caldwell comes next, as she graduated from Des Moines Still College in 1902. She has been honored by her professional associates with the office of President of Iowa State Society, an honor that is indicative of her high standing and prestige in her profession. She has always been a woman of public spirit and has taken her full share of responsibilities in community and professional undertakings. Dr. Caldwell is a member of the National, State, District and County Societies. She is chairman of the Iowa Osteopathic Adult Health Clinic, which, at the Iowa State Fair for the past two years, has done much to get Osteopathy before the public in an educational and scientific way. Such women as Dr. Della Caldwell and Dr. Mary Golden are helping the profession to make this possible. We need more students and particularly women students to toss the torch, to carry on.

Dr. Mary Golden comes as a younger Osteopathic physician, having graduated from D.M.S.C. O. in 1912. She has the personality and the technical ability that makes for success in the Osteopathic profession, of which she is a prominent representative in the city of Des Moines. She has been engaged as a faculty member of Des Moines Still College since 1914. She has been chairman of the Women's Bureau of the Chamber of Commerce three times, president of the Des Moines Women's Rotary Club, and state and national vice-president of the O. W. N. A. The long habit of careful investigation and thorough study and sincere conviction certainly are at the foundation of Dr. Mary Golden's power and reputation as a physician and instructor. She has been in great demand as a speaker on formal occasions, talking particularly on public health and pediatrics.

There are so many good things to say about Osteopathy while it is only in its infancy that it proves that it is a field of unlimited scientific research; and, as a career for women, there is not a profession that is more dignified. We need women physicians. They have their

place the same as women journalists, women lawyers, women ministers. If I had a chance to step back fifteen years and choose my life's career, I would still choose to be an Osteopathic physician, for such a physician is giving the public something that is much needed.

Osteopathic Ophthalmology & Oto-Laryngology

(Continued from page 3)

the assistance in consultation or treatment must come from an Osteopath. This explains why most general practitioners insist on consultations and special treatment, or surgery in these branches, being done by the Osteopathic Eye, Ear, Nose and Throat Specialist and not by practitioners of other schools of practice who have an entirely different viewpoint both in diagnosis and treatment and which, because of lack of unity in thought and harmony in action, must result comparatively unfavorable.

In the event that surgical or non-surgical interference becomes necessary by the consulting Eye, Ear, Nose and Throat specialist, the general practitioner in charge of the case is skilled in the after care. This after case is strictly Osteopathic in principle and in practice and is one of the factors which has determined our remarkable success in the handling of Eye, Ear, Nose and Throat diseases thru the co-operation of the Osteopathic general practitioner and the Osteopathic Eye, Ear, Nose and Throat specialist.

Four States Circuit

(Continued from Page 1)

tary, A. O. A., Chicago, will address each meeting on the subject of "National Affairs."

The Chicago Technique Team, under the leadership of Dr. James A. Stinson will present a symposium on "Technique and its Clinical Application." A symposium on "Posture" will be presented by Drs. R. N. McBain, and Dr. E. R. Hoskins, assisted by Drs. S. V. Roebuck, and Dr. H. L. Collins of Chicago.

A fully detailed copy of the Iowa program will appear in an early issue of the Log Book. Surely so practical a program should be reason sufficient for every Osteopathic Physician in Iowa to make specific plans now to be in attendance at Hotel Fort Des Moines, on both full days of the convention, Thursday, May 3, and Friday, May 4. F. A. Gordon, Iowa Prog. Chm., Four States Circuit.

Did You Notice—

Dr. J. J. Steward of Shelbyville, Ind., recently in Believe It or Not? The editor can remember when he was in school he went around with two or three 50-pound anvils in each vest pocket.

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 11

APRIL 15, 1934

Number 4

Osteopathy Aids H. S. Champs

It is of great interest to notice that Osteopathy played a not unimportant part in the recently completed Iowa State High School Basketball Tournament.

The West High team of Waterloo, one of the prize quintets of the tourney, was treated and cared for by Dr. Burton M. Gotshall, Osteopathic physician of Waterloo. His team swept thru all opposition to the finals and in the championship game was defeated by the narrowest of margins, 20 to 19, by East of Sioux City.

It was the first time an Osteopathic physician was ever asked to work in connection with athletics in the schools of Waterloo and the splendid success of the team speaks well for Osteopathy. Congratulations on West's fine record, Dr. Gotshall!

Washington Eliminated

Evidently the town we were looking for was not in the state of Washington. We know the writer and we know several out there and it is a wonderful place to live. We may be out that way on a vacation tour this summer, but WHERE ARE THE OTHER 47 STATES?

Here is a state secretary that has the kind of confidence that we admire above everything else. We knew he believed in Osteopathy. We are now certain that he believes in Washington State.

The Log Book,
Des Moines Still College of
Osteopathy,
Des Moines, Iowa.
Gentlemen:

Your article, in the Log Book of March 15, called my attention to the fact that we need more Osteopathic physicians in the State of Washington.

I believe that we have the most ideal situation here in the State of Washington for a new doctor out of school than any section of the country. We have everything here that one could hope to have: climate; natural resources; shipping; farming; dairying; manufacturing; logging and lumbering industries.

If there are any of your students interested in the State of Washington, I will be glad to have them get in touch with me.

Very truly yours,
Clarence B. Utterback.

Osteopathy— and Athletes



By H. V. HALLADAY, D. O.

It seems strange for a student of Still to write Dr. H. V. Halladay—it is so formal. Better and more natural to just say "Virge." The fact that all students, soon after matriculation, fondly address him as "Virge" speaks eloquently of the position he holds in the hearts of those who thus come into contact with him. To the alumni and his many friends in the profession he is also "Virge." Where ever you find Osteopathic physicians you find men who know and speak highly of Virge Halladay.

Dr. Halladay graduated from the A. S. O. in January, 1916. He assisted in Chemistry, Anatomy and Histology during his school term and taught Anatomy during his senior year. He was appointed to the faculty at the request of the "Old Doctor" and completely reorganized the teaching of Anatomy in the laboratory and wrote a manual on the subject. Provided with funds by Dr. George Still, he produced the flexible spine which has not been duplicated in any other college of osteopathy or medicine. Des Moines Still College is the only one having such specimens available for teaching purposes. He is also the author of "Applied Anatomy of the Spine," the only textbook on the subject.

Dr. Halladay came to Des Moines as a teacher in 1924 and has served as a member of the Board of Trustees of the College since 1926. He has an international reputation as a teacher and research worker in Anatomy. He is in constant demand as a speaker and has appeared on the program of the national association each year for the past fifteen years.

He is deeply interested in fraternity work, having been Grand Noble Skull of the Atlas Club and Grand President of Sigma Sigma Phi. He is at present Historian for the Grand Council of the Atlas Club and chairman of the board of trustees of the Grand Chapter of Sigma Sigma Phi. He is also a member of Square and Compass and honorary member of Acacia Club.

Dr. Halladay's hobbies are his two children, music, touring, home movies and cigarette holders.—(Editor.)

To go thru the Osteopathic profession and pick those who have
(Continued on Page 3)

Osteopathy in the Infectious Diseases



By L. L. FACTO, D. O.

Dr. Lonnie L. Facto is an outstanding example of the younger generation of militant Osteopathic physicians. He is a natural student and is constantly in touch with late developments in all branches of the healing art. To the students he is truly a friend in need as he is never too busy to answer questions and give advice and a helping hand to all who are in need of a bit of aid.

Dr. Facto graduated from Still in 1926 and was elected a member of the faculty. He resigned, however, to take a position as head of the clinics of the Osteopathic Hospital and Clinic of London, England. Returning from abroad he was in private practice for two years, giving this up to become a full time instructor on the faculty of his Alma Mater.

In addition to his teaching duties Dr. Facto has charge of a division of the general clinic and conducts a special rectal clinic one afternoon a week. He is a member of the Corporate Board of the College. His summers are spent in clinical work at the school. He is very much interested in Osteopathy and its application in disease and among others he teaches classes in Principles and Practice of Osteopathy and in Communicable Diseases.

During recent years he has taken post graduate work at Kirksville and special work in proctology under Dr. Blanchard of Youngstown, Ohio, and Dr. Barr of Cleveland.

During the war Dr. Facto served twelve months overseas in the A. E. F. as a corporal in the Engineers.

His hobbies are baseball, tennis and hiking. During the fraternity baseball schedule he may be found working out with the various teams and he is always ready for a tennis match with anyone who will face his expertly wielded racket.—(Editor.)

The treatment of acute infectious diseases must be based upon a knowledge of how the body overcomes infection.

There is present in the circulating blood during the incubation period an ever increasing
(Continued on Page 3)

Atlas Wins Bridge Tourney

Atlas Club	113
Non-Frats	111
P. S. G.	65
I. T. S.	47

The Atlas men, by taking a clean sweep of their last match with the I.T.S. barely nosed out the Non-Frats in a closely contested tournament. This was the only time that the Non-Frats lost the lead, which they had from the second Sunday, but the pay-off is on the final results. The Atlas men are to be congratulated on their successful last-minute stand. The P. S. G.'s and the I. T. S. battled for the cellar position with the I. T. S. being the victors.

The tournament was carried on very successfully and without complaint from anyone. The same rules, in all probability, will be followed next year.

The committee and the Non-Frats wish to thank Mrs. Max Mayer and the Jewish Community Center for allowing the Non-Frats the use of the Center as their "House."

Dr. Holton Dies Mar. 12

Dr. Neil Holton, D.M.S.C.O. Class of 1929, died of tuberculosis in the Boston Sanatorium, Boston, Mass., March 12. Dr. Holton practiced in Des Moines for several years following his graduation and but recently removed to the East. He was a member of Xiphoid Chapter of the Atlas Club. Dr. Holton is survived by his mother, wife and one child, and to them go the heartfelt sympathy of the faculty and student body of Still College.

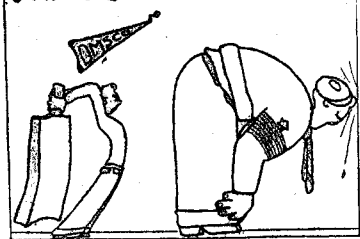
Dr. Reeder Dies in Fall

Dr. Victor Reeder of Pilot Rock, Oregon, fell from a cliff near Pendleton, Ore., March 18, and died a few hours later in a Pendleton hospital. It is presumed that he became confused while walking along the top of the cliff in the dark and turned the wrong direction.

Dr. Reeder was born in Pendleton in 1906. He graduated from D. M. S. C. O. in the class of 1930. He served a two year's internship in the Rogers Park Hospital in Chicago and afterwards established his practice in Pilot Rock.

He is survived by his parents, four brothers and two sisters.

FRATERNITY NOTES



ATLAS CLUB

Some tell, some hear, some judge news, others make it. The Kirksville boys are certainly no slouches at the latter. After the frivolities of a very active week-end, we managed to get them started in the general direction of home but it seems that an observing Des Moines patrolman noticed the absence of a very important part of the anatomy of one of the cars. Feeling that the law should be no respecter of persons, said patrolman proceeded to tuck the boys safely away until the matter could be investigated. The owner of the car hails from Costa Rica and, due to some delay, had failed to receive his license plates in time for the trip. Poor Costa Rican's story did not set well with the authorities. They wished an explanation of his presence in the U. S., his purpose in this city, his citizenship papers, etc., and as things were getting bad, the boys called for help. Four hours later, after much pulling of strings and heated arguments, Governor Herring, himself, got out of bed and took things in hand. As a result the boys were released and went merrily on their way.

Spring was officially inaugurated at the house last Sunday morning with the annual yard-cleaning. Everyone was up bright and early to smilingly lend a willing hand to the work. Oh, yeah?

A number of the brothers went home for Easter. Andreen, Richey, Landy Johnson, Bell and pledge C. A. Johnson.

The Club welcomes Brother Forbes back to the fold after two years absence.

Brother Schefold has been confined to bed for the past four days with bronchitis.

The Sigma Sigma Phi dance occasioned several new spring outfits among the more well-to-do members. Believe it or not, there are one or two of that group left. It also occasioned the usual Saturday afternoon row over hot water. Brother Bigsby insisted on taking his Saturday night bath in the afternoon—much to Brother Bell's indignation.

Election of officers will be held Monday, April 16. It is hoped that every member will feel under obligation to attend and help elect men who will capably carry on the work at the house next year.

Don't forget the kittenball and golf tournaments. Better start training, boys.

IOTA TAU SIGMA

Spring is "came" or "sompin'" and our thoughts turn lightly to love, golf, pussy ball, and moving. We expect to be fully installed in our new mansion by the fifteenth.

Several of the boys were missing over the Easter vacation. Bros. Pohl, Beghtol, and Aspen-grin took a trip in to the big city.

How one little nurse's heart fluttered as her big strong "Vicki Wicki" made ardent love to her over the holidays. When do we get the smokes, Pohl?

We understand that a couple of the Brothers are contemplating taking in the Kansas relays. Good luck on your trip, boys.

Bro. Beghtol returned with a fair damsel's picture, the one we observed on his desk last year but had been missing until now. A reconciliation, "eh, wot, cute keedo?"

Pledge Yukl denies the fact that he is interested in the comings and goings of the mailman, but his actions belie him. What is it Fran, heart trouble?

Reading in the paper the other day of the Chicago "Sleeping Beauty" we wish to state to the world that we have one in our midst. Are you sleepy, Ted?

Oh, yes! We have an impersonator in our flock, too. A package of Spearmint, please. How's about it, Herd? Have you got your boys outside?

We understand Bro. Herbert is a connoisseur of throat antiseptics. But he found a cure for an "itch" in his throat—didn't you, Barney?

Bro. Lyle objected to our writing anything about him in our notes, so we won't even mention your name, John.

PHI SIGMA GAMMA

Dr. L. L. Facto, of the college faculty, spoke to the chapter group, March 26, on "The Importance of the Blood." A discussion period followed which was enjoyed for its informality.

Each day the postman brings letters with checks, money orders, love, kisses and so forth, but recently the letters regarding summer jobs have started to crowd into their recipients' attention.

Guess what Bro. Owen plans to do this summer—you may be surprised. Pledge Rice plans to catch up on some sleep lost when he played "callboy."

The old homestead has been in various stages of vacancy during the past few weeks. Several jumped the gun a week early and made longer trips to tighten the home ties.

Bro. Rees and Pledge Miller surprised the home folks a day or so early and returned in time for the 15-hour bridge session.

Milwaukee and the Bock Beer Festival overcame the resistance of Bros. Hecker and Diekow.

Bro. Hoose organized a cruise to Michigan, touching at Detroit to distribute Pledges Wilkas and Zyzlewski.

Bro. Folkman managed to do

some concrete cruising to Northwestern Iowa.

Who started this "a truth is a truth" business? Maybe it's the remark of a famous statesman, or a pledge, who knows?

Phi Sigma Gamma is glad to announce the initiation, to active membership, of Joe Peterson and "Bud" Storey.

DELTA OMEGA

The pledges of Delta Omega Sorority, including Wilma Westfall, Dortha Failing, Clarise Keft, Helen Butcher, Marybeth Ziegler, and Evelyn Ketman, were honored by the alumni and honorary members at a dinner given at the home of Dr. Lovegrove, 4219 Greenwood Avenue, Monday, April 12.

After a most delightful dinner the formal initiation was held, followed by election of officers. Marybeth Ziegler was elected president; Evelyn Ketman, secretary; Dortha Failing, treasurer; and Wilma Westfall, escort.

PSI SIGMA ALPHA

Gamma Chapter of Psi Sigma Alpha, national scholastic fraternity, held its monthly banquet at Doty's Tea Room on April third. In addition to a discussion on the advancement of Osteopathy the following men were pledged, their grades, character and faculty endorsement having proved satisfactory:—Harold Morgan, Wm. Moore, DeWitt Goode, Ralph Deger, Austin Brill and T. D. Bell.

This meeting was enjoyed by all and we greeted the return of one of our members, Robert Forbes, who has returned to school after being absent for some time. Bob is one of our most active men, is a charter member of Gamma Chapter, and we are certain that the fraternity, as well as Osteopathy, will benefit greatly by his return.

SIGMA SIGMA PHI

Sigma Sigma Phi takes great pleasure in announcing the initiation of Joe Wolecheck, Art Montgomery, Clemens, Andreen, and Carl Schefold, March 20th. Dinner was enjoyed by all at Nanking Cafe before the initiation ceremonies.

Spring Sports

All the fraternities and the Non-Frats were notified that the golf and kitten-ball tournaments would soon be under way. Benny Devine, chairman of the Sigma Sigma Phi activities committee, will be in charge and will call a meeting of the representatives of the different groups early in the week to consider schedules, rules, etc.

Those fellows who are tennis-minded might see Dr. L. L. Facto in regards to having a school tennis tournament. Such a tournament could easily be run off over a week-end the middle part of May. A minimal entry fee could be charged to pay for a trophy, if one is desired.

The Medics Failed

Another case that has attracted considerable attention in the clinic is one of a fifteen year old high school girl. She came into the clinic one day barely able to walk with the aid of an assistant on each side. Not long ago the editor saw her run down the stairs unassisted and out the door of the college building just as any normal fifteen year old girl would do. We asked for a report on the case.

Miss A. not able to walk without assistance, weak and run down. Marked palor, glassy stare and legs slightly swollen. History of usual children's diseases. No operations. Menses started at twelve and normal for a year. When thirteen suffered dizzy spells lapsing into unconsciousness lasting from half an hour to two hours. Preceded by dull burning sensation mainly in abdomen. Complete loss of cutaneous sensation below fourth lumbar. Had four previous attacks but made a satisfactory recovery.

All laboratory analysis negative except blood which showed only 2,800,000 R. B. C.

Lesion 3-5 Cervical, 7 Dorsal and rigid lumbar region.

Lesions were corrected and specific treatment given in thoracic and lumbar regions. Patient treated three times a week and the strength of the legs and cutaneous sensations were restored after two weeks of treatment. Dizzy and faint feeling was completely eliminated after three weeks and blood count returned to normal. Patient can now walk as good as ever and without aid. Was treated previously by internal medication without results.

State Boards

Iowa

The Iowa State Board of Osteopathic Examiners will hold the next examination June 4, 5 and 6, 1934. Applications may be secured from the secretary, Dr. Sherman Opp, Creston, Iowa and must be in two weeks prior to the examination.

* * *

Nebraska

The next session of the Nebraska Basic Science Board will be held on May 1st and 2nd. The State Board of Osteopathic Examiners will meet May 18th and 19th. Applications for each examination should be filed at least fifteen days in advance. Address communications to Mrs. Clark Perkins, Director of Bureau of Examining Boards, State House, Lincoln, Neb.

* * *

South Dakota

The South Dakota Board of Osteopathic Examiners will hold its next examination in June, 1934. Applications and information may be secured from the secretary, Dr. C. Rebekka Strom at Sioux Falls, So. Dakota. Applications should be made before May 20.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor, H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

Bob Is Back

It is a real pleasure to turn the Log Book back to Bob Forbes. He has been out of school for some time due to ill health but has made a recovery and everyone is happy. The undersigned will still keep half an eye on the Log Book but with Bob at the helm, we can sit back and feel at ease, hoping that he fails all of his subjects and never gets out of school.

—Virg Halladay.

Greetings!

I am deeply appreciative of the opportunity afforded me of once again taking up the editorship of the Log Book, after an absence of two years.

Many alumni and prospective students were, during my previous tenure of office, very considerate in taking the time to send in criticisms, suggestions and contributions, all of which were of inestimable value. It is my sincere wish that all of you will do so in the future. It is through such co-operation that this publication can be made to serve its intended purposes to the highest degree.

Working on the Log Book was one of the greatest enjoyments of my collegiate experience and I feel sure that it shall be so even to a greater degree during the coming year.

To those who were so kind as to take an active interest in my work two years ago I extend a cordial invitation to do so again. To my new acquaintances I send greetings and the wish that I shall shortly have the pleasure of hearing from you.

—J. Robert Forbes.

Births

Dr. and Mrs. Gordon E. DuBois announce the birth of a daughter on March 5, 1934, at their home in Hamilton, Ohio. She has been named Joetta Gale.

Marriages

Mrs. Grant Aikin announces the marriage of her daughter, Bernette, to Dr. Dale Clinton Beatty on Saturday, March 10, at St. Petersburg, Florida. Dr. and Mrs. Beatty are at home at Treasure Island, Florida.

Osteopathy and Athletics

(Continued from Page 1)

contributed to the success of athletic events would be an extremely hard job. It would be far easier to list those who have not. Without knowing it, our profession has followed a perfectly natural course in this respect. We have, without the intent in mind, made ourselves conspicuous in this field and the answer is another bit of logic.

To the majority of us an athlete is perfection in physique. He or she has no organic disease—he is in the “pink” of condition. The matter of preparing for this high efficiency from a physical standpoint has meant months of training. The next problem is to maintain this standard and if anything should develop to have at hand an expert on physical man. During this process of training the athlete has not been taking drugs. He has avoided everything that might be detrimental to his physical well-being. His training has been largely mechanical and he has a high appreciation of the value of a knowledge of body mechanics. Many times during the process of his training he has sought the advice and care of a member of our profession, knowing that our school of therapy stresses the idea of body mechanics.

What does the winner in an athletic event have that the losers lack? It is not a better brain than the others in the race except in the light of a control center. It is perfection of body mechanics that puts him in the lead whatever the game may be. His ability to respond at the right time, to be prepared and ready for the break when it comes, to have that reserve energy needed at the crucial moment, to be able to do the most with the least effort, and to be appreciative of his own limitations.

The Osteopath trained by lectures and demonstrations is far better fitted to care for athletes than any other type of physician. We think of the body as a machine and in this type of work the machinery of the body must be kept in perfect condition or the athlete will fail to come up to marks that he has already established. We make an extensive study of the bones and articulations and unless the joints of an athlete are in perfect working order his efficiency is not up to normal. They are the active tissues that produce the movement of the joints and their elasticity must be maintained. The Osteopath knows the nervous system and has a very fine appreciation of its physiology. We know that the response of a muscle depends entirely on the rapid transmission of a sensory impulse, the immediate transference of this to the motor system and the speedy flash of power to the muscle intended. This nerve path must be cleared of every possible factor that might inter-

fere with the completion of this necessary reflex which often makes or breaks an athlete.

In Des Moines every student has the opportunity of making a study of the care of athletes. Working as we do with the public school system and other schools and colleges in the city, we have under our care as many as one thousand athletes during the football season alone. This is extended to basketball, swimming, wrestling, track and baseball. Our graduates are given a special course of lectures in this work which is followed by actual experience with the athletes. You go into the training quarters and work with them. You get dirty and sweaty with them and win with them. You are as much a part of the team as any member of it and it is appreciated.

Your work is the care of traumatic injuries. This does not mean that you have to go to athletes to find this type of pathology. In your regular practice you have many such cases. Falls, body blows, wrecks, and other acute injuries produce the same type of pathology. Even if you never officially take care of a team, your training should include a thorough course in the care of traumatic injuries. These contacts should be made in college and you should be prepared by actual experience with cases that will certainly convince you and the patient of the efficiency of Osteopathic methods.

Many of our profession act regularly in the capacity of trainers and physicians for teams in their home town. Some travel with organizations during the season. The last five years have brought out many changes in methods and rapid recognition of the ability of the Osteopath in such cases. The care of athletes may be classed as a specialty but it is such a natural part of the practice that every Osteopath with the proper training is an expert in this line.

Osteopathy in the Infectious Diseases

(Continued from Page 1)

quantity of bacteria poisons, bacteria themselves, and the products of tissue destruction. This brings forth a reaction, in which antibodies are produced, that have for their purpose the neutralization of toxin and the destruction of bacteria. Those tissues that are able to respond by the formation of specific antibodies are scattered throughout the body and include many different kinds of cells in many different organs. It is the ability of these cells to react in this way that enables the body to make a curative response in the presence of infections.

Nature's reaction to the infections in general are fever, rapid pulse, increased respiratory and elevated basal metabolic rates. All are expressive of the increased catabolic changes inci-

dent to the toxin and bacterial destruction. Therefore, it is obvious that the ideal and scientific treatment of infectious diseases should be directed toward these curative reactions. In treating acute infectious diseases Osteopathically we assist the body in bringing about these changes. The effects are far-reaching and bring about vasomotor influences and a shifting of body fluids that affect every organ and tissue of the body.

The general treatment consists of a thorough relaxation of the tissues of the neck, the shoulder girdles, of the dorsal and lumbar regions, and of the pelvis; the raising of the ribs; the correction of Osteopathic lesions that can be easily corrected; and the establishment of as much spinal articular movement as is consistent with the amount of passive motion that the patient should receive. This increases the amount of lymph into the general circulation from all over the body, bringing about a quickened stimulation of antibody formation by the reticulo-endothelial system. If the treatment is given during the incubation period it will often abort, or render the course of the disease much shorter and less severe. Given during the convalescent period it will materially lessen chances of relapse.

If the Osteopathic care of acute infectious diseases were limited to the general treatment above described, it would still be the most effective and scientific therapy available at the present time. But in addition the spleen, liver, thyroid, and adrenal glands may be stimulated for specific effects.

The spleen aids the body in disease by producing antibodies, and as its antibody content is greater than that of any other organ, it is easy to understand why it is so effective when we increase its function. The hyperfunction of the spleen is brought about by manipulation which increases the circulation of the organ. This is done by placing one hand under the spleen, with patient in dorsal position, the other hand over organ in front. A slow, easy bimanual compression with abrupt relaxation is given. When the spleen is diseased or adjacent inflammation is present this should not be done.

The liver also produces antibodies, converts toxic wastes and bacterial toxins into inert, or less harmful substances, and is a storehouse for glycogen, which is used in abnormal quantity during infection. We increase circulation of the liver (by the same method used to stimulate the spleen) in infectious diseases to increase the formation of antibodies, toxin destruction, and to accelerate glycogen mobilization.

The hyperfunction of the thyroid gland during acute infectious diseases, furnishes the tissues with a secretion that in-

(Continued on Page 4)

I. O. A. Bulletin

As the time for our 1934 State Convention draws near we are given to wondering if the profession realizes the importance of convention attendance.

The writer, in the early days of his practice, when attending a convention, always had in mind just one thing. That one thing was to get everything worth while offered. To do this the entire program was listened to with rapt attention. Not the slightest detail was to be missed. The result was that after two or three days of following every speaker with the closest possible interest one was quite likely to go home with rather a hazy idea of the entire program and a definite workable knowledge of no particular thing. To listen closely to speaker after speaker is simply to go stale.

Then we learned that the best way to handle a convention was to treat the program much as we would a well filled banquet table. That is, not try to eat everything in sight but select those things which particularly appealed to us. This plan works much better from the standpoint of actually taking home something new of which we had mastered a workable knowledge. Not only that but we returned to the office filled with a new vigor and enthusiasm instead of mentally and physically exhausted.

Greeting old friends, making new acquaintances, swapping experiences, all are a very important part of a convention program. The social and entertainment side are just as important in their way as the technical knowledge displayed on the platform.

This year's program is an especially happy arrangement. Regardless of the doctor's particular taste, he or she is going to find something to his particular liking. A perfectly wonderful technical program balanced by a delightful arrangement of entertainment and social activities will offer something pertinent to the desires of each individual.

The past years have been lean and hard. We are possibly down in the dumps. This year, of all years, it behooves us to attend the State Convention. We need to be drawn out of ourselves; we need to get out of the rut; we need to build up our enthusiasm and hopes by meeting the other fellow with a cheerful word and a hopeful countenance. Above all we need to brush up on our technique. Do not tell us that you haven't taken a slump—that you are on your toes. The only time that happens is when business is booming. Dull times mean dull Osteopaths. Remember that the patient gets fed up on the same old thing done in the same old way. Come to Des Moines, May 3 and 4, and then go back and fool them. Do the same old thing in a different,

IOWA STATE CONVENTION PROGRAM

* * *

THURSDAY, MAY 3

- 9:00—Opening Sessions.
Dr. A. W. Clow, President I. O. A., Washington, Iowa.
9:15—"Autointoxication"
Dr. Perrin T. Wilson, Pres. A. O. A., Cambridge, Mass.
10:00—"Iowa Osteopathic Women's Auxiliary"
Mrs. J. K. Johnson, Sr., Pres. I. O. W. A., Jefferson, Iowa.
10:20—"Economic Trends in Practice"
Dr. R. C. McCaughan, Executive Sec., A. O. A., Chicago.
11:15—Memorial Services for Departed Members.
Conducted by Dr. R. B. Bachman, Des Moines.

Dr. Lila Davidson
Dr. C. M. Proctor

- 12:00—Luncheon.
Speaker—Rev. C. L. Young, Des Moines.
12:00—Auxiliary Luncheon and Business Meeting.
Hotel Ft. Des Moines.
* * *
1:30—"Pneumonia, Asthma, and Bronchitis."
Dr. P. T. Wilson, Cambridge, Mass.
2:15—President's Address.
Dr. A. W. Clow, Washington, Iowa.
2:30—"Osteopathy's Necessities."
Dr. R. C. McCaughan, Chicago.
3:30—"Adult Health Clinic."
Dr. Della B. Caldwell, Des Moines.
4:15—"Low Backache."
Dr. P. T. Wilson, Cambridge, Mass.
6:00—Banquet.
Toastmaster—Dr. D. E. Hannan, Perry.
8:30—Bridge Benefit.
Sponsored by Iowa Osteopathic Women's Auxiliary.

* * *

FRIDAY, MAY 4

- 8:15—"Foot Mechanics and Technique."
Dr. James A. Stinson, Chicago.
9:00—"Osteopathic Pathology."
Dr. C. Gorham Beckwith, Chicago.
9:30—"Osteopathic Diagnosis."
Dr. Fred Peckham, Chicago.
10:00—"Technique—Diagnostic."
Chicago Technique Team at five tables.
10:30—"Applied Technique."
Dr. James A. Stinson, Chicago.
11:00—"Technique: Three Lumbar Areas."
Chicago Technique Team.
12:00—Luncheon.
Speaker—Rev. C. N. Biglow, Des Moines.
* * *
1:15—"On to Wichita."
Dr. James Humphrey, Des Moines.
1:30—"Applied Technique."
Dr. Wilbur J. Downing, Chicago.
2:00—Demonstration: Three Dorsal Areas.
Chicago Technique Team.
3:00—"Applied Technique."
Dr. William B. Carnegie, Chicago.
3:15—Demonstration: Cervical Area.
Chicago Technique Team.
4:00—Business Session.
Dr. A. W. Clow, Pres. I. O. A., Washington, Iowa.

easier and much more efficient way.

Despite the fact that program chairman, Doctor Gordon, of Marshalltown, has arranged a perfect whiz-bang of a program, we need this year above all years to get out and away for the two days at Des Moines. The Iowa Convention this year is a winner regardless of the angle from which you may wish to view it. Make your plans to attend and then go back to the office and discover that things aren't half so bad as you thought they were. The most important State Convention we have ever had. Be there!

A. W. Clow, D. O.
Pres. Iowa Society.

You Ought To Know That . . .

Dr. E. C. Bran of Wichita, Kansas, took care of the basketball team of the American Institute of Business, of Des Moines, during the National Girl's Amateur Tournament recently held in Wichita. Dr. Bran was the only Osteopathic physician doing such work there.

? ? ?

Robert W. Coleflesh of Des Moines, candidate for the Republican nomination for Governor of Iowa in the June Primaries, takes Osteopathic treatments.

? ? ?

Dr. John M. Woods of the College faculty, addressed the Wapello Osteopathic Society Convention at Ottumwa, Thursday, April 5, on the subject, "Abnormal Blood Pressure."

? ? ?

Mrs. C. N. Stryker, wife of Dr. C. N. Stryker of Sioux City, Ia., has been elected Queen of Hathor Temple, Daughters of the Nile, which is a national organization composed of the wives, mothers, sisters and daughters of Nobles of the Mystic Shrine. Mrs. Stryker will attend the national convention of the Nile, which will be held in San Diego, California, in June.

? ? ?

Dr. W. J. Miller, class of '27, died suddenly last week while visiting in Ankeny. He leaves a wife and son.

Osteopathy in the Infectious Diseases

(Continued from page 3)

creases the catabolic phase of metabolism. This gland is stimulated directly by manipulation over it of the soft tissues around the gland, or indirectly by stimulation of those segments of the cord from which nerves pass to regulate its output.

The adrenal glands increase their activity during the acute infection, for the increased cardiac activity, the maintenance of blood pressure, and elevation of temperature is due in part to their secretion. It also activates the trypsin of the leukocytes, stimulates the thyroid gland, aids in the mobilization of glycogen and increases general metabolism. These glands cannot be affected by direct manipulation, but it should be possible to increase their secretion by stimulation of those segments of the cord from which the sympathetic nerves to the glands originate.

To summarize the manipulative treatment of acute infectious diseases, it would include the correction of all lesions that can be easily corrected, the thorough relaxation of all contracted tissue, the securing of free spinal articular motion, and the specific stimulation of the spleen, liver, thyroid and the adrenals.

The first disease discovered by an American was tularemia. The discoverer was Dr. E. Francis, who in 1919 recognized "deer-fly fever" as a distinct human disease entity caused by the B. Tularensis.

The physician needs a clear head and a kind heart; his work is arduous and complex, requiring the exercise of the very highest faculties of the mind, while constantly appealing to the emotions and fine feelings—(Osler.)

Violent exercise after 40 is especially harmful if you do it with a knife and fork.

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 11

MAY 15, 1934

Number 5

Seniors

Graduation festivities will begin with the Senior Assembly, which will be held in the College Auditorium, May 18. Each Senior Class strives to outdo its predecessor in the matter of entertainment and the faculty and student body eagerly anticipate that presented by the Class of '34.

The Senior Banquet will be held May 23 at the Ft. Des Moines Hotel. The college is host to those who are completing their collegiate careers and the event is one long to be remembered.

The grand climax will be the Commencement Exercises at the Hoyt Sherman Place, May 24. Full information concerning these functions and the class members will appear in the June Log Book.

State Officials Address I. O. A. Banquet

Over 160 Osteopathic physicians, their families and guests attended the gala banquet given during the State Convention at the Hotel Ft. Des Moines on the evening of May 3. Dr. D. E. Hannan, Perry, was the toastmaster.

The first speaker was the Hon. Clyde L. Herring, Governor of Iowa. The Governor presented a most graphic description of the trials and tribulations of public officials during these trying times and the methods adopted in overcoming them in order to bring about the present definite upward swing. Governor Herring also told of his successful experience with Osteopathy a number of years ago when, gravely ill, he was given but a few months to live.

Dr. Mary Golden, Des Moines, spoke briefly but most appropriately upon the necessity of relaxation. She urged all to adopt a hobby—music, art, literature, sports, gardening, and the like—in order to relax and ease the daily stress and strain upon our

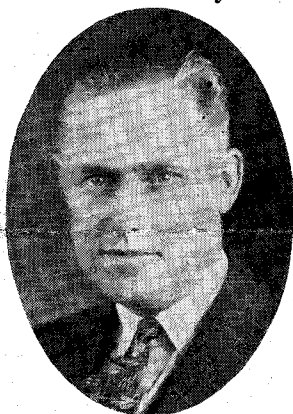
(Continued on Page 4)

Atlas Wins Diamondball

By defeating the Iota Tau Sigma team 12 to 5, Sunday morning, May 6, the Atlas Club won the Sigma Sigma Phi Kittenball trophy for the coming year.

The Atlas boys went through the schedule without defeat although many close finishes were recorded.

Osteopathy and the Laboratory



By Glenn E. Fisher, D. O.

Dr. Glenn E. Fisher is in charge of all laboratories of D. M. S. C. O. and conducts classes in Comparative Therapeutics, Inorganic and Organic Chemistry. It would seem that a heavy schedule like this would be very demanding upon Dr. Fisher's time, and it is, yet he always is able to find time to advise any student or aid those in clinic with the problems of laboratory diagnosis that inevitably arise. He is never too busy to aid in running a gastric analysis, a blood sugar estimation or any other necessary procedure. This is exemplified by the students themselves in always saying, "Let's ask Dr. Fisher" whenever they are unable to solve problems in drugs, chemistry, or laboratory work.

Dr. Fisher holds a B. A. degree from Penn College, a B. Sc. from the University of Iowa, and a D. O. from this college. He transferred to Still from the Iowa U. College of Medicine and graduated in January, 1933. He was immediately given the chair he now holds on the faculty. Before entering Iowa U. he taught chemistry and physics in the High School of Adel, Iowa, for three years.

He is a member of Acacia, Sigma Sigma Phi and the Atlas Club and takes an active interest in functions of these organizations.

Dr. Fisher's hobbies are his family, golf and motoring.—(Editor.)

The use of Laboratory methods in clinical diagnosis has become recognized as a necessity in modern practice of the healing art, so that clinical pathology is now considered an important specialty.

Laboratory tests are merely an extension of our special senses. The microscope detects what the naked eye cannot, but the reverse is also true. The more accomplished the clinician, the more discriminating he is in the use of the laboratory.

The following are the simple routine tests given in order of their utility:—Urine analysis, chemical and microscopic; Hemoglobin estimation and blood counts; Pathogenic organisms

(Continued on Page 4)

Osteopathy and X-Radiance



By B. L. Cash, D. O.

When journeying to Des Moines General Hospital one meets a most friendly, courteous and kindly group of physicians. Among them will be found Dr. Byron L. Cash, chief roentgenologist, physio-therapist and director of laboratories. The work of Dr. Cash is known far and wide and his skill has earned an enviable reputation for the X-Ray Laboratory of the Hospital. Oftentimes he may be found in the laboratory artfully preparing pathological specimens to add to his already extensive and valuable collection.

Students of Still College value his council and always find him eager to aid them in any way possible. He is a welcome guest at fraternity and college functions and his wit and never-ending fund of humor are always anticipated.

Dr. Cash was graduated from D.M.S.C.O. in 1917, interned at Des Moines General Hospital and took a year of P. G. work in 1920. With the exception of three years spent in private practice he has been a member of the hospital staff since 1920.

He is professor of X-Ray and Physio-Therapy and assistant professor of Urology at Still College and consultant to the college clinic.

During the war Dr. Cash served in the Laboratory Division of the Medical Corps and was one of the first Osteopathic physicians accepted for that service. He served nine months overseas and, altho but a sergeant, had complete charge of the laboratory in which he was stationed.

He is a member of the Iota Tau Sigma and Sigma Sigma Phi fraternities. His hobbies are his family, photography and gardening.—(Editor.)

This topic should be of great importance to every Osteopathic Physician and Surgeon.

Every physician who does manipulative therapy and pays particular attention to spinal abnormalities or variations in body alignment naturally discovers conditions which require X-ray examination. However careful we are we frequently overlook a few cases because the

(Continued on Page 3)

Osteopathy at the Relays

As in previous years Still College seniors have been drafted to do their part in the care of the several hundred athletes attending the Drake Relays. The matter of maintaining a record and of establishing a new one is up to the athlete but another phase brings out the composite picture of the coach and the trainer. This year as in the past it was our pleasure to work with many of the famous coaches over the country and it was our privilege to take care of athletes internationally known. A complete report is not available but some of the outstanding teams and individual contestants may be mentioned. Altogether we had calls from 14 of the major or university teams entering the relays. These were taken care of

(Continued on Page 3)

D. M. Baseball Club Asks for Osteopathy

Last season, for the first time, the local Western League team had an Osteopathic trainer. W. F. Kessler, then a senior student, was placed in charge of the team and continued in that capacity throughout the entire season.

This spring, just before training began, Dr. Halladay received a letter from the team management requesting that Still College again furnish a student to take care of the club, so successful was the work last season.

W. C. Andreen has been selected to handle this important task and is now working with the team. Once again the unequalled success of Osteopathic care of athletic injuries and its efficiency in keeping athletes fit and in the game has been demonstrated.

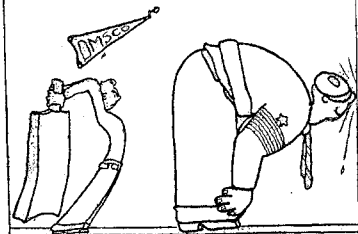
Professional baseball clubs are choosing D. O.'s for team physicians in ever increasing numbers. Notable examples are the St. Louis Cardinals, the Cincinnati Reds and the Columbus Red Birds.

Free Offer to Seniors

The Illinois Osteopathic Association is offering a free paid-up membership for the year June 1, 1934 to June 1, 1935, to every graduate who successfully passes the Illinois State Board this spring.

For further information, address R. B. Hammond, D. O., Secretary, Rockford, Illinois.

FRATERNITY NOTES



ATLAS CLUB

In spite of the fact that our annual picnic was held on about the hottest day of the year, everyone who went expressed a complete and wholly satisfied opinion that the function was about the best ever. There was plenty of everything and, in truth "a good time was had by all."

The kittenball tournament is now history. Atlas came through in real old time style to clinch the cup with three straight victories. The final game was played Sunday with I. T. S. and we emerged on the long end of a 12 to 5 score.

Saturday night was open house and a large number turned out. As usual everyone enjoyed the evening with little or no strain upon the pocketbook. The affair was in honor of Bro. Bell's wife, who was visiting him over the week-end.

A number of the Brothers from Axis Chapter of Kirksville spent the night of April 28 with us while attending the Drake Relays. Welcome, Brothers—come often.

Nine men will leave us this spring: Brothers Johnson, Twadell, Stingley, Dierdorff, Ogden, McAllister, Tannehill, Mount and Halladay. Some will interne and others will face the cruel world at once. We know that these men have all prerequisites to success and the best of wishes go forth with them. Don't forget us, Brothers; we want to hear from you often.

Monday, May 7, saw the last of this year's practical work nights. Dr. Fred Campbell of Des Moines, spoke to us on "What It Means to Be Able to Say, 'I Am An Atlas Man'." This was undoubtedly one of the finest lectures we have been privileged to listen to and we are proud to be able to call Dr. Campbell our Brother.

Election was held at the last meeting and the following men will guide the chapter next semester:

Noble Skull—Carl Sheffield.
Occipital—Ralph Morehouse.
Pylorus—J. Robert Forbes.
Stylus and Editor of the Bulletin—Wm. Costello.
Sacrum—Ralph Ritchie.

IOTA TAU SIGMA

Since the last edition of the Log Book, Iota Tau Sigma has been enjoying the new house which it took over the fifteenth of last month. To say that we are pleased with our new quarters would be putting it mildly. We were only able to realize our

present home after a year and a half of sacrifice on the part of the brothers who stood by the fraternity during those lean times. However, now that that unpleasant existence is but a memory, we have been able to get off to a fresh start and an assurance of continued good fortune.

Iota Tau Sigma takes pleasure in announcing that Francis Yuki, Bennie Devine, and Harold Dresser have recently become active members of Beta Chapter. We congratulate these men and expect great things from them in the future.

In a recent election the following men were successful in becoming officers of the fraternity: President—T. C. Hobbs. Vice Pres.—B. H. Devine. Secretary—D. W. MacIntyre. Treasurer—R. T. Gerow.

We look toward these Brothers as our guiding lights in fraternity affairs for the coming semester. It might here be added that the writer has again been honored (?) by the Chapter in designating him to impart unto the curious world the events concerning the fraternal activities.

Brother H. G. Morrow of Cheboygan, Mich., was a recent welcome visitor at the house. He is a graduate of the Class of 1930. During his stay in the city he attended the State Osteopathic Convention. Brother Beldon, '32, also visited the house while he was present in the city for the convention. We certainly appreciate those alumni who do not forget that they belonged to a fraternity as soon as they leave school.

Due to the fact that this is the last edition of the Log Book before the close of school we wish to take this opportunity to bid those of us who are graduating this year, namely Brothers Herbert, Herd, Lyle, and Hall, a farewell but never a goodbye. We wish these men to feel that now that their school life is about to close, their fraternal life must continue regardless of the fact that they will no longer be active members, but alumni. A good alumni is as important to a fraternity as a good active body. It is too bad that so many of our alumni fail to realize this fact. However, we feel sure that these men will ever live up to those standards required of good ITS, whether they be active or alumni, and remember that they belong to the one and only—Iota Tau Sigma!

PHI SIGMA GAMMA

Hot flash! Phi Sigma Gamma loses barn in early morning conflagration! Cause unknown but it was exciting while it lasted! Cal smelled smoke and sounded the alarm, Irwin called the fire department, and Folkman still insists he made three trips with water before the fire-fighters arrived. At first we thought a pledge might have been learning to smoke but a checkup revealed them all in their cribs and very much asleep—coffee was

served to the grownups.

Hell week has a new meaning for pledges Wilkas, Zyzelewski and Miller. After scouring the countryside for some otherwise worthless material an impromptu track meet was held which resulted in a tie—as all three pledges stuck together—that's their story.

Spring and the usual turning of fancies, pipes, white shoes and porch furniture makes the house look really alive and about to blossom out. The boys are all digging out summer apparel, tennis shoes, packing cases, and cracked toes.

Maybe you knew that: Dex Rice is now a full-fledged Bro.—Bud Storey eats bananas—Penny takes everything seriously—Jack has a short leg—Walter's middle name is Smith—Owen has horsemanship ability—Hal sleeps with his mouth open—Stan sleeps with his cut-out open—Rees went to W. & J.—Miller knows a guy in Dayton, etc., etc., etc.—Dickow at last has co-operation—Hecker has a German appetite—Bartram plays a clarinet—Hoose is an agrarian—Wayland is O. B. assistant—and the writer is out of ideas.

DELTA OMEGA

Grace Ransom's Tea Room was the scene of one of the most delightful parties ever held by Delta Omega. On the evening of April 30 the following members and guests gathered to enjoy dinner and bridge: Dr. and Mrs. C. W. Johnson, Miss Ava L. Johnson, Dr. H. V. Halladay, Miss Frances Stephens, Dr. and Mrs. J. M. Woods, O. E. Owen, Dr. and Mrs. C. I. Gordon, Dr. and Mrs. B. L. Cash, Dr. and Mrs. H. J. Marshall, Dr. Westfall and husband, Dr. Kenworthy and husband, Dr. Townsend and husband, the Misses Helen Butcher, Dorothea Failing, Marybeth Ziegler, Caroline Hoch, Wilma Westfall, and the Messrs. Robert Ogden, A. S. Barnes, Harry Barquist, and Francis Yuki.

The party was complimentary to the guests of Delta Omega. Following dinner there were five tables of bridge. Appropriate prizes for high honors were won by Dr. H. V. Halladay and Miss Caroline Hoch.

The evening will go down in Delta history as one of the most enjoyable and successful social functions ever given by the local chapter.

PSI SIGMA ALPHA

Gamma Chapter held its semi-monthly banquet at Doty's Tea-room, May 15. After a very delightful dinner, president Twadell introduced each of the graduating members. These Brothers—Robert Ogden, Verne Hoeffler, Luther Stingley and Bayard Twadell—responded with very appropriate remarks.

Dr. Hazen Gulden, now intern-ing in Des Moines General Hospital, was a most welcome visitor and favored us with a most instructive, impromptu speech. The active chapter is anxious to

greet and entertain all alumni any time they can be with us and we hope Brother Gulden will come often.

The sincere wishes for a successful career go forth to each of our graduating members. Their membership in Psi Sigma Alpha signifies their outstanding scholarship while in school and we are certain that they will not only meet with personal success but will be an outstanding credit to Osteopathy.

SIGMA SIGMA PHI

Beta Chapter of Sigma Sigma Phi, National Osteopathic Honorary Fraternity, takes great pleasure in announcing the pledging of the following men: F. Bumpus, R. Lingenfelter, R. Hoeffler, Geo. Niehouse, V. Pohl, and V. Wilson.

The election of officers was held last week and the following men were chosen to carry on for next semester: President, Benny Devine; Vice President, Del Johnson; Secretary, D. Ashmore; Treasurer, R. Haas; Corresponding Secretary, R. Perdue; Sergeant-at-Arms, C. Andreen; Trustees, L. Carleton and R. Stephens.

For the past three weeks members and pledges have been attending a class in character analysis conducted by Mrs. Emily L. Morgan. The work has been very interesting and instructive. Such problems as "How to Talk to Each Type of Patient," "Whom to Treat Short and Snappy" and "Those to Whom Reason and Mentality Are Outstanding" have been discussed. The short talks explain briefly the various types and the signs indicating the same. Such a course is very instructive and is a very fine thing for men engaging in our profession. Mrs. Morgan can be reached at 621 Flynn bldg., by anyone interested in practical psychology.

In the last issue Bro. Perdue's name was omitted from the list of initiates. Ray is a full-fledged member and is well qualified to carry out the principles and purposes of the organization.

Pan-Hellenic Council
Reorganizes

Representatives of Phi Sigma Gamma, Iota Tau Sigma and the Atlas Club recently met to reorganize the Still College Pan-Hellenic Council. It is planned to adopt a constitution and perfect all preliminary details in order that the Council may operate smoothly and effectively from the first day of school next fall.

An earnest attempt is being made to obviate the factors which brought previous similar organizations to untimely disbandment. The end in view is to promote genuine bonds of fraternalism between these brotherhoods and to act at all times for their mutual benefit. It is hoped that the new group meets with unqualified success.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor, H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

Thanks!

On behalf of the student body of Des Moines Still College the editor wishes to extend to the officers and members of the Iowa Osteopathic Association sincere thanks and appreciation for the privilege of attending the recent state convention program sessions as guests free of charge.

Such programs mean much to the students, not only because of the educational feature, but because it gives him a chance to meet a great many men from the field, it serves to awaken his interest in organization affairs and more firmly than ever makes fast his faith and interest in the science of Osteopathy.

Many thanks I. O. A., we shall eagerly anticipate your meeting next year—(J. R. F.)

Your Last Chance

Very soon another opportunity will have passed your door and you with your back turned. The last of this month and the first week of next will be filled with graduation exercises of High Schools all over our country. We wonder how many of you started two or three months ago to make the contact that you promised yourself you would make? How many of you have secured lists of interested students who might take up the study of Osteopathy? What is there in the field of professional work that offers these fine boys and girls more than your profession?

You have all the talking points and it is merely a matter of taking a little time out and meeting these young men and women who are really anxious for your information. We are interested in several state projects that have been initiated this year and will look forward to new students from these fields. Is your association dormant on this subject? If so, you should feel ashamed for unless you increase in numbers you will never increase in strength. If you are not adding new life to your state association the trouble is not with Osteopathy but with you as an individual.—(H. V. H.)

Locations

Dr. Lawrence C. Boatman, '33, announces his association with Dr. Caroline C. McCune, with offices at 138 Washington Ave., Santa Fe, New Mexico.

Osteopathy and X-Radiance

(Continued from Page 1)
history does not reveal the underlying pathology. This is especially true in metastatic carcinoma and primary sarcoma of the pelvis or spine. Also, to a lesser degree, the cases of abnormalities of development of the spine which may not have symptoms until some minor injury produces marked pain and disability.

Metastatic Carcinoma

Patient, male, age 52, single. Cattle man accustomed to riding horseback. History of pain thru groin with marked pain on any attempt to ride in a saddle. Tuberculosis in the family. Picture at that time showed complete destruction of one ramus of the pubis. Diagnosed as metastatic carcinoma but the original site of carcinoma could not be found and our diagnosis was disputed. No treatment was given. Eight months later the patient returned to us for relief of agonizing pain through the lumbar spine and pelvis. Picture at this time showed a complete destruction of the left ilium and the body of the third lumbar vertebra and a definite carcinoma of the sigmoid.

Sarcoma

Woman, age 45, history of fall with bruise to the right hip followed by slight pain for one week with gradual increase in symptoms for two weeks when pictures were taken and showed some decalcification of the ilium at a point of muscle attachment. Diagnosis of tendon pull and inflammation with decalcification, which usually follows such injuries. The patient was not seen again for eight months. Her pain had continued almost constantly with a sensation at times as though the parts of the hip or ilium were tearing loose. Her doctor informed her that this was all in her head and treatment was directed along that line with salicylates for her rheumatism, as he called it. Another physician had said neuritis. X-Ray picture at this time showed over half of the right ilium destroyed by Sarcoma. The patient had actually felt the muscles pulling loose from their attachments as she had described.

Tuberculosis of the Spine

Too frequently we have patients come to the X-Ray laboratory with a marked hump in the spine who give no history of tuberculosis of the lung or viscera; but a history of pain in the spine and have taken adjustments (not Osteopathic) to relieve the pain and straighten the spine. One such case grew rapidly worse. Adjustments were made above and below the point of lesion. This caused more pain. Soon another physician was consulted. His diagnosis was cystic ovary, chronic appendicitis and retroversion. He recommended immediate operation. This diag-

nosis did not satisfy the patient so an Osteopathic physician was consulted. He ordered X-Ray pictures of the spine and lung. X-Ray diagnosis was old healed tuberculosis of the lung, three-fourths of one lumbar vertebrae destroyed by tuberculosis with a definite active process present.

Abnormalities of Development

Frequently following injury a patient complains of pain in that area which, in his mind, is a result of the present injury; but, on X-Ray examination we find a large variety of abnormalities of development which produce a congenital weakness at the point. Why they have not caused symptoms before is a problem. A long list of abnormalities could be listed under this heading, however, we will consider four cases.

Laboring man, age 57, accustomed to heavy work. History of slight injury by wrench of lumbar area. Picture shows abnormally long transverse processes of the 5th lumbar vertebrae which were ankylosed to the ilium with fracture of the transverse process of the left side.

My instructions to the X-Ray classes is "always get a picture when the patient complains of more pain after treatments or does not show improvement."

In conclusion let me remind you of a most important and frequently overlooked cause of disability. Focal infection with pains through the spine or pelvis with disability. Numerous cases following injuries of varying intensity on X-Ray examination of the spine and pelvis show no pathology, but X-Ray of the teeth with removal of the focal infection puts the patient back to work.

Man, age 51, history of falling from freight car, landing with lumbar spine across the rail. Pictures at that time show no fracture. Bedfast three weeks, all types of heat, diathermia, mechanical therapy, medical and Osteopathic treatment for two years. X-Ray of the spine at this time shows no evidence of fracture, displacement or arthritis. X-Ray of the teeth showed six abscessed with marked absorption of the alveolar processes. All of the teeth were removed. The man returned to work in two months. The insurance company was delighted to pay for the X-Ray of the teeth.

This should be the first consideration in all severe fractures. Remove all foci of infection if you expect the best results.

Osteopathy at the Relays

(Continued from Page 1)

and several additional who were not aware of the service offered by the college.

W. E. Rees was appointed to take care of Notre Dame and reports that the entire team wanted Osteopathy and the coach, John P. Nicholson, asked for our service again next year. Rees also took care of members of the team of Abilene Christian Col-

lege of Abilene, Texas, and some of the boys from Washington State, where our old friend Bill Bohm is doing some good work for Osteopathy.

Marquette came down with a relay team and Ralph Metcalf of international fame. These boys were on the list and Mike San Felippo was assigned to them. Mike is a former classmate of Metcalf and spent the greater part of his spare time with him. Contrary to a newspaper report, Metcalf's injury was not serious and he was made sufficiently comfortable by the treatment so that he won the 100 in 9:7 against a five and one-half mile wind and came thru as anchor man in the 440 relay, winning easily. He was seen a short time before he left for home and said he felt OK in every way. Other members of the team expressed their appreciation of the work done by SanFelippo.

Wayland took care of the team from U. of S. Dakota and reports that they all asked for this service next year.

Perdue was assigned to Hastings College and also took care of boys from Ohio State. He reports the same as others, that all of the boys feel that Osteopathy is essential to their welfare and they want to be assured of Osteopathic care next year.

Coach Phillips of Butler turned his team over to Cal Haupt who took them thru all the paces of an experienced trainer. Took charge of their diet and rest periods and treated them when necessary. Haupt reports that the coach was highly pleased with the work.

Cruser started out with a couple of High School teams under each arm but ended with the boys from the U. of Missouri and part of the group from Abilene, Texas. Cruser also worked on several men from Oklahoma Baptist U. and their coach, Mr. V. C. Hurt, has asked for this service in the future.

Oklahoma A. & M. was assigned to Benny Devine, who was given full charge of the boys by their coach, R. W. Kenny. Benny reports that he worked and got results. The boys and the coach expressed their appreciation and want him again next year.

Reports are not in from several other schools and colleges taken care of, but it is the same story over and over. The majority of our coaches over the country know Osteopathy and the good work we can do if given an opportunity to care for the boys. The Drake Relays offer the students of Still College just another opportunity to prove the value of Osteopathy by actual contact and not by theory. It is a great privilege to meet these coaches and their boys and we will be on the job again next year to do our part. We wish to thank the officials of the Drake Relays for their co-operation also.—(H. V. H.)

I. O. A. Bulletin

FROM THE NEW PRESIDENT

What greater success could be requested of the National Society than was realized by the Iowa Osteopathic Society this year? Three distinguished executives graced one day's program, Dr. Perrin T. Wilson, Pres. A. O. A., Dr. Russell C. McCaughan, Executive Secretary of A. O. A., and Dr. John E. Rogers, Oshkosh, Wisc., Inspector of Colleges for A. O. A. Their every contribution was most inspirational, and we thank them. That the Technique Team of the Chicago College was appreciated was attested to by the fact that more than 250 Doctors were gathered about their five tables where the most valuable developments in technique were taught (that is more than twice the usual attendance.) The Iowa Society wishes the Chicago College to know that its members appreciate these men being released from their regular duties that they might receive their valuable developments.

To the retiring President, Dr. A. W. Clow, Washington, Iowa, I wish to express the joy it has been to have been associated with him for the past year in the affairs of I. O. A. To our able Secretary, Dr. Paul O. French, Cedar Rapids, Iowa, may I convey the great satisfaction it gives me to have him serve this official capacity again. Few really know the loyal sacrifices this man has made for us! To the great numbers who attended our programs, I wish to tell them that it gave the Program Committee very great satisfaction for such endorsement of the efforts involved, and to the hotel management belongs our loyal patronage for the splendid service rendered this, the largest State Convention of the Iowa Osteopathic Association.

It is hoped that the spirit manifest at this convention will continue to romp about our membership during the entire coming year and that every committee will feel as the Attorney General so properly stated it—that their committee is the most important committee of the entire organization. Already one committee has devised ways and means of carrying on their affairs quite as Governor Herring cited in his reference to the Special Session—with a huge savings. Power to them; we must all expect to use more man power when dollars are scarce. WHO HAS YET WORKED TOO HARD FOR OSTEOPATHY? It is your basic investment! Protect it!!

The smooth success of the convention was due in no small part to the untiring efforts of Dr. Harry J. Marshall, chairman of local arrangements, to Dr. Earl H. Phillips, of Garner, chairman of exhibits, to Dr. D. E. Hannan, toastmaster, and to Mrs. Sterratt, who so ably as-

sists our muchly burdened Secretary.

At the business session Dr. F. A. Gordon, Marshalltown, was elected president; Dr. Laura Miller, Adel, vice president; and Dr. Paul O. French, Cedar Rapids, secretary-treasurer.

As for the stewardship you have placed with me, I am grateful for the honor, and trust that the year may close with your approval enhanced. Your constructive criticism is invited at all times. Come on—let's go places!

Dr. F. A. Gordon, D. O.
President I. O. A.,
Marshalltown, Iowa.

Osteopathy and the Laboratory

(Continued from Page 1)
in exudates and sputum; Analysis of stomach contents; Examination of feces for blood, parasites and ova; Cerebro-spinal fluid examination; Blood grouping and matching.

In the treatment of disease a thorough knowledge, not only of the exact treatment to administer, but of the exact and definite diagnosis of the case must be had. This exact diagnosis is better reached by the aid of the laboratories. It is the purpose of laboratory findings to correlate with the physical findings of the patient; in other words, the laboratory record is used as a further means of reaching a final and correct diagnosis.

In disease there is present in the circulating blood, in the urine, in the sputum and in other fluids, exudates and secretions, large quantities of bacterial poisons or toxins and by-products of destruction of the body's own tissues as a result of combating the pathology. These, as waste products or as active substances, can be detected and studied by laboratory means, giving us evidence of the nature and extent of the condition. Suppose a patient has been given a physical examination and thought to have a gastric disturbance; we shall go to the laboratory and see what it reveals:— The examination of gastric contents gives information on the emptying time of the stomach, its secretions and digestive capacity; Gastric retention, if present, is demonstrated; Fermentation is shown by the characteristic odor; Malignant ulceration imparts an odor of decayed flesh to the gastric contents; Marked hyperacidity is shown by chemical tests for total acidity, free hydrochloric acid and combined hydrochloric acid; Lactic acid, an organic acid, is shown to be present on retention of stomach contents.

After thorough laboratory examination of the stomach, suppose we find the picture to be as follows:— Free hydrochloric acid decreased, lactic acid present, pepsin and rennin in large amounts, mucous present in large amounts, and a few small frag-

ments of mucous membranes found to be present. On chemical examination of the feces we find traces of blood present. From these laboratory findings, coped with the physical findings, we can draw our conclusions that the diagnosis is Chronic Gastritis.

From the above elicitation of the different laboratory tests coupled with the physical findings we can accurately and intelligently direct our Osteopathic treatment to the best advantage to the patient and satisfaction to ourselves.

The laboratory not only helps us to diagnose the case and direct our treatment, but it affords the means of following up the case to determine the degree to which the patient is responding to Osteopathic care.

In the above mentioned case we can obtain another gastric specimen in a few weeks and note the improvement by similar laboratory tests. These tests can be repeated as often as deemed necessary. By running a series of tests at intervals the patient's condition is always known to the doctor. The practicing physician finds it to his advantage to keep a close check on his patients. This can be done by the aid of clinical laboratory.

To summarize: the use of the laboratory enables the physician to arrive at an exact and definite diagnosis, direct him in the course of treatment, keep him informed as to the progress of the patient and enable him to advise the patient from a scientific standpoint how to maintain and enjoy good health.

Births

Bishop

Dr. and Mrs. J. C. Bishop, Rock Rapids, Iowa, announce the birth of a daughter, Donna Mae, on April 11, at the Bishop Hospital in Rock Rapids.

Stone

Dr. and Mrs. D. H. Stone announce the birth of a son, Dwaine, at the Mater Hospital, Knoxville, Iowa, March 30.

Marriages

Brant-Hewlett

Dr. Earl W. Hewlett, '31, Philip, So. Dakota, and Mildred L. Brant, Centerville, So. Dakota, were married in Rapid City, April 14. One of the attendants was Dr. Howard H. Cook, '33, of Rapid City, a fraternity brother of the groom. Dr. and Mrs. Hewlett are at home in Philip.

Hayes-Hasselmann

Dr. Warren L. Hasselmann, Jan. '33, and Margaret Hayes were united in marriage at Des Moines, Iowa, April 3, 1934, the Rev. Geo. Purdy officiating. They were attended by Dr. Glenn E. Fisher, of the college faculty, and Mrs. Fisher. Dr. and Mrs. Hasselmann are at home at Pella, Iowa, where Dr. Hasselmann has been located since early last fall.

You Ought To Know That . . .

Dr. Ruth K. Haley, Meridan, Mississippi, has charge of a number of weekly musical programs over radio station W C O C. She presents some eight programs each week of the most outstanding musical talent available.

Graduation exercises will be held at Hoyt Sherman Place, May 24, 1934.

Dr. Arnet J. Garlinghouse, Charlotte, Mich., is the new president of the Charlotte Rotary Club and will be a delegate to Rotary International, Detroit, Mich., next June. Dr. Garlinghouse is also vice-president of the Charlotte Public School Board, past president of the Michigan Association of Osteopathic Physicians and Surgeons, and member of the Board of Directors of the Masonic Association of Charlotte. He is a graduate of the Ruddy P. G. School and specializes in Eye, Ear, Nose and Throat.

Finals will be given Thursday and Friday, May 24 and 25.

Dr. C. I. Gordon of the college faculty, took care of Jim LuValle, anchor man of the mile relay team of the University of California, Los Angeles. This team broke the Relay record held by Iowa for a number of years and it was LuValle who picked up the margin by which the record was broken. Dr. Gordon treated the star three times during the Relays.

State Officials Address I. O. A. Banquet

(Continued from Page 1)
physical and nervous mechanisms.

Attorney-General O'Connor, of Iowa, a classmate at Fordham of Dr. Hannan's, gave some valuable information upon the manifold duties of the attorney-general and his importance in handling the legal phase of legislation. He pointed out that Governor Herring's administration had reduced the cost of government in Iowa some \$8,000,000.

Music was furnished by the "Still College Gypsies," Fred Green, leader and violinist, Geo. Niehouse, mandolin, Homer Niehouse, guitar, and Robert Forbes, piano.

Following the banquet a bridge benefit, sponsored by the I.O.W.A., was held. Prizes were donated by merchants and exhibitors and all proceeds go to aid the Adult Health Clinic which is sponsored by the I.O.A. and held each year at the Iowa State Fair.

Curiosity makes people interesting and successful.

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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Commencement

One of the most impressive Commencement Exercises ever held by D. M. S. C. O. took place at the Hoyt-Sherman Auditorium on the evening of May 24, 1934.

The processional was played by Mr. Glenn Morning and, when the members of the graduating class were in their places, Dr. Robert B. Bachman gave the invocation. This was followed by a vocal rendition of the ever-beautiful "Hills of Home" by Dr. M. J. Hydeman, '31.

The address was delivered by the Rev. E. G. Williams, pastor of the Westminster Presbyterian Church. Rev. Williams used as a theme "Looking Ahead." He pointed out that once a goal is reached the vista is opened to a larger and greater accomplishment. He illustrated with the artist, author, mechanic and inventor—never content, always going to do a better picture, novel, etc. "The best is never accomplished," said Dr. Williams, "it is always ahead."

Following the address Dr. Hydeman again sang, this time the two delightful songs "The Spirit Flower" and "Trees."

Dr. J. P. Schwartz, Dean of the College, presented the members of the Class of '34 to Dr. C. W. Johnson, President, for the conferring of degrees. It was announced that the highest four in scholarship standings were as follows: Luther P. Stingley, Sydney F. Ellias, Rachel H. Woods and Edith L. Menagh.

The recessional was played by Mr. Glenn Morning.

The Class of May 1934:
Chester Stanley Cichy, Cecil
(Continued on Page 2)

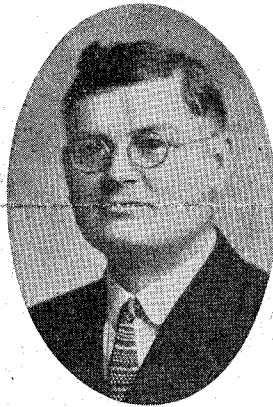
D. M. S. C. O. Graduates Officers in Detroit Assn.

At the annual election of officers of the Detroit Association of Physicians and Surgeons of Osteopathic Medicine, held May 16th at the Book Cadillac Hotel, four Des Moines Still College graduates were elected to offices.

Dr. L. M. Monger, who graduated in 1930, was elected president, after having served as first vice-president the preceding year. After graduation Dr. Monger served a year's internship at the Detroit Osteopathic Hospital and is now connected with the Monger-Paul Osteopathic Clinic, located at 5800 West Fort street, Detroit.

Dr. R. K. Homan, a member
(Continued on Page 2)

Osteopathy and Care of the Feet



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

Although Dr. C. I. Gordon is one of the city's general practitioners he manages to devote some of his time to the college. Dr. Gordon is another who exemplifies the spirit of ever willing helpfulness to the students which exists so abundantly in the faculty of this college. Lower and upper classmen alike find him a faithful friend and adviser.

Dr. Gordon was graduated from Ellsworth College with a B.A. degree following which he took special work in science at the University of Iowa. He divided eleven years teaching and school administration work between the High Schools of Corning and Grundy Center, Iowa.

Upon his matriculation in D. M. S. C. O. he was appointed professor of Physiological Chemistry and placed in charge of the Pathology and Physiology Laboratories. He was graduated in the Class of 1931 and entered practice in this city. He has retained the positions of Prof. of Phys. Chemistry and Director of Path. Labs. and has accepted additional duties as Director of the Foot Clinic, a field in which he is doing much specialization.—(Editor.)

It is impossible to discuss all phases of the care of the feet but I would like to call attention to the importance of foot care, foot mechanics and proper shoes.

Foot care is important because an individual carries his body weight upon the feet and if there is the slightest defect he suffers while walking, standing and even sitting. This importance is best expressed by Dr. J. M. Hiss in his book "New Feet for Old," where he says, "As the four bones of the instep arch spread apart and the foot twists outward under the body load, the central line of weight-bearing down through the legs shifts with it, indicating a false strain—and thus soreness and stiffness—in the muscles of the leg, thigh and hip. Since the beginning of the healing art such pains regularly have been diag-

(Continued on Page 3)

Osteopathy and Proctology



By J. L. SCHWARTZ, D. O.

Dr. J. L. Schwartz is a graduate of the American School of Osteopathy in the Class of January, '19. Following graduation he came to Des Moines, where he took Post Graduate work at D. M. S. C. O. and established his practice.

Dr. Schwartz joined the faculty five years ago and teaches his specialty—Proctology. His course is a thorough and valuable one and is highly esteemed by all students.

He has been associated with the Taylor Clinic since coming to Des Moines and is house physician, assistant surgeon, and chief proctologist to Des Moines General Hospital. He also has charge of one division of the Hospital's summer tonsil clinic.

In preparing himself for his specialty Dr. Schwartz spent several months in the Dr. Blanchard Rectal Clinic, Springfield, Ohio. Following this he spent six months in Europe, attending Proctological Clinics extensively in Berlin and Vienna.

Dr. Schwartz is a member of Sigma Sigma Phi and the Atlas Club Fraternities.—(Editor.)

Proctology is that division of the healing art pertaining to diseases of the Rectum. While, theoretically, any pathological condition of the Rectum comes within the field of the proctologist, those most commonly met in practice are Hemorrhoids and Fistula. Perhaps one should also add such conditions as Prolapse and local inflammations—Pruritis, Rectitis, etc.—but these latter are usually secondary in nature and thus not as a rule confined to proctological practice.

In Still College every effort is made to present a thorough and complete course in Proctology. Aside from the classroom work Dr. L. L. Facto conducts a Proctological Clinic each Tuesday p. m. during the school year. While the school clinic confines itself to ambulatory methods the hospital embraces all necessary methods of procedure.

Hemorrhoids, or "Piles," are
(Continued on Page 3)

Senior Day

As is customary each year the graduating class is host to the student body at the most eagerly anticipated convocation of the year. The Class of '34 did not disappoint us and presented one of the finest programs ever.

The stage was vacant except for a radio, through which came the voice of the announcer of Station S C O. This broadcast, the first portion of the program, proved to be not only interesting but enlightening as to many of the here-to-fore intimate details in the lives of many of the Seniors and some of the Faculty members. The low-down being thus purveyed by one so completely protected by space from the ire of those whose said low-down was thus being purveyed, the broadcast went on unmo-
lestated.

Next came the class presentation. J. W. Halladay, President of the Class of '34, presented to the College a beautiful camera portrait of Dr. Robert B. Bachman, to be hung in the fifth floor auditorium. This picture was accepted on behalf of the College by President C. W. Johnson. This class thus leaves with us a most worth while and appreciated gift.

The third section was given over to Dr. H. V. Halladay who presented the first section of what is to be a complete moving picture of all the activities of D. M. S. C. O. This reel concerns the O. B. Department and shows the mechanics of a clinical O. B. from registration through prenatal care and the actual delivery.
(Continued on Page 3)

D.M.S.C.O. Corporation Meets

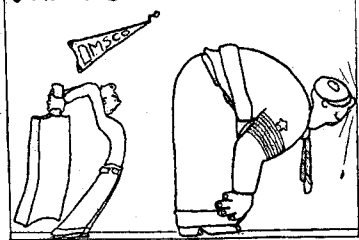
June 12 the College Corporation met in annual session in the school auditorium.

The annual reports were accepted and approved and it was gratifying to learn that, in spite of the prevailing economic conditions, the College finished the fiscal year on the right side of the ledger.

Dr. A. V. Mattern, Green Bay, Wisconsin, made the trip from his home to meet with the group.

Dr. C. W. Johnson was re-elected President of the College; Mrs. K. M. Robinson, Secretary, and Dr. R. B. Bachman, Treasurer. In addition to these three the other new Trustees are, Dr. J. P. Schwartz, Dr. Bertha Crum, Dr. H. V. Halladay, and Dr. G. E. Fisher.

FRATERNITY NOTES



ATLAS CLUB

The semi-annual graduation banquet was held on the evening of May 17 at Younkers Tea Room. We were very glad to welcome as our guests two of our Nebraska alumni, Dr. W. H. Baker, Aurora, and Dr. Anton Kani, Omaha. We enjoyed having these Brothers with us and hope they may come often. Dr. O. E. Rose was toastmaster and the main address was delivered by Dr. Paul Park. Following this most delightful banquet the entire group journeyed to the Des Moines Theatre where we viewed George Arliss in "The House of Rothschild" and later, as the guests of the management, a pre-view of Spencer Tracy in "Hunting For Trouble."

We regret to lose the following active graduates: Bros. Verne Dierdorff, J. W. Halladay, Landis Johnson, F. J. McAllister, Roy M. Mount, R. P. Ogden, Luther Stingley, Lloyd Tannehill, and Bayard Twadell. It is noteworthy that four Past Noble Skulls are in this class: Bros. Dierdorff, Mount, Halladay and Twadell. The best wishes for success go with these brothers where ever they may locate and we earnestly hope that with the passing of the years the bonds of fraternalism woven during the past four years will continue to bind them securely to their fraternity—the Atlas Club.

Bro. Fred Green, Iola, Kansas, is remaining over for a few weeks in order to have his tonsils removed.

The new golf trophy now rests upon our mantel. We were very fortunate in winning this and other contests during the past year.

We are proud to announce that Bro. Roy Mount received the Sigma sigma Phi award for "Outstanding Accomplishment in the Science of Osteopathy" and that Brother Luther Stingley, by receiving the highest scholastic average in the Class of '34, will have his name engraved on the Psi Sigma Alpha Scholarship Plaque which is displayed in the reception hall of the college.

It is with pleasure that the following Brothers announce their internships as follows:—Bro. Dierdorff at Detroit Osteopathic Hospital; Bro. Mount at the Ottawa General Hospital, Ottawa, Ill.; Bro. Halladay at Des Moines General Hospital; Bro. McAllister at Mercy Hospital, St. Joseph, Mo.; and Bro. Twadell as personal intern to Dr. W. J. Deason, Southwestern Osteopathic Hospital, Wichita, Kan.

The past year has, in many

respects, been very successful. We hope to make the next year one of the best in Xiphoid history. We are always glad to receive letters or visits from our alumni and, as we plan for next semester, why not let us hear from you?

PHI SIGMA GAMMA

Phi Sigma Gamma is pleased to announce the election of officers for the coming semester. Frederick Hecker is the new President; Art Montgomery, Vice President; Joe Peterson, Secretary; Walter Irvin, Treasurer; Bud Storey, Pledge Master; John Mattern, Sergeant-at-Arms; Dexter Rice, Social Chairman and Ed Owen, House Manager.

The night of May eleventh ushered in the annual spring dance and the beginning of the end of the semester. The music of Caldwell's College Pals demanded of all present that they enjoy the charms of their partner or of somebody else's. The guests of honor were Dr. H. V. Halladay and Miss Stevens, Dr. and Mrs. Woods, Miss Ava Johnson and Dr. and Mrs. Schaffer.

Sunday the second and the house served as the time and place for the senior banquet. An excellent dinner and inspiring talks by Doctors C. W. Johnson and James Schaffer were thoroughly enjoyed by all present. Cal Houpt is the only senior leaving the house this semester. We will miss Cal and his ever-present sense of humor.

We were honored recently by the visit of one of our charter members, Dr. Harry Ellyson and his wife. His remarks about the early days of Phi Sigma Gamma made us appreciate our present surroundings, Doctors Armbrust, Davis and Friend visited the house lately. We are always glad to welcome alumni and renew the bonds of brotherhood.

Dr. Jim Schaffer is back in our midst in his new position as Assistant Professor of Obstetrics. Doc is being quite a help to all the budding physicians. Byron Wayland is assisting (?) the O. B. Department for the coming semester.

George Folkman has acquired the pleasant job of Pediatric Clinician. Power to you Gawge.

Henry Diekow, with the aid of various brethren, entertained Miss Margaret Kraeger of Chicago on a recent week end. Nice going Hank!

Various rumors are floating about Brother Wayland—that he should pass out the cigars! Surprise!

Johnnie Hoose is going into the cattle business this summer. Various other members are going home to their wives, gals, and whatever jobs there are to be had.

The House is staying open this summer and visitors are welcome. We have finished a wonderful year and are all "hopped up" about the prospects for next year. May there be many more of them.

PSI SIGMA ALPHA

Gamma Chapter of Psi Sigma

Alpha, National Honorary Scholastic Fraternity, announces the following officers for the Fall Semester: President, Prof. O. E. Owen; Vice-President, W. C. Rankin; Treasurer, F. E. Hecker; Secretary, J. M. Zimmerman; Corresponding Secretary, J. Robert Forbes.

It is with great pleasure that we learn that Bro. Luther Stingley was first in the scholarship standings in the Class of '34. His name will be enrolled upon the Psi Sigma Alpha Plaque which hangs in the reception room of the college as a tribute to high accomplishments in Osteopathic scholarship.

Freshman Notes

The Freshman B. Class hails from far and near. From the distant land comes C. A. Johnson of Big Spring, Texas, and another from far away is J. B. Miller, Dayton, Ohio.

Michigan sends us good material in Neal Johnson, Manistee, and Edwin Zyzelenski, Detroit. Fresh from the farm we have Clifford Berry, who hails from wild and woolly Wahoo, Nebraska. Sticking close to home, and wisely, Des Moines boys at Still are Joe Dykstra, Dean Hume, Robert Fagan, and Harry Ogilvie.

In the Spring of 1938 these boys will be full-fledged Osteopathic physicians.

Election of Officers

Feeling the need of organized co-operation the freshest Freshman Class held pow-wow on May 18 during first hour and elected domineering officers (in Virge's absence.) The most honorable president is C. A. (Tex) Johnson, Atlas Pledge. Chosen to assist him in the capacity of Vice-President is Neal Johnson, Atlas Pledge.

The Secretary-Treasurer for this esteemed class is Robert Fagen, non-frat. The Social Chairman is J. B. Miller, Phi Sigma Gamma Pledge. Last but not least, Harry Ogilvie, Atlas Pledge, was chosen Historian and Reporter. Although picked too late to do much this semester, these officers promise to be of real benefit to the Freshmen and Still College during the next term.—(Harry Ogilvie.)

Atlas Wins Golf
Tourney

The Atlas Club again emerged victoriously from the annual Spring Golf Tournament. The competition this year was of the best and keenest. The trophy is a new one, being up this year for the first time. The fraternity first succeeding in having its name appear thereon three times wins it permanently.

The trophy was presented at the Senior Assembly by Sigma Sigma Phi, sponsors of the competition, and was received on behalf of the Atlas Club by W. Clemens Andreen, captain of the team.

The Osteopathic Inter-Fraternity Assembly

The matter of a closer union between the officials of the various Osteopathic organizations has been a much discussed topic for several years. In view of this need the above named group has organized and will as of last year facilitate the work of the organizations at the coming convention in Wichita. The primary object of the Assembly is to establish a common booth for the registration of all fraternity and sorority members, to have information on hand in regard to meetings and officers and to co-operate with the local committee in helping to make Frat Night bigger and better each year. Correspondence in regard to Frat Night and registration should be directed to either Dr. James A. Cozart of Canonsburg, Pa., or Dr. H. V. Halladay of Des Moines. Dr. Cozart is president and Dr. Halladay, secretary of the Assembly.

Commencement

(Continued from Page 1)

LaRue Cruser, Verne Harold Dierdorff, Sydney Frederick Elias, George Gibson Hall, James Wellington Halladay, Bernard Eggely Herbert, John Alexander Herd, Rachel Hodges Woods, Vernon Eugene Hoefler, Calvin J. Houpt, Orval Landis Johnson, Milton J. Joseph, John M. Lyle, Frederick J. McAllister, Edith Leach Menagh, Donald Joseph Mills, Roy Mathew Mount, Robert Potter Ogden, Jan Hoepner Paul, Clarence Wigg Peterson, Elmer Herman Seibel, Luther Alvin Stingley, Charles Edgar Swartzbaugh, Lloyd H. Tannehill, and Bayard S. Twadell.

D.M.S.C.O. Graduates

(Continued from Page 1)

of the class of 1931, was elected first vice-president, after having served as secretary during the preceding year. Dr. Homan, who, incidentally, is a former editor of the Log Book, served an internship at the Detroit Osteopathic Hospital and is now affiliated with the Highland Park Osteopathic Clinic, 13535 Woodward avenue, Highland Park, Mich.

Dr. W. K. Moore, also of the class of 1931, was elected secretary of the organization. Dr. Moore is also a former intern of the Detroit Osteopathic Hospital and is now connected with the East Side Osteopathic Clinic, located at Mack and Lakewood streets.

Dr. Lloyd Woofenden, who graduated from Des Moines Still College in 1926, was elected treasurer, having been very active in the organization for the past several years.

Dr. George B. F. Clarke, one of the oldest Osteopathic physicians in the city, as well as the State of Michigan, was re-elected Statician, an office he has held for many years.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor, H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

The Class of '34

Twenty-six young men and women have realized that for which they have been striving for many years — the degree of Doctor of Osteopathy. Some are now taking up internships and others are preparing to strike out into practice. Knowing this class quite well it is safe to predict that full measure of success will be enjoyed by its members.

Throughout the four years at D. M. S. C. O. the Class of '34 has been outstanding. It furnished a lion's share of officers for the various social and honorary fraternities; it furnished the college with a number of laboratory and clinic assistants; and 69% of its members received one or more special awards for meritorious service or extraordinary accomplishment!

A former editor of the Log Book, F. J. McAllister, graduated with this class. Mac took up the pen which this editor was forced, by the perversities of Fate, to drop back in 1932.

One glaring fault or, let us say, unavoidable weakness of this class, a weakness common to most graduating classes in the past several years, is the far too small number of feminine members. Only two co-eds are found in the class roster and there should be at least five times that number. Osteopathy today offers the sincere and ambitious young woman far more than any other profession or vocation available to her. There is a crying need for women physicians in our science and it is to be hoped that each year will see more and more co-eds in our colleges.

To the Class of '34 we say: "Do not forget us; we are always interested in you and your accomplishments. Let each of you strive to send your Alma Mater at least one student each fall. May success, health and happiness be yours abundantly."—(J. R. F.)

Still Alumni!

Reserve Wednesday morning, July 25, at Wichita, for the D. M. S. C. O. Alumni Breakfast. Details next month.

Lord Moynihan, prominent British surgeon, points out that although the death rate from cancer has increased twenty per cent in the last 20 years, Britain's average death rate has decreased about thirty per cent.

Osteopathy and Care of the Feet

(Continued from Page 1)

nosed as 'Rheumatism,' a term that has lost all meaning in the light of modern knowledge. Even so, we moderns are prone to attribute stiff and painful knee and ankle joints to 'Arthritis'. In 95 percent of such cases one would be as far from the truth as the other. The disturbance in the central line down through the legs causes not only strain on the muscles of the leg, thigh and hip but also an unequal pull on the ligaments of the knee and ankle joints, giving an uncomfortable dragging sensation. As a matter of fact, pain occurs regularly in the ankle and knee in more than half the foot troubles we see. That they have nothing to do with arthritis and everything to do with misplaced bones in the feet is proven by the fact that foot correction promptly disposes of them.

"I place a certain emphasis on these points for the benefit of those many supposed lifelong victims of arthritis in the lower extremities who, for the most part, have nothing of the sort; and who, without enlightenment to the source of their trouble, may fall victims of the craze for sacrificing teeth, tonsils, gall-bladder and any other removable portion of their anatomy on the altar of 'focal infection.' What these 'arthritis' victims suffer from in many cases is nothing more than a disturbance in the weight-bearing mechanism of the feet."

By foot mechanics we mean the perfect alignment of the foot so that the weight of the body is carried with poise and balance. The normal mechanics of the foot consists of the tarsal and meta-tarsal bones so arranged as to form the longitudinal and transverse arches. The efficiency of these arches is determined by the correct placing of each of the small parts and then maintaining these parts in their proper relationship by the muscles and tendons. Each part articulates with its neighbor in such a manner as to give the strongest support. But suppose one of these small parts changes its relationship with its neighbor — what happens? Undue stress, strain and unbalance with inability to properly and comfortably carry the load. It may be called "fallen arches", "bunions" or what-have-you but the fact remains that it is an upset in the normal mechanics of the foot.

Some of the causes of such an upset are (1) Ill-made and ill-fitted shoes, (2) Trauma, (3) Lifting or carrying load in abnormal positions, (4) Lesions in the spine or hips, etc.

The treatment consists of three things: First, and foremost, is Osteopathic manipulation. The gross amount of trouble is nothing but osteopath-

ic lesions; correct them and your foot will improve. A case history will illustrate: Female, over weight, suffered intense pain in knee, tenseness and rigidity of calf muscles, had been diagnosed as arthritis; examination showed marked lesions between the Os Calcis and Astragalus with entire foot thrown out of balance; correction of lesions brought immediate relief.

The second consideration in treatment is given to shoes. In recommending shoes there are several things to bear in mind—many shoes are made to sell but few are made to fit and wear. The proper shoe will be of the right width, correct length from heel to ball, the insole perfectly level from side to side and with the general contour of the shoe adapted to the contour of the given foot.

The third consideration is the exercise of the feet. This must be prescribed on the basis of the needs of the individual case.

Osteopathy and Proctology

(Continued from Page 1)

the most common of Rectal pathology. The ambulatory method of treatment is by infiltration of the part hypodermically. The number of treatments depends upon the case, the number of injections given at each session and the type of solution used. As a rule two regions are infiltrated at each visit and five or six treatments usually suffice. The patient returns for check-up in a month or six weeks. Other cases are treated surgically, the operation consisting of complete removal of the hemorrhoidal tissue. Palliative treatment, such as astringent ointments, etc., are valuable only for the temporary relief they afford and are not curative.

A Fistula is a narrow canal, which may or may not have an opening in the skin or mucous membrane of the Rectum, resulting usually from an imperfectly drained abscess. It may be confined to the Rectum or it may communicate with the Urethra (Recto-Urethral) or the Vagina, (Rectal-Vaginal). Many fistulas are successfully treated by the ambulatory method, injection, similar to hemorrhoids. Scarification of the walls of the canal by diathermic electrode is used. However, many cases must be treated surgically before permanent relief is obtained.

Prolapse is an invagination of the Rectal mucosa. It occurs usually in infancy and old age and has many etiological factors. The treatment varies with the case: oil and astringent enemata, control of excessive strain, etc., and manual replacement are included in the palliative treatment. In children improvement in muscle tone usually causes the prolapse to disappear. Surgery is often necessary in older persons when the symptoms are such as to make it imperative.

Local irritations and inflam-

mations are treated symptomatically.

One of the greatest aids to satisfactory proctology is osteopathic treatment and for this reason osteopathic physicians are outstandingly successful proctologists.

It is impossible in this article to discuss proctology more than superficially—there is far more to it than herein described. However it is a branch of practice worth the consideration of the osteopathic physician.

Senior Day

(Continued from Page 1)

ery. This picture was very interesting and is a neat bit of photography by Dr. Halladay. It was made all the more successful by the excellent sound effects produced gratuitously by Dr. Bachman.

Next in order were the Sigma Sigma Phi awards presented by Bennie Devine, president of that organization. The following inter-fraternity cups were presented: Baseball, received for the Atlas Club by Wm. Costello; Basketball, received for the Atlas Club by Clemens Andreen; Bridge, received for the Atlas Club by J. W. Halladay; and Golf, received for the Atlas Club by Clemens Andreen.

Finally came the presentation of awards by Dr. C. W. Johnson as follows:

Obstetrics: Rachel H. Woods, Robert P. Ogden, M. J. Joseph, F. J. McAllister, C. W. Peterson, E. H. Seibel, Don M. Mills, Vernon Hoefler, Verne Dierdorff, Cecil Cruser, Roy M. Mount and L. P. Stingley.

Anatomy: Chester Cichy, Geo. Hall, Rachel H. Woods, Bernard Herbert, and F. J. McAllister.

General Clinic: Rachel H. Woods, Roy Mount, and Verne Dierdorff.

Proctology: Chester S. Cichy. Pediatrics: Rachel H. Woods. Gynecology: Rachel H. Woods. Band: Chester Cichy, Bernard Herbert, Verne Dierdorff, Calvin Hout, and Bayard Twadell.

Dr. Marshall's Trophy for Hospital Service: M. J. Joseph.

Des Moines Club Certificate: Chester Cichy.

Sigma Sigma Phi Awards: For Service, Vernon Hoefler. For Proficiency, Roy M. Mount.

At 2:30 the great baseball game between Dr. Facto's Pick-Ups and Bennie Devine's All-Stars was played. Although Dr. Facto's men showed the greatest knowledge of the game they were defeated by the close score of 24 to 12. Whether faulty umpiring had anything to do with the outcome is a matter still being debated but, as Dr. Facto so aptly puts it, "There's another year coming." To Bennie and his noble crew goes the trophy emblematic of the championship of Still College—if there was a trophy.

Men speak of "useful" and "useless" knowledge, but all real knowledge is likely to be useful.

I. O. A. Bulletin

Circuit of Districts, June 25 to 30

Approval for the membership project has now been received from all District Presidents, and the first circuit program will be launched during the last week of June. Specific Technique, as demonstrated by the Chicago Technique Team at our recent state convention, attracted such excellent attendance that many were scarcely able to witness what they came to get. It has been therefore deemed advisable to provide a better opportunity for personal instruction of this valuable work. This and the other programs of the circuit plan will be absolutely FREE to all who have paid their state and district dues. At present the plan includes this June circuit and the regular October meeting, and another, which will be mutually agreed upon by the State and allied districts, and will occur later during the year. Who can afford to miss any of these most valuable meetings?

While you are receiving the inspiration, and the values of these meetings you are also helping to enlarge our Iowa group, and thus make possible the achievements you all wish the state to accomplish. Plan now to attend all of these meetings. From the spirit manifest by the various committees we are surely due for definite Osteopathic accomplishments in Iowa this year.

This first Circuit Program will route Dr. Stinson, and your President through the six districts for meetings that will last from 1:30 to 10:00 p. m., as follows:

- 1st District—Cedar Rapids—June 25.
- 6th District—Ames—June 26, Memorial Coliseum.
- 4th District—Clear Lake—June 27.
- 5th District—Storm Lake—June 28.
- 2nd District—Red Oak—June 29.
- 3rd District—Ottumwa—June 30.

It is the present intention for this column to contain interesting developments of our society as the various committees report them. The following committee report should relay the immense value of County Organization. This report is submitted by Dr. Laura E. Miller of Adel, vice president of your Society and chairman of committee on Industrial and Institutional Service, and Federal Relief.

County Indigents.

"The matter of compensation for county indigents was discussed at our regular meeting, and a committee was appointed to wait upon our supervisors. We had quite some difficulty in obtaining this conference, but the day came and there ensued considerable discussion as to the types of cases which Osteopathy handles. This barrier was broken only to

learn the real issue. The County Tax League was bearing down on the supervisors. When this committee produced evidence that the cost of indigent care would be reduced if competitive bids were received, it was then decided to have the Tax League put the question of Osteopathic care to a vote. Publicity relative to this victorious ballot resulted in Osteopathy receiving considerable discussion over the county. Now that equality has been established, the cleverly worded contracts which previously eliminated care by an Osteopathic Physician are no longer required to receive fees for our services. Our committee and the supervisors agreed that from and after that date, any indigent applying to us for services could be handled by us upon receiving authorization that the case was an indigent. Thus making fee basis equal to all, and further granting likewise that any emergency treatment could be given without contacting the supervisors."

Thus achievement of organization for mutual benefit. This can and should be accomplished in every county. Your by-laws provide for sub-divisional societies where five or more so elect. How about your county? Would you believe that such organization has resulted in the members taking a lump contract which has been ample to cover the cost of County, District, State, and National dues, and there were yet sufficient funds to secure professional insurance for all its members? Suppose we get together? Dr. Miller will gladly confer with any county group who wish further assistance in this matter.

Dues

The 1934-35 year began on June first and your dues are now payable. This year the dues remain \$10.00. For the new graduate \$5.00 per year for the first three years.

Many new features are included with a membership in the Iowa Society of Osteopathic Physicians and Surgeons. Send your check direct to the secretary, Dr. Paul French, 410 C. R. S. B. Bldg., Cedar Rapids, and he will add your name to the roster. If inconvenient to send the full amount any part will be acceptable. We need you—and you need us.

Locations

Mikan.

Drs. Woofendon, Wright and Homan announce the affiliation of Dr. V. R. Mikan, '32, with them in the Highland Park Osteopathic Clinic, Highland Park, Mich. Dr. Mikan took up his duties as major surgeon of the group June first.

Nelson.

Dr. Walter G. Nelson, '33, announces the establishment of his practice at Sidney, Iowa. Dr. Nelson, who formerly practiced in Kansas, has been in Sidney since May 15.

The Efficiency of Osteopathy

(May 18th, Dr. H. V. Halladay received a telegram from the Dean of Women at the University of Arizona stating that his daughter, Frances, was very ill. Dr. C. E. Towne took care of her and brought her thru a case of Paratyphoid so successfully that she was normal ten days after the onset. We asked Dr. Towne to tell us about the case and make some comparisons with others that were affected at the same time. His report is well worth your time.—Editor.)

On Saturday, May 12th, six girls, members of the Delta Zeta Sorority at the University of Arizona, were taken sick. The symptoms varied some but each had a temperature and high pulse rate. There was some diarrhea, some nausea and other indications of either an infection or a serious type of food poisoning. The following Monday four more were taken sick. These cases were all sent to a local hospital, to the college infirmary or taken home. No definite diagnosis was made. Temperatures varied from 100 to 105 with corresponding high pulse rates.

On Wednesday Frances Halladay was running a temperature but refused to give up until the following day when she came into my office and I ordered her back to the sorority house and later transferred her to a nursing home. The reason for this was that she refused to go where she would have to take the regular routine treatment and insisted on nothing else but Osteopathy. Thursday night she had a temperature of 104.2 and a pulse of 138. Her recovery was uneventful, the temperature and pulse coming down gradually so that in eight days after her admittance into the nursing home she was again normal. During this time she had from one to three treatments each day and a special nurse to attend to her diet and to see that she was eliminating the poison 24 hours a day.

Laboratory tests confirmed the diagnosis of Para-Typhoid B. and in less than two weeks after the onset she had the two negative tests necessary for her discharge. It was her first serious illness of any kind. She has never been vaccinated nor has had any serum injections of any kind.

Investigations proved that the House Mother was the carrier and that the girls got the infection through some food prepared by her and served the day before the first group became ill. Of the fourteen affected, Frances was one of the last to give in to the infection. She was the first to recover and is now at home in Des Moines while some of the other girls are still in the hospital or infirmary here in Tucson. (June 5th.)

It has been impossible to get accurate reports of the others but we know of one girl who, having started with the infection May 12th, is still under the care of a physician on May 31st. Another is reported to be still

You Ought To Know That . . .

Dr. Sherman Opp, Creston, Ia., member of the Iowa Board of Osteopathic Examiners, has been chosen as one of three physicians to accompany the Southern Iowa Band on its tour of California this summer. Approximately 800 bandmen from southern Iowa will go on the two-weeks tour which will include side trips through the Royal Gorge, Catalina Island and the Grand Canyon. Cities visited will include Denver, Salt Lake City, Los Angeles, San Francisco, and Long Beach. The group will travel in two special trains. Dr. Opp is to be congratulated as he is the only Osteopathic physician ever to be named as an official physician for the party.

? ? ?

Mrs. A. S. Dowler, wife of Dr. A. S. Dowler, '11, Glendale, Cal., passed away March 1, after an illness of three months. Mrs. Dowler was 66 years of age and she and Dr. Dowler has been married 43 years.

? ? ?

At the May meeting of the Tri-County Society of Osteopathic Physicians and Surgeons, Zumbrota, Minn., Dr. C. E. Stoike, '32, was elected Secretary of the group. This association meets each month, the June meeting to be held in the offices of Dr. C. H. Sawyer, Lake City, Minn.

? ? ?

Dr. Gerald Whetstone, '33, recently successfully wrote the examination of the Massachusetts Medical Board and has been granted a license to practice osteopathy and surgery in that state.

Births

Dr. A. H. Lee, Jan. '27, and Mrs. Lee announce the birth of a son, James Byron, at Allegan, Mich., March 20, 1934.

Logan.

Born to Dr. and Mrs. Louis H. Logan, a daughter, Martha Louise, May 18, at their home in Dallas, Texas.

very sick on June second. Only one of the cases as far as we can learn has had to have a blood transfusion.

It has been highly gratifying to be able to prove the value of Osteopathy in such cases. The board of health still insists that Frances' case was extremely light accounting for the brevity of it and the early negative reports. We believe that the Osteopathic treatment had a great deal to do toward inciting a more rapid response to the invasion of the Para-typhoid and we know that her recovery was not delayed by the administration of additional poisons into her body. It was a real pleasure to see her response to good old fashioned Osteopathic treatment.

Carlton E. Towne, D. O.
Tucson, Arizona.

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.

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Volume 11

AUGUST 15, 1934

Number 7

Things Were In 13s At Noelars Yesterday

(From the Augusta (Kans.)
Daily Gazette, July 14, '34)

Things went in 13s at the "Shorty" Noeler place on the Miller lease south of Augustus yesterday, Friday, the 13th.

The biggest event was the birth of the 13th child to Mr. and Mrs. George F. Noeler; a fine 8-pound girl who lacked five pounds of weighing 13 pounds.

Dr. A. L. Quest arrived on the scene 13 minutes too late so his bill for professional services on the call were set at \$13. He received the call at 13 minutes after 9 o'clock yesterday morning. His mileage to and from the Noeler place was 13 miles.

Noeler's full name and middle initial contains 13 letters which is another 13 for him.

The Noelers have nine children living. The latest one has been named June Arlene.

Dr. E. W. Kapfer Sets Record

A record of accomplishment of which he may well be proud has been set by a Still alumnus, Edgar W. Kapfer, '29. Since locating in Burrton, Kansas, on June 30, 1930, Dr. Kapfer has rung up the following accomplishments:

- Delivered 90 babies;
- Is mayor of Burrton;
- Is Commander of the local post of the American Legion;
- Is Deputy County Physician;
- Is insurance examiner for the Royal Neighbors and the Modern Woodmen;
- Is official local physician to the Arkansas Valley Interurban Railroad;
- Is doing considerable industrial work in the oil fields.

Our congratulations to Dr. Kapfer. May his good work for Osteopathy continue!

From England

Dr. Walter Hopkins, who graduated from Still in '27, is most thoughtful. He occasionally sends us a card from London, where he is practicing, or from some interesting vacation point. His last communication was from Austria. Be careful of the black shirts, Hopple.

SCHEDULE OF CLASSES, 1934-1935

* * * FRESHMAN B.

ANATOMY	H. V. HALLADAY
HISTOLOGY	A. L. JOHNSON
BIOLOGY	O. E. OWENS
CHEMISTRY, INORGANIC	G. E. FISHER

FRESHMAN A.

CHEMISTRY, ORGANIC	G. E. FISHER
BACTERIOLOGY	A. L. JOHNSON
EMBRYOLOGY	O. E. OWENS
PHYSIOLOGY I	A. L. JOHNSON
ANATOMY	H. V. HALLADAY

SOPHOMORE B.

PRINCIPLES AND THEORY	L. L. FACTO
CHEMISTRY, PHYSIOLOGICAL AND TOXICOLOGY	C. I. GORDON
ANATOMY	H. V. HALLADAY
PHYSIOLOGY II	A. L. JOHNSON
PATHOLOGY I	J. M. WOODS

SOPHOMORE A.

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

JUNIOR B.

SPECIAL PATHOLOGY	C. I. GORDON
LABORATORY DIAGNOSIS	G. E. FISHER
TECHNIC	L. L. FACTO
PHYSICAL DIAGNOSIS	L. L. FACTO
PEDIATRICS	M. E. GOLDEN
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
COMMUNICABLE DISEASES	L. L. FACTO
ORTHOPEDICS AND TECHNIC	H. V. HALLADAY
CLINICS—MON., WED., FRI.	Examining Physicians

SENIOR B.

MEDICAL JURISPRUDENCE	JUDGE H. E. UTTERBACK
OBSTETRICS	R. B. BACHMAN
NERVOUS AND MENTAL	C. W. JOHNSON
OSTEOPATHIC THERAPEUTICS	J. M. WOODS
SURGERY	J. P. SCHWARTZ
EYE, EAR, NOSE & THROAT—TUES. & THUR.	H. J. MARSHALL
CLINICS—MON., WED., FRI.	Examining Physicians
X-RAY AND PHYSIO-THERAPY—TUES. & THUR.	B. L. CASH

SENIOR A.

APPLIED ANATOMY	J. M. WOODS
NERVOUS AND MENTAL	C. W. JOHNSON
PROCTOLOGY AND UROLOGY	J. P. SCHWARTZ
SURGERY	J. P. SCHWARTZ
EYE, EAR, NOSE & THROAT—TUES. & THUR.	H. J. MARSHALL
CLINICS—MON., WED., FRI.	Examining Physicians

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

Calendar For Year 1934-35

REGISTRATION	September 6 and 7
CLASS WORK BEGINS	September 10
THANKSGIVING VACATION	November 29—December 3
CHRISTMAS VACATION	December 21—January 7
GRADUATION	January 25
REGISTRATION	January 26
CLASS WORK BEGINS	January 28
WASHINGTON'S BIRTHDAY	February 22
EASTER VACATION	Good Friday
GRADUATION	May 29

Alumni Reunion Well Attended

The Still College Alumni reunion breakfast was held during the Wichita convention at the Allis Hotel, July 25, was very well attended. The alumni were enthusiastic and this will no doubt continue to be an eagerly looked-forward-to event annually. The following were in attendance:

C. W. Johnson, Des Moines
Ira F. Kerwood, Iola, Kansas;
Bayard Twadell, Wichita, Kansas; R. K. Homan, Detroit, Michigan; Russell M. Wright, Detroit, Mich.; J. F. Martin, Seattle, Wash.; L. M. Monger, Detroit, Mich.; L. C. Nicholson, Austin, Minn.; L. P. St. Amant, River Rouge, Mich.; E. W. Kapfer, Burrton, Kansas; E. W. Myers, Forks, Wash.; Emmett Schaeffer, Grand Rapids, Mich.; W. J. Siemens, Seattle, Wash.; L. C. Woofendon, Detroit, Mich.; Ira F. Richardson, Fremont, Neb.; E. W. Weygandt, Joplin, Mo.; C. S. McMurtry, Utica, Kansas; R. E. Gauger, Yoakum, Texas; E. M. Davis, Colby, Kansas; Adda S. Liffing, Mansfield, Ohio; Mary E. Golden, Des Moines; T. T. Spence, Raleigh, N. C.; Earle Logsdon, Sedan, Kansas; E. T. Kirk, Media, Pa.; L. E. Nook, Plains, Kansas; F. E. Dunlap,
(Continued on Page 4)

The Wichita Convention

We suppose that the first thing you told the folks when you got home from Wichita was the way you suffered thru the intense heat. What kind of weather did they have at home while you were away? Our guess is that in the majority of cases there was not much difference in what the thermometer said. Certainly it was hot but bearable and everything possible was done for the comfort of the visitors.

We wonder if you noticed the vast amount of publicity the profession got thru the local and state papers. All of these publications will have to be complimented for their generosity. Dr. Hulburt was busy all the time and his able touch showed very plainly in every issue of the papers during and before the meeting.

We liked the layout at the Forum very much. It gave us room to get around and breathe, which is more than can be said for some of the places we have had our annual meeting. From what we could gather the exhib-
(Continued on Page 4)

The Interfraternity Assembly

For the past three years several members of the profession have been working to perfect an organization uniting our many Osteopathic fraternities and sororities. The first object of this assembly was to concentrate the work of registration at the annual reunion during the A. O. A. convention. The activity of the assembly was demonstrated at the recent convention in Wichita and its continuance assured, for all associated appreciate the services rendered. The local Wichita committee and the officials of the A. O. A. co-operated in every way possible and next year at Cleveland we feel sure that the various frats and sororities, having a better understanding of the objects of the assembly will be prepared to make the work of the assembly much easier.

In the past each organization that planned a reunion or banquet had to provide a desk and some member to attend to the selling of tickets and registration of members. This was confusing as no definite location was given this group and it was difficult to find the organization's headquarters. This year at Wichita this work was all done for each organization by a common registrar. Also, this desk was placed at a convenient site so that each member of the A. O. A. was compelled to pass the assembly registrar following A. O. A. and local registration. Before registration was completed on Wednesday of the convention week thirteen different organizations were represented on the card system. Miss Frances Halladay, acting as registrar, ably took care of this detail.

The following organizations, each represented by an official, met on Tuesday, July 24. After a discussion they decided to continue the work of the assembly and elected officers.

Atlas Club, C. R. Starks.
Iota Tau Sigma, James Cozart.
Phi Sigma Gamma, R. L. Fischer.
Theta Psi, H. E. Litton.
Axis Club, Ester Smoot.
Delta Omega, Urania Remmert.
Sigma Sigma Phi, C. A. Brink.
Psi Sigma Alpha, F. J. Cohen.
Alpha Tau Sigma, C. E. Brown.

From this group the following officers were elected for the coming year:

President, J. A. Cozart.
1st V. Pres., H. E. Litton.
2nd V. Pres., Anna Northup.
Secy.-Treas., H. V. Halladay.

A financial report in detail is not available yet as three of the organizations have not paid the promised fee. However, there

will be a sum on hand to apply on the work of the assembly next year and the annual fee will not exceed four dollars for each member. Only one organization has sent in to the secretary a complete list of the grand officers. Please do this at your earliest convenience as the assembly must have these lists in order to do the work as outlined by the group at Wichita.

In anticipation of the work of the assembly at Cleveland we wish to continue the same manner of registration as was initiated at Wichita. This has been promised us by the A. O. A. We also want to aid in every way the work of the local committee in making and completing plans for the annual reunions of the organizations that are a part of the assembly.

The officers feel that this organization can secure proper recognition for our Osteopathic fraternities and sororities in Baird's Manual. At the present time they are listed mainly with irregular and unclassified fraternities and sororities. This will be corrected if we can get replies to letters that will be written to the grand officers.

A number of other suggestions have been made that would aid a great deal in improving our Osteopathic organizations. However, the assembly feels that at present it does not have the authority to issue certain orders and will await the meeting in Cleveland, at which time more extensive plans can be made.

Some mistakes were made this year. They will be corrected and will not be repeated next year. The fraternities and sororities taking part in the assembly were unanimous in deciding to continue as a united group. The Interfraternity Assembly is assured and will function just as efficiently as your co-operation will permit.

James A. Cozart, Pres.

H. V. Halladay, Secy.-Treas.

Births

Badger

Born to Mr. and Mrs. R. J. Badger, a daughter, Roberta Marie, on July 10, at Montezuma, Iowa.

Mrs. Badger was formerly Dr. Mildred Trimble, '27.

1.3 degrees F. is the average fall in body temperature between 4 and 5 p. m., when bodily functions are most active, and 3 a. m., when they are at their minimum. The cycle is reversed in those who work at night and rest in the day time.

\$2,225,000,000 would not defray the wage loss, physician's expense, and overhead insurance costs resulting from accidents in the U. S. in one year.

The Medics Failed

(Editor's Note: The following case report was submitted by Dr. W. R. Finley of Meservy, Iowa, and will be, we are sure, of general interest.)

A white girl, age 27, came to me on Feb. 14, 1934, complaining of complete loss of sensation and movement of the left arm. No pain and otherwise in good health.

History: On Feb. 1st she complained of headache. The family doctor, an M. D., was called and administered four tablets and left. In about 15 minutes she became stuporous, fell onto the bed face down with both arms under the abdomen. She slept in this position all night and could not rise in the morning. Her mother aided her up but she immediately returned to bed, as she was dizzy and had lost the use of both arms. At noon she arose and sat in a chair. The following morning she had regained use of the right arm but the left refused to move and was cold. This was her condition when I first saw her about two weeks later. Over a period of seven months she had had encephalitis, chicken pox, and a mild attack of flu, followed by an anemic condition which was treated at a nearby hospital.

Examination: Weight 100 lbs. Teeth good; tonsils removed; blood pressure 100/50; hemoglobin (Adams Scale) 50%. Patient appeared very weak and moved with apparent effort. Upper dorsal region flat and muscles very rigid; cervical area rigid with lesions of first and third to the right; first rib on left was very tender; and a slight sacro iliac twist. The left arm hung limply and could not be moved voluntarily; no sensation in the arm to heat, cold or sharp instruments from the elbow to the finger tips. Fingers drawn up claw-like while thumb hung almost at a right angle. Arm was cold to the touch.

Diagnosis: Pressure paralysis.

Treatment: First treatment given after examination and consisted of loosening muscles and applying heat from a lamp. I treated her every other day and at the second treatment moved the first rib and corrected the cervical area. Following this treatment an area below the elbow about three inches wide was sensitive to the dull and sharp instruments and this increased with each treatment until following the fifth she had complete use of the arm and hand. Between treatments I had her exercise the hand and arm by using a soft rubber ball and, when the arm became tired, to place it in a sling.

Comment: The medic who administered the four tablets and

treated her the two weeks before she came to me told her the case was hopeless and that she would always be paralyzed in that arm.

—W. R. Finley, D. O.,
Meservy, Iowa.

As Usual

Following an old Halladay custom the family drove out to Mesa Verde after the convention. Believe it or not, they report frost in the higher altitudes of Colorado. Virg reports that privacy in the park is a thing of the past. Dr. E. L. Davis and family of Macomb, Ill., and Dr. R. H. Peterson and family of Wichita Falls, Texas, were there at the same time. No use trying to hide from Osteopaths or Osteopathy any more.

After a few days rest in Mesa Verde the Halladays drove the Million Dollar Hiway and Monarch Pass to Colorado Springs. Another custom was adhered to in the form of an Osteopathic picnic, this time at the cabin of Dr. Fred Johnson. Together with Dr. Gaddes, over 25 members of the profession and their families gathered to test the ability of Fred as a chef. Edna Myers thumb helped to flavor the salad. It was a most enjoyable affair from every standpoint.

A very brief stop was made in Denver at which time Dr. Halladay addressed the Rocky Mountain Clinical group and made much too brief a stop at the office of Dr. C. R. Starks. We all agree with Dr. Halladay in the statement that vacations in Colorado pass entirely too quickly.

Mrs. G. A. Kerr Dies

Emma Rasin Kerr, wife of Dr. G. A. Kerr, '07, died at her home in Metropolis, Ill., June 9, 1934.

Mrs. Kerr was an accomplished musician. During the years her husband was a student at D. M. S. C. O. she was a member of the faculty of Drake Conservatory of Music as professor of voice and she also attained city-wide fame as a choir leader and state-wide acclaim as a concert artist. With these accomplishments to her credit Mrs. Kerr was always ready and anxious to sing for Still College functions or to lead the assembly of students in song. Classmates of Dr. Kerr will remember her cheery personality and exquisite musicianship.

During her entire career Mrs. Kerr was ready to appear before Osteopathic gatherings and the number of physicians who have thus enjoyed her glorious voice are legion.

The heartfelt sympathy of all is extended to her survivors.

REGISTRATION, SEPTEMBER 6, 7

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor, H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

Deadline Approaches

Before another issue of The Log Book reaches you it will be too late for your prospect to enter Still this Fall. Now is the time to get that young man or woman on the way to Des Moines and a real Osteopathic education. Remember the dates: Registration, Sept. 6 and 7. Classes starting Sept. 10.

The time was never more propitious for one to undertake a college course. We are slowly but surely emerging from the great economic holocaust which engulfed us a few years ago. When the class entering this fall graduates in 1938 it will undoubtedly go out into a nation enjoying the prosperity that is its heritage. To delay commencing the collegiate studies now means golden years lost.

Osteopathic colleges have managed to emerge from the depression without the slightest impairment in their teaching staff or equipment, in fact economic distress has filled our clinics to overflowing, thus offering unlimited opportunities for practical experience to the students. Now that the long sought for corner has been rounded these colleges are depending upon you to send students to fill the class rolls.

You know the untold advantages of Osteopathic study at Still College. Here your prospect will have every possible advantage. With your co-operation Still will enroll one of the greatest classes in its history this fall. Will you do your part?

Work For Your Profession

"If you work in a profession, in heaven's name work for it. If you live by a profession, live for it. Help advance your co-worker. Respect the great power that protects you, that surrounds you with the advantages of organization, and that makes it possible for you to achieve results. Speak well of it. Stand for it. Stand for its professional supremacy. If you must obstruct or decry those who strive to help, why—quit the profession! But as long as you are part of a profession, do not belittle it. If

you do, you are loosening the tendrils that hold you to it, and with the first high wind that comes along you will be uprooted and blown away and probably you will never know why."

—(Charles G. Dawes.)

Dr. Andrew Taylor Still

(Reprinted from the Log Book of Aug. 1931, by request.)

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

* * *

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

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

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

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

all be thankful that Dr. Still was permitted to live until he saw his discovery mark a new era in the therapeutic world and become permanently enshrined in the hearts of mankind.

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

It May Seem Strange, But . . .

By J. R. F.

Cosmotology Is An Ancient Art

"Vanity, thy name is Woman. Among the most lucrative fields of endeavor today are those purveying to feminine beauty. Hundreds of factories work day and night to supply the ever increasing demand for cosmetics; the radio, magazines and all other advertising agencies constantly shout the merits of various brands of "poudres," "odeurs," all-purpose creams, etc.; countless schools of beauty culture all over the land with large student bodies; and beauty parlors as numerous as filling stations. What a tremendously staggering sum must be feminine America's annual beauty bill! Yet milady's search for artificial beauty is an old one.

The women of Athens, in the Golden Age of Greece, were apparently the first to use sunlight as a beauty aid. Aspasia, mistress of Athens' most sparkling salon in the days when Greek culture was at its height, laid great stress upon the value of sunlight in maintaining proper complexion and skin conditions. It is not recorded whether "sun tan" was held in esteem by the Grecian maids or Old Sol was merely an aid in keeping the skin free of blemishes.

The ancients of many lands had a surprisingly complete knowledge of cosmetics and many of their formulae have been little changed through the ages. For instance, Galen, the great Roman physician, used the

following cold cream formula which has been slightly modified in twenty centuries:—"White wax, 4 oz.; oil of roses omphacine, 1 lb.; melt in a double vessel, then pour into another, putting in cold water by degrees and often pouring it out of one vessel into another, stirring until it be white; last, wash it in rose-water, adding a little rose vinegar."

Chas. Lerner, a New York dermatologist, says: "During the reign of the fascinating Cleopatra the use of cosmetics probably reached its peak. Authoritative reports give it that Cleo used black and green eyebrow paint and carried abroad a rouge with which she generously dabbed her cheeks as soon as the dust had taken away the first bloom of her morning beautifying art."

Coiffure also was deemed important by the Greeks and Romans. Henna, still used, was a favorite hair dye. For a blond tint Roman women sent for "herbs of Germany"; and a caustic soap imported from the Teutons was said to impart red locks to she who laved her tresses with it. Those who manufactured hair dyes and dressings went to such extremes in the use of harmful ingredients that the leaders deemed it expedient to take steps to protect the women. Ovid commanded: "I tell you cease drugging your hair." Pliny warned women using Mercury dyes to hold oil in the mouth as a prophylactic against a condition that was presumably mercurial stomatitis.

Facial packs were common to the Roman women, one made from large beans cooked in butter being a favorite.

Even during the middle ages when women were considered "temptations of the devil" they continued their use of cosmetics. The practice reached such heights that the English Parliament during the 17th century passed the following law:

"That all women, whatever age, rank, profession, or degree, whether virgins, maids or widows that shall from and after such an act impose upon, seduce and betray into matrimony, any of His Majesty's subjects, by the scents, paints, cosmetics, washes, artificial teeth, false hair, Spanish wool, iron stays, hoops, high-heeled shoes, or bolstered hips, shall incur the penalty of law in force against witchcraft and like misdemeanors and that the marriage upon conviction shall be null and void."

This drastic ordinance apparently failed to wean Miss England away from her jars and bottles of prepared beauty. The practice has continued to thrive without a lapse down to the year of Grace 1934 and all indications are that it will continue to do so through the centuries to come.

CLASSES BEGIN, SEPTEMBER 10

I. O. A. Bulletin

A. O. A. Convention

The Wichita convention of the American Osteopathic Association is now history. A hot time was had by all! Yet with the dry air, and the constant wind, the heat was really less objectionable than the same temperatures would be here in Iowa. Wichita was a wonderful host, and to the largest attendance for several years of national conventions, slightly less than 1,000 being registered. Especially comfortable were all sessions held in the air-cooled rooms of the Allis Hotel. As we were quite unable to attend the general sessions, and sections at the Forum some two blocks away, it is impossible to state the comfort of that place.

About the usual Iowa faces were in evidence as are encountered at other national conventions. The program bears evidence of many of our good Iowa doctors presenting papers, which all will want to read as they appear in the A. O. A. Journal. Indeed, very great praise is due Dr. Louis Logan of Dallas, for his untiring efforts in arranging and presenting what proved to be a most inspirational program.

We are happy to report that the business sessions of your national society were most harmonious and fruitful. The register of the House will show that your delegates, Dr. Golden and yours truly, were in constant attendance. The proceedings of the Legislative Council will reveal that your chief executive served as recording secretary, in the absence of Dr. Grow of Indiana, and was unanimously elected to fill that office for the coming year, also to serve as third member of the Exec. committee of the Council.

Dr. George Conley, President of the A. O. A., stressed the importance of a larger membership for the desired accomplishments of your parent society, and it is hoped that Iowa will respond to that suggestion with at least the twenty-five more required to seat another delegate at the 1935 Cleveland convention. Who can afford to be without the splendid reprinted papers that are constantly appearing in the Journal?

State Membership

As promised earlier, we are designating the Trojan supporters of your state efforts. Dr. S. A. Helebrandt, Membership Chairman, of Cedar Rapids, furnishes the following list of active members, as of August 1st. Additional memberships will be reported from time to time as received. This total of 124 is more than total average for the past seven years, and more than last year's total, thanks to the splendid efforts of Dr. Helebrandt.

First District

P. O. French, S. A. Helebrandt, H. L. Hinton, B. H. Rice, Hulda Rice, Zoa M. Munger, H. Jordan, Lydia Jordan, L. A. Nowlin, Augusta Tueckes,

T. Tueckes, O. A. Barker, C. K. Risser, H. B. Willard, Ruth Willard, Margaret S. Bates, R. R. Pearson, Stella Pearson, J. J. Henderson, W. M. Furnish.

Second District

O. E. Campbell, A. C. Brown, Bernice DeConley, S. Opp, W. E. Heinlin, R. Hook, D. M. Kline, J. A. Kline, F. A. Martin, H. L. Roberts, A. D. Craft, W. S. Edmunds, F. A. Sloan, Martha Morrison.

Third District

J. O. Ewing, H. L. Gordon, J. S. Baughman, Bessie Nudd, H. D. Myer, M. P. Wheeler, J. G. Garton, E. W. McWilliams, C. J. Christenson, J. W. Rhinabarger, B. D. Elliott, G. W. Loecker, I. S. Lodwick, A. D. Morrow, E. J. Winslow, A. W. Clow, P. L. Etter, Henrietta Griffith, E. S. Honsinger, E. V. Chance.

Fourth District

W. D. Andrews, B. M. Hudson, E. E. Chappell, Carolyn Barker, E. H. Phillips, A. L. Lundgren, H. D. Wright, R. L. Nelson, L. E. Gordon, W. C. Chappell, Helene Groff, H. Jennings, R. W. Shultz, Christine Mitterling, W. L. Tindall.

Fifth District

M. E. Green, J. A. Hirschman, A. W. Peterson, T. E. Hart, Alice Paulson, C. D. Ray, R. H. Martin, L. L. Green, R. B. Gilmour, W. C. Gordon, Elizabeth Mochrie, G. A. Scott, C. N. Stryker, U. S. Parish, J. M. Hester.

Sixth District

Laura Miller, Bertha Crum, C. H. Fedson, J. H. Hansel, R. P. Westfall, Grace Nazarene, M. E. Bachman, F. C. Campbell, Della Caldwell, V. A. Englund, L. L. Facto, Mary Golden, C. I. Gordon, J. A. Humphrey, R. B. Kale, S. H. Klein, H. J. Marshall, Edith Menagh, R. R. Lamb, P. L. Park, D. W. Roberts, J. P. Schwartz, C. E. Seastrand, O. E. Rose, J. M. Woods, Rachel Woods, G. Fisher, F. W. Beckly, J. K. Johnson, F. A. Gordon, O. L. Johnson, M. Biddison, J. E. Gray, H. H. Kramer, Nellie Kramer, D. E. Hannan, L. A. Utterback, Ella Reinertson.

Alumni Reunion Well Attended

(Continued from Page 1)

Pleasanton, Kans.; C. V. Moore, Medicine Lodge, Kans.; Claire Owens, Exeter, Neb.; Angela McCreary, Omaha, Neb.; K. M. Robinson, Des Moines; E. H. Reed, Topeka, Kans.; H. V. Halladay, Des Moines; R. M. Mount, Ottawa, Ill.; A. B. Twadell, Iola, Kans.; R. B. Bachman, Des Moines; L. A. Reiter, Tulsa, Oklahoma; C. S. Ball, Ocala, Fla.; Nelle O. Lundquist, Kansas City; F. J. Trenery, Los Angeles, Cal.; C. D. Heasley, Tulsa, Okla.; P. F. Benien, Tulsa, Okla.; Fred Martin, Murray, Iowa; H. E. Clybourn, Columbus, Ohio; and S. H. Klein, Des Moines.

Many of these Doctors were accompanied by their wives and all reported an enjoyable occasion. See you next year!

The Wichita Convention

(Continued from Page 1)

itors were well pleased even tho the crowd was not quite up to expectancy. Some of the sectional work could have been arranged a little better but taken as a whole everything was quite convenient. The ramp nearly made old men and women out of the crowd but all sacro-iliac lesions acquired by running down were corrected at the clinic on the first floor.

The program was well planned and carried out. Our speakers should have preliminary training in the use of the microphone as some really did better without it. Perhaps the system was not tuned to the voice and if this was the main trouble it can be corrected in the future. With a large crowd listening and many coming and going all the time it is necessary for an amplification of some kind.

The most painful thing to us is the weak start we make at these meetings. It seems that we can not get to the opening meeting on time and with sufficient numbers to avoid embarrassment on the part of our officials. The program chairman and those associated with him are working thruout the entire year for us. We should show our appreciation by responding when the time comes. Too many were out in the corridors greeting old friends and looking at exhibits when they should have been attending the fine programs planned for their benefit. It might be a better plan in the future to have no speakers listed for Monday and let the crowd take that day to shake hands and gossip and loaf with exhibitors and then get down to the work of the convention the next day.

The most fortunate members of the profession this year were those listed as delegates. In the past they have had to meet in a rather stuffy room and without the privacy needed. This year they were four blocks from the Forum and housed in a room, cooled and air-conditioned.

We hear that the preliminary meeting of the associated colleges held at Kansas City was a success and their business was dispised of in record time. A few meetings were held at Wichita to complete it.

The Nomenclature committee met on Sunday before the convention and completed its work. This group is to be commended for the excellence of its report. Two years of intensive work with this group has shown results that have been tried many times in the past twenty years. The most gratifying fact gleaned from this group is that our colleges are anxious to co-operate with each other, especially in the matter of purely Osteopathic progress.

We are sure that Still College Alumni left the meeting with just a little warmer feeling for the college. Mrs. Robinson very ably handled the crowd at the

You Ought To Know That . . .

The regular monthly meeting of the Tri-County (Minn.) Society of Osteopathic Physicians and Surgeons was held in the office of Dr. C. F. Dartt, Red Wing, Thursday evening, July 12. The meeting was devoted to general discussion. The August meeting will be held in the office of Dr. Karl Burch, Wabasha, Minn.

? ? ?

The Polk County (Iowa) Osteopathic Association will resume its regular meetings the second Friday in September. All Osteopathic physicians who may be in Des Moines on that date are cordially invited to attend this meeting which will be held at 6:30 p. m. in the Chamberlain Hotel. The new officers elected at the last Spring meeting are: President, Fred Campbell; Vice-President, C. Ira Gordon; Secretary, Della Caldwell; and Treasurer, Carl Seastrand.

? ? ?

Dr. Ira Leighland Slater, '04, Wayland, Mich., recently addressed a convention of Grangers, his subject being "What Price Health?" He stressed the necessity for moderation and common sense in our living. Dr. Slater was city health officer for Wayland for over eight years.

college booth. Not only were the old students glad to see her, but they enjoyed talking over the past and the future of the college. Maybe the big electric fan helped to put them in a better humor.

The Still College Breakfast was also a success. Regardless of how many times you publish the place and time of such an affair some several always go to the wrong address. Next year at Cleveland we will have another of these breakfasts and we will try to start the publication of the time and place by the first of January so that all may be informed in plenty of time.

Did you notice that two members of our faculty addressed local clubs during the week? Dr. Mary Golden talked to the R. E. D. Business Girls' Club, her subject being "Personality." This is considered the most active of clubs of this type and they were glad to change the date of their meeting in order to hear Dr. Golden.

The Metro Club, which consists of young business men, none over thirty-five years of age, was addressed by Dr. H. V. Halladay on the subject of "The Independent Growth of Osteopathy." Dr. Halladay reports a fine meeting and an exceedingly interested group. The medics in the club did not enjoy some of the statements made but the group as a whole was very appreciative of the facts presented.

We can now settle down for the work of the year ahead. We will see you at Cleveland.

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THE LOG BOOK

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Volume 11

SEPTEMBER 15, 1934

Number 8

O. B. Clinic Sets New High

Still College has long been proud of its remarkable obstetrical clinic. The clinic has won national fame and is undoubtedly one of the greatest of its kind in this country. Since its inception it has demonstrated a steady growth until the year ending May, 1934, showed a record of 344 cases handled! This means that students of Still College had the opportunity of handling this large number of cases, a number which, by the law of averages, makes it certain that all manner of deliveries will be afforded. Students of this institution leave having actually carried out management of every conceivable type of obstetrical procedure.

Statistics, as Dr. C. W. Johnson remarks, are usually dry but we feel that these will be found worth while and remarkably interesting. The figures are taken for the period from June, 1933, to May, 1934, inclusive:

Total number of cases	344
Total number of babies	351
Girls	169
Boys	182
Twins	7 Pair

Further interesting data includes the following: Most deliveries in one day—7 on July 9, 1933; most deliveries in one week—17 during the week of

(Continued on Page 3)

The Flint Hospital News

A few months ago another osteopathic institution opened its doors and embarked upon what we are sure will be a successful career of service. It is only through the establishment of such institutions that Osteopathy can grow as it ought, and each new organization within the profession, be it hospital, school or what, deserves the unqualified support of all osteopathic physicians.

The new Flint Hospital publishes each month a little bulletin named "The Flint Osteopathic Hospital News." This bulletin is edited by Edward R. Smith, D. O., founder of the hospital, and serves admirably its purpose of familiarizing one with the work and problems of the new osteopathic institution. We are very glad to be on the mailing list of this leaflet and shall continue to anticipate its arrival each month.

To Dr. Smith and his colleagues we extend our sincere wish for the unbounded success of the Flint Osteopathic Hospital.

Vacation Memories

Ye editor recently took it upon himself to ascertain where and how the faculty members spent their vacations. It is worthy of note that all left the city for various types of vacation activities, seeking no doubt, rest and relaxation to prepare themselves for their professional duties.

Motoring was the most popular diversion. Mrs. Robinson made her usual trip East in the present edition of "Sandy." Following a short motor trip to nearby points of interest, Dr. spent the remainder of his vacation time putting the finishing touches to his beautiful new home. Following the erection of an out-door fireplace Dr. Bachman had to spend some time repairing the contour of his hands, damaged by the vicissitudes of delving into stone and mortar sans rubber gloves. After Wichita, Virge Halladay and his children motored through the Rockies, stopping for a time in Denver and arriving home in time for the State Fair. Miss Johnson did considerable historical research via motor to interesting points in Illinois and Missouri. The latter portion of the summer she spent at her cottage near McGregor on the Mississippi bluffs. Dr. Fisher and family tried out the new Dodge in a trip through the Rocky Mountains and reported a great time. Dr. Marshall and family motored through the Ozarks, taking a leisurely and carefree trip. The Dr. Cash's motored through Northern Iowa and later made a trip through Missouri. Dr. J. P. Swartz enjoyed an extensive motor trip through the East, combining professional activities with his vacation. Iowa saw much of Dr. Gordon and family, as the doctor "hit the concrete" considerably.

The lure of lakes was a magnet for Dr. Facto, who spent his vacation at Lake Berden, Minnesota. Dr. Woods journeyed to Second Crow Wing Lake, Minnesota, and reports excellent fish-

(Continued on Page 3)

Births

Leonard

Born to Dr. and Mrs. J. Paul Leonard a daughter, Kathryn Ann, on August 8, at Detroit, Mich.

Howes

Born to Dr. and Mrs. R. K. Howes a son, Ronald Eugene, on March 29, at Syracuse, N. Y.

Anent Legislation

By Dr. Paul Park, D. O.

As a school of health and healing, Osteopathy needs no elaborate defense. Competent geons have achieved unquestioned success in their practice of Osteopathy. They have left in their wake, those thousands of patients who sincerely praise and forever adhere to Osteopathy as a health giving and health restoring agency.

Since the beginnings of man, however, truth and success have ever been objectives of envy and attack. By virtue of its very successes, Osteopathy has drawn such envy and attack. Alert members of the Osteopathic profession—and many more should join this number—have resisted many attempts to cripple or menace the practice of Osteopathy. Now, we are to be again confronted with a cleverly devised plan to throttle Osteopathy thru process of assimilation and law of attrition.

There will be offered at the coming session of the Iowa legislature a medical association proposed bill. This bill will propose that a board dominated by interests be empowered to examine and license, and restrict in number, the Osteopaths licensed to practice. Through a cleverly devised plan of assimilation and attrition, Osteopathy would ultimately either be a "side-issue" in the art of healing, or eventually become as extinct as the dodo bird. The proposed enactment is cleverly devised and will require some of the most talented legislative research work we are able to put forth.

Fortunately, we have not been asleep throughout the year. Unmindful of all else, our legislative research work has gone forward. We have made much progress, and are making more daily.

(Continued on Page 2)

Locations

Platt

Dr. Reginal Platt, Jr. announces the removal of his offices from 3809 South Main to 3617 South Main, Houston, Texas.

Ogden

Dr. Robert P. Ogden, '34, announces the opening of his office at 804 Park Ave., Omaha, Nebr.

Joseph

Dr. Milton J. Joseph announces the opening of his offices at 6259 West Fort street, Detroit, Mich.

Iowa Osteopathic Adult Health Clinic

The Iowa Osteopathic Health Clinic, operating under the auspices of the Iowa Society of Osteopathic Physicians and Surgeons, brought to a close its third annual clinic at the Iowa State Fair. This clinic serves the five-fold purpose of advertising osteopathy, educating the public as to the scope and thoroughness of osteopathic examination, interesting prospective students, bringing the participating doctors closer together and, most important of all, detecting many diseases in an early stage which, if neglected, would become very serious and perhaps cause the death of the patient. All of these things were accomplished and make this unique institution a distinct asset to our profession.

This year the number of patients was less than that in previous years, due mainly to a registration fee of \$1.00 which kept out those merely curious. Several out of state patients were included. Many of the patients had no previous osteopathic contacts. Next year will undoubtedly see an increase in the number if the satisfaction expressed by those

(Continued on Page 4)

A Specialist's Practice

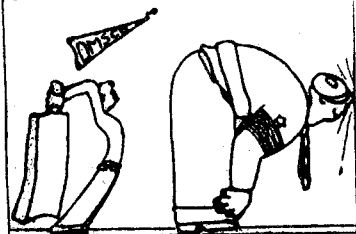
Dr. W. J. Siemens, '14, recently compiled some interesting statistics on how and why his patients consulted him during his first five years of practice as an Eye, Ear, Nose and Throat specialist in Seattle, Wash.

57.6% of his patients came to him during this period having been referred by other physicians or patients. 30.1% were referred by Osteopathic Physicians; 8.2% by Homeopaths; 1.4% by Allopaths; 6.1% by Optometrists; 7.6% by Sanipractors; 1.5% by Chiropractors; 15.8% by patients, former patients or their families; and 3.5% came through those met in a business or social way.

This list does not include the patients who came privately through Dr. Siemens' contacts in the Children's Clinic, or through seeing his window sign, etc. It was interesting to note that 12 patients came directly following and as a result of the A. O. A. Convention in Seattle in 1931.

Space does not permit a more detailed enumeration of the many facts given in Dr. Siemens' paper but it is very interesting to see just how a specialist acquires his practice.

FRATERNITY NOTES



ATLAS CLUB

The Atlas Club is very happy to again welcome a new school year. One that will, we hope, be a happy and prosperous season for all of us.

We are especially glad to have as our guests the following new students: Robert Dawe, Mark Gerlach, Henry Leslie, Thomas Jackson and Brenton Schiffer, all of Detroit, Mich.; Leigh Beamer and James Hagerty of Kewanee, Ill.; Edward Hensel, Manistee, Mich.; and Kenneth Blanding, Greenville, Mich. It seems as though Michigan is here in full force.

Bros. Stimson, Eddy and Evans, together with five of the above mentioned freshmen, state emphatically that eight men and two trunks comprise a load for a two-door Ford and a small trailer. However, the boys arrived in good shape after a tiresome journey. Eddy says that he can now extend his sympathies to a canned sardine.

The Chapter also welcomes the return of several brothers: Erle Moore, Harry Porter and Dick Phillips, all of whom have been out of school for several years. Erle is located in the O. B. room, while Gus is at the house. Harry G., or "Gus" to us, is still the same old boy. He writes to the girl back home every day and keeps the house in good running order by his ever alert watchfulness and sage advice.

We regret the fact that Bro. Don Hickey will not be with us this year. It looks like we will have to delegate someone else to turn the lights off at 4:00 a. m.

The remainder of the brothers are gathering and we are just about settled for the coming semester. The first regular meeting will be scheduled for Sept 17 at which time the house rules will be established and permanent organization adopted. We believe we are entering into what will be one of the most successful years in our history.

The Freshman Smoker was held Thursday, Sept. 13, and a fine program was enjoyed. Details later.

IOTA TAU SIGMA

The start of the year finds our brothers, as usual, wandering into the fold, via trains, buses and the "King's Highway" — commonly known as "exertion of the thumb" or as Virge would have it, "extensor longus pollicis."

To date we have all our last year men back with the exception of Brother Begthol, who

plans to stay his graduation date for another year.

We take pleasure in announcing the return of Robert F. Happel (Ohio born and naturally proud of it), who returns to Still after an absence of three years. It is the determination of students like Happel, who thru misfortune are forced to discontinue their studies, and still return to school after a discouraging leave, that aids and abets every student of Osteopathy to apply every effort to the fulfillment of their chosen life's work.

The first week, of course, finds Iota Tau Sigma preparing their house to greet the incoming class. We wish to welcome every newcomer to Still College and assure them that they are welcome to drop in and become acquainted at any time and particularly on the date of our "smoker"—Friday, Sept. 14th.

PHI SIGMA GAMMA

After an incredibly short summer, the boys have started to gather around again. The House has ceased to be a place inhabited mainly by memories of pleasant days and resounds to banging trunks and cheerful greetings.

We are glad to share our house and activities with H. H. Sproul and John J. Herrin. Dr. Sproul has been practicing in Montreal since 1926 and needs only one semester to get his official degree. Herrin transfers from Kansas City to our Junior class. Welcome, Brethern, Welcome!

New freshmen in our house are Jerry O'Berski of Bad Axe, Mich., who comes here with Bro. Rice, and Robert Luby of Westerville, Ohio. Bob Gibson brings Luby. We hope you enjoy your work here and our company. I am sure we will enjoy yours. Also we will have more company for you before long.

Pres. Hecker comes thundering out of the north in his mighty La Salle and shows more "wim and wigor" than two men should have. Must have had an inspiring summer, Fritz! Bill Moore announces to all and sundry that he will accept no more dates. Tough, Bill. Bob Gibson came gliding in from the East in a powerful V-8. Walt Irwin, while on his trip east, experienced another ailment—airsickness. That doesn't leave much on the list, does it?

Cattleman Hoose has forsaken his lowing herds to resume his profession. However, I haven't seen any ten gallon hat or six-shooter. Bud Story reverted to type this summer and was a farmer. Prof. Owen finished his special Path. work under Dr. Weller at Mich. U.

We sincerely regret that Hal Walters and Henry Diekow did not see fit to return. We expect both of them back in January.

The Frat. is making plans already for the coming year. The first event is the Freshman Smoker on Wednesday, Sept. 12. We expect large numbers of freshmen.

Plans for the coming athletics are already under way. Dex. Rice, the Bad Axe Wonder, is manager and slave driver for the basketball team. He challenges all comers!

Pan-Hellenic

The first meeting of the Pan-Hellenic Council was held Sept. 10. The fraternities were represented by Schefold, Forbes, Morehouse for the Atlas Club; Hecker, Story and Irvin for Phi Sigma Gamma; and Hobbs, Devine and Gerow for Iota Tau Sigma. Pledging rules were adopted and smoker dates agreed upon.

The Council has been organized to create a feeling of fellowship between the three fraternities. A social calendar will be made which will provide several parties and dances for Still College fraternity men.

Interfraternity Assembly

The work of the Interfraternity Assembly this past month has centered around the collection of material for the new issue of Baird's Manual. With the exception of one organization and one of the colleges this material, with corrections, has been sent to the secretary and in turn forwarded on to the editor. The officers at this time wish to express their appreciation of the co-operation in this hurried work.

It is hoped that when matters of this kind come up in the future that the response will be quicker. The new issue of Baird's will show our Osteopathic Fraternities and Sororities classified properly and with a text and cuts that will compare with similar organizations in our largest colleges and universities.

J. A. Cozart, Pres.

H. V. Halladay, Secy.

Anent Legislation

(Continued from Page 1)

There has been no deviation from our original work or plans of a year ago, although naturally much else of value has been undertaken.

When the legislative committee's counsel in this calls on you, take time out to manifest your interest. Ask questions and fit your ability to aid in preserving and forwarding Osteopathic rights to the plans in hand. We do not intend to stand still, or permit the legitimate scope of our practice to be defined by unfriendly sources. Nothing of value in this world can survive unless those from within continue to press forward, sanely, reasonably, and with logic.

Osteopathy merits ALL we can give it. It stands today as the greatest force for national health. Join your committee in keeping it so.

It May Seem Strange,
But . . .

By J. R. F.

The Speculum, Widely Used By
Ancients, Was Lost For
Centuries.

It is hard to realize that there was a time when physicians had to make diagnosis on the basis of what they could see with the naked eye and feel with the naked, ungloved hand. Not only did they lack the facilities to open the belly and ransack its contents, but they could look into the upper end of the digestive-respiratory cloaca only as far as the tonsils, and into the other body apertures not at all.

We would dread facing practice without the otoscope, bronchoscope, cystoscope, larygoscope, ophthalmoscope, speculum, and all other aids by which we see through narrow passages and around corners. Yet some of these are so new that there are men now in practice who have never learned to use them, even by proxy.

The beginnings of the speculum are lost in the mists of antiquity. It seems certain that the Catopter, described by Hippocrates two and a half millennia ago, was actually an anal speculum. He also described "uterine tubes" which may have been specula or, as Hausmann thinks, cervical dilators.

About 200 A. D., Galen referred to an instrument which was undoubtedly a vaginal speculum, but it could not have been new at that time because the Museo Borbonico, in Naples, contains two specula which are far from being simple, crude tubes and which were dug up, in 1818, from the ruins of Pompeii and are attributed to the year 79 A. D. One is a bi-valve instrument, probably for anal use, and the other is a tri-valve vaginal speculum, much like that described by Albucasis in 1085 A. D., and basically resembling modern instruments.

In the fourth century A. D., Aesius compiled a synopsis of medicine as it was known and practiced in Alexandria at that time, and in the book on Diseases of Women, he spoke of the use of the vaginal speculum as a matter of course and described the diseases in which its use was indicated.

But when the decline and fall of the Roman Empire, of which Gibbin wrote so tiresomely and at such great length, came on, the speculum was, together with all the practices of scientific nature which the Greeks had developed, swallowed up in the miasmatic fogs of bigotry and superstition which enfolded the Dark Ages. All such learning would have been lost to the world had not the Arabians re-

(Continued on Page 3)

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor, H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

Which Is My Class

In looking over a group of clippings and notes in an old file, bits I had accumulated some three years ago when previously editing the Log Book, I came upon one clipped from a publication of the Kansas State Osteopathic Association dated in the fall of 1931. I was struck with its intrinsic truth and how squarely it hit the nail upon the head. I take the liberty of reproducing it here, and feel sure that it will be found well worth while.

"Not long ago a prominent educator was reported as saying that there are just three kinds of people in the world: the few who make things happen, the slightly larger group who observe them happening, and the great majority who never even know that they are happening!"

"This grouping is very apparent in the workings of our society (the writer might have said 'profession'—Ed.). Every organization in the Osteopathic profession has a small number of men who make things happen; they recruit the students for our colleges, which institutions constitute the very life blood of Osteopathy; they build, maintain and support our hospitals financially and otherwise; it is they who fight our legislative battles, keep our laws intact and as favorable to the practice of our profession as possible; they are the ones who plan and execute.

"About such men is a larger number who watch them work, who find out what is going on and who may even profit materially and financially by their observation. Surrounding this is the largest group, which goes about oblivious at least to the cause of what is happening. These persons go on enjoying the protection, prestige and benefits accruing from all these efforts of others without realizing or caring how it all came about.

"It would be profitable if everyone of us would take stock occasionally and determine to which of these three groups we belong. Let everyone ask himself which is my class?"

Marriage

Klemm-Swartzbaugh

Mr. and Mrs. John A. Klemm announce the marriage of their daughter, Agnes Rose, to George Warren Swartzbaugh, on Tuesday, September 18, at St. Augustine's Church in Des Moines.

It May Seem Strange . . .

(Continued from page 2)

cognized its value and translated the classics of Greece into their own language, to be retranslated into the tongues of Spain and Italy centuries later and so restored to us.

While the Arabians were custodians of medical lore, gynecology languished because male physicians were not permitted to examine the genito-urinary organs of Mohammedan women. Thus, to the great Arab healers, the speculum was merely something to speculate about in an academic manner. Even Albucasis did little more than describe something he had heard or read about but never used.

The idea of such instruments, however, kept popping up from time to time and eventually they commenced to come into use again. Gordon spoke of specula in 1305; so did Reuff in 1587 and he seemed to have used some sort of a tri-valve affair to dilate the cervix. In the writings of Ambroise Pare are figures of specula. Roderic a Castro, a Portuguese, seems to have been the first to mention using such an instrument, in 1628, in surgical operations upon the vagina.

The earliest complete volume on diseases of women was written by Jacobus Primerose, a Scot, in 1655. In it the speculum is spoken of as essential.

Imagine how we would fare if we had to make all speculum examinations by natural daylight! It was not until 1768 that Arnaud first suggested the use of artificial light in connection with these very old instruments!

Martin Sims is credited with discovering perineal retractors but Ulrich, of Vienna, and Simon, of Rostock, had such appliances previously. It was Sims, however, who popularized them. In 1845 Sims was called to see a woman with a displaced uterus, and it was on this eventful occasion that he made his historic experiment with the bent spoon and spake the dramatic words, "I saw as man never saw before!"

From these beginnings we have progressed until today we possess astonishingly elaborate and accurate implements for peering into all nooks and crannies of the human body. One sometimes wonders, though, whether these artificial aids might not have a tendency to rob us, partially at least, of the acuity of our five senses?

Two centimeters at the lip-end of a cigarette retain most of the tarry residue and may reach a temperature of 52 degrees F. Ergo:—Cigarettes should not be smoked short.

Many years before the discovery of liver treatment for Pernicious Anemia, natives of Ceylon used liver to treat Sprue, a tropical disease closely resembling P. A.

Vacation Memories

(Continued from Page 1)

ing. Dr. Golden also fell under the spell of blue waters and went to the Lakes of the Ozarks for a cool and refreshing vacation.

Dr. C. W. Johnson went to Wichita and then returned home to nurse his pet case of Hay Fever.

Professor Owens spent the summer at the University of Michigan in post graduate study.

Duties in the obstetrical clinic compelled Dr. Shaffer to remain in the city and we hardly think that attendance upon about 100 deliveries can be called a restful vacation!

Citrated Blood

The American Mercury for March, 1934, gives a resume of the experiments and procedures of Professor Judin of Moscow, Russia, in using citrated blood obtained from dead individuals for intravenous injection into the living. He has used the method successfully in over three hundred cases. He has obtained blood from individuals dead as long as twenty-four hours and has used for intravenous injection blood almost one month after it was obtained. Many of the donors have been suicides by hanging, deaths by accident or drowning, or heart disease. The age makes very little difference, and arteriosclerotics are as good subjects as vigorous young adults. The average yield is from two to three pints. The blood is citrated with 2 c.c. of 4% citrate of soda in 500 c.c. of blood. Contrary to popular belief, blood does not coagulate immediately after death and remains fluid for hours. The citrated blood is kept

in refrigerators at about 34 degrees Fahrenheit. It is warmed before being used and is strained through about eight plies of gauze.

The application of this method of obtaining blood for transfusions would offer much in warfare. Aside from the useful application of the principles involved, however, the successfulness of the procedure changes many of our ideas as to when the body really dies, when the blood coagulates, how long the blood remains sterile in a corpse, etc.—(M. O. H. News.)

O. B. Clinic Sets New High

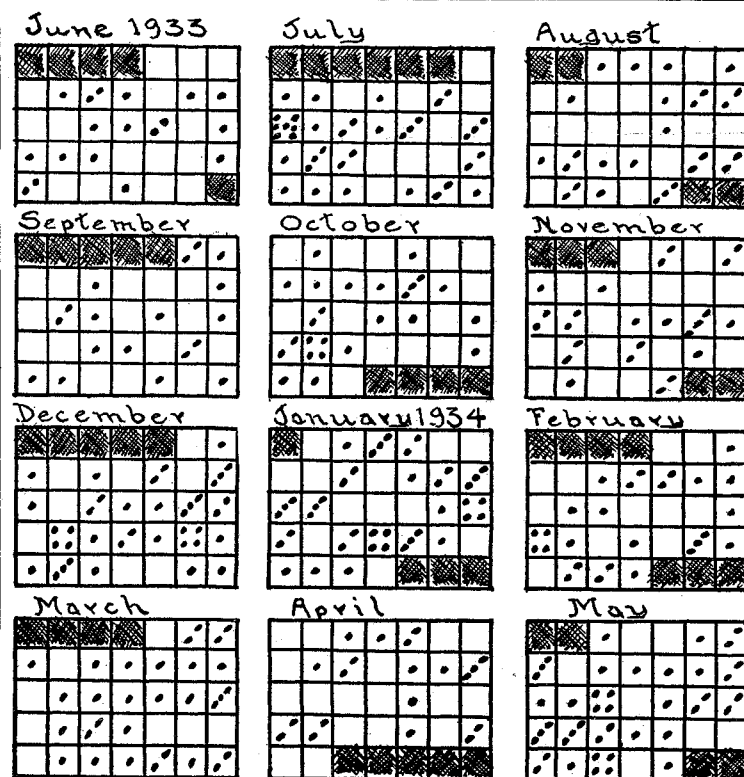
(Continued from Page 1)

July 9 to 15, 1933; most deliveries in one month—43 in May, 1934; least deliveries in one month—18 in September, 1933; most girls—18 out of 26 in February, 1934; most boys—32 out of 43 in May, 1934.

At the present rate the clinic will, this year, exceed this high record of deliveries. The training in obstetrics alone makes this college one that should receive the earnest consideration of anyone contemplating the study of Osteopathy.

Dr. Bachman, head of the department, and Dr. Shaffer, assistant to Dr. Bachman, deserve great praise on the success with which these cases have been handled, some under very unfavorable circumstances. The record speaks for the thoroughness of their instruction.

The Calendar below gives the number of cases in a graphic manner, each dot representing a case and showing the distribution of cases throughout the year.



I. O. A. Bulletin

District Meetings

The regular October district meetings are at hand. Thru co-operation of the College of Surgeons, the Iowa Society, and your executives, all districts of the Iowa Society will be supplied with their chosen speaker from the College of Surgeons following their meeting in Des Moines, October 1 to 3. Dates and locations are now being arranged, and all doctors in Iowa will receive personal notices from Dr. Helebrant, chairman of the membership committee, and their district secretary. Plan now to attend your district meeting during the first week in October. Your district president will have a message of vital importance to all who are practicing in Iowa.

Committee Reports.

On August 29, the trustees held a meeting at Hotel Savery III, and disposed of many items of state business. Secretary Dr. French will forward copy of the proceedings to all members soon. You will agree that it is most favorable to be able to submit the following evidence of definite unity of purpose on the part of all committees.

During the past month there have been problems of ethics referred to Dr. Henderson at Toledo, with prompt response. Problems of reciprocal, and practice without license have received the usual prompt attention of the Secretary of Board of Examiners, Dr. Opp, at Creston. Dr. Rolla Hook has labored patiently with technical matters of Public Affairs. Dr. Klein of Des Moines has been faithfully attentive to matters of Osteopathic Publicity. Incomplete but most satisfactory reports of the 1934 Adult Health Clinic have been received from Dr. Della B. Caldwell. Our constitutional revision committee, Drs. C. J. Chrestensen, chairman, Clow and R. R. Pearson, report a very unique plan for their work. Dr. French and yours truly have just received an invitation to attend a regional conference of executives of five states, which will be called for Oct. 7, in Manhattan, Kansas. Dr. McCaughan will attend and counsel the group in organization matters. Membership Chairman Dr. Helebrant has devised excellent plans to continue his "Double That Membership" campaign.

Members

The following names have been added to the roll since last month's complete report:

Dr. E. S. Manett, Hampton.
Dr. Guy C. Trimble, Montezuma.
Dr. T. A. Kapfer, Greenfield.
Dr. C. C. Jackson, Keokuk.
Dr. R. W. Gehman, Des Moines.
Dr. C. W. Johnson, Des Moines.

The Polk County Society is giving over its regular September meeting to the study of or-

ganization effort and it is certain to be a well timed idea. The actual application of the values from the parent and state organizations are only effected thru their execution by the smaller unit. Let's go!
F. A. GORDON, D. O.

Alumni of Denver Course Organize

Osteopathic physicians gathered in Denver celebrating the twentieth anniversary of the establishment of the Denver Polyclinic and Postgraduate College, organized an alumni association under the presidency of Dr. James A. Cozart, Canonburg, Pa. Dr. Wiley O. Jones, Orange, Tex., was chosen vice president, and Dr. H. R. Holloway, Battle Creek, Mich., secretary-treasurer.

The president of the new organization explains that while the osteopathic profession may be over-organized in some directions, it most decidedly is not sufficiently organized in one fundamental respect.

"The handwriting on the wall," he says, "should be visible to every practitioner of osteopathy, but it seems to have been read by only a few and understood by a much more restricted number."

"The foes of osteopathy," he says, "are massing for legislative attacks in many states, and our only salvation is to make better physicians out of those who are now in practice. We must induce a larger percentage of practicing osteopathic physicians to take post-graduate work and we should encourage these same doctors to urge others not only to become more efficient, but also to educate the lay public as to the correct and fundamental principles of living, and the efficacy of osteopathy in all the ills of mankind."

"One reason so many osteopathic physicians seem to lose faith in the fundamentals of their science is that they give too little time to self improvement in the way of post-graduate study. The chief objective of the new organization is to bind together those who have experienced the advantages of post-graduate study in osteopathy, to encourage them to take such work annually, and to interest others in their own welfare."

The course at Denver this year was very well attended. As usual, there was a general review and efficiency course the first two weeks, followed by two weeks of specialty courses.

The instructors in the specialty courses were: Dr. W. Curtis Brigham, Los Angeles, assisted by Dr. Philip A. Witt, Denver, and Dr. Quintos W. Wilson, Wichita; Drs. C. C. Reid, Denver; L. S. Larimore, Kansas City; F. J. Cohen, Wichita; H. M. Husted, Denver; F. I. Furry, Denver; D. W. Davis, Beaumont, Tex.; Walter K. Foley, Minneapolis; Freeda Lotz-Kellogg, Denver.—(C. C. Reid, Denver, Colorado.)

Iowa Osteopathic Adult Health Clinic

(Continued from Page 1)

examined is a reliable guide to the reaction of the public.

The response of the profession over the entire state to the request for their services as examiners was very gratifying. They received value in return as several days of examining patients constituted a good post-graduate course. Several Still College students acted as conductors and their services were highly appreciated. The College was also kind enough to loan the clinic some of its equipment and the committee genuinely appreciated this courtesy.

We were honored by numerous out of state visitors who came to see the methods adopted by this group. Among these were Dr. George J. Conley, Kansas City, President of the American Osteopathic Association; Dr. Margaret Jones, Professor of Obstetrics at the Kansas City College; Dr. George Laughlin, President of the Kirksville College; Dr. Arthur Becker, Past President of the A. O. A. and a member of the Kirksville faculty; and Dr. Charles Still, son of the "Old Doctor."

This clinic is growing and, like all growing things, it has "growing pains." Plans are in the making now for a bigger and better clinic next year. We feel that through this organization we are serving a humanitarian end as well as aiding our colleges and the entire profession.
—(Dr. J. M. Woods.)

The British Osteopathic Review

For some time the Log Book office has been receiving copies of "The British Osteopathic Review", and the Editor wishes to take this opportunity to express his appreciation of the thoughtfulness of the British Osteopathic Association in sending this publication to him.

It is difficult for us in America to realize the nature of the position our profession is in across the sea. Legislatively the professional position in the United States is not at all similar to that of our colleagues in Britain. Here our problem has been different in each of the states, we have a condition existing where the laws governing the practice of Osteopathy may be fair and just in one state and nearly the opposite in a bordering state. In Britain the problem is centralized. Parliament is the body which makes legislation governing professional practice throughout the nation. If Parliament acts adversely the whole profession is affected; by the same token, if Parliament acts upon the merits of Osteopathy and gives it the recognition it rightly deserves, the entire profession benefits.

You Ought To Know That . . .

Dr. John F. Martin, '29, was elected Post Surgeon of the University Post No. 2, American Legion, Seattle Wash. This is one of the strongest Legion posts in the Northwest, and Dr. Martin is to be congratulated upon his election to this position.

? ? ?

The regular monthly meeting of the Tri-County (Minn.) Society of Osteopathic Physicians and Surgeons was held in the office of Dr. Karl Burch, Wabasha, an August 9th. The program consisted of case reports and clinic. The September meeting will be held in the offices of Dr. C. E. Mead, Red Wing.

? ? ?

The Polk County (Iowa) Osteopathic Association will hold its regular meeting at 6:30 p. m. on the evening of Oct. 2, at the Hotel Ft. Des Moines. Two speakers of national reputation who will be attending the National Convention of the American College of Osteopathic Surgeons will appear at this meeting. All members of the profession are invited to attend.

? ? ?

Dr. Max C. Handley, 38, Longmont, Colo., killed his two children and then committed suicide. Dr. Handley had been despondent for some weeks but no definite motive could be ascribed. Mrs. Handley survives.

? ? ?

Dr. Claire E. Owens, '21, Exeter, Neb., received the Democratic nomination for State Representative from Fillmore County, Neb., in the recent Primary Election. Dr. Owens served in the Legislature during the regular and special sessions in 1931. The race for nomination was very close and Dr. Owens won by a margin of but two votes. Every wish for success in the November Election is extended to this prominent alumnus of D. M. S. C. O.

It may readily be seen, however, that dealing with a body charged with the responsibility of governing a great nation is a different thing from dealing with a state legislature representing a political division of a nation. The members of the profession in Great Britain are to be commended for facing this Herculean task. One can not doubt that victory will be theirs and that Osteopathy will receive the recognition it has earned.

Not only because of its explanations of the legislative status do we enjoy reading the "Review", but because it keeps us in touch, so to speak, with professional affairs and progress on the other side of the Atlantic. We shall eagerly look forward to receiving subsequent issues of the "Review", and may the good work for Osteopathy in Great Britain continue.

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THE LOG BOOK

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Volume 11

October 15, 1934

Number 9

Des Moines Baseball Club Boosts Osteopathy

We are proud to print an unsolicited testimonial received from the Des Moines Base Ball Club expressing satisfaction with the care given the "Demons" by a senior student of Still College. Once more the superiority of osteopathic care in athletics is clearly demonstrated.

"To Whom It May Concern:

"As in the past several seasons, the management of the Des Moines Base Ball Club of the Western League made arrangements through Dr. H. V. Halladay for the services Still College offers to athletic teams. From the beginning of Spring Training the club was in the constant attendance of W. C. Andreen, ably assisted by J. C. Ennis.

"The work has been satisfactory from every standpoint, members of the team have availed themselves of the treatments at every opportunity, which benefited them materially.

"We feel that the expert training these students of Still College receive enables them to recognize injuries quicker and apply the proper treatment sooner, thus shortening the time period that a player must be out of the game. The treatments have been of especial benefit to muscle injuries, yet all types of cases have been well taken care of, even the more serious types of injuries that ball players are subjected to.

"We wish to express our thanks for this service and will ask that the College be given the same opportunity to serve us in the future.

"Yours very truly,

"Harold Irelan,

Vice-Pres. and Genl. Mgr.

"Alex N. Gaston,
Manager."

Monger-Paul Clinic Installs New X-Ray

The Monger-Paul Osteopathic Clinic of Detroit, Michigan, has installed a new General Electric X-Ray unit in the Clinic offices at 5800 W. Fort street. Mr. Russell Black, technician is in charge. Many of the Osteopathic physicians in the surrounding locality have already made use of this splendid service as an aid to their Osteopathic diagnosis.

Halladay Athletic Clinic at Adel

Wednesday afternoon, Oct. 10, Dr. Halladay, accompanied by Drs. Black and Meyers, went to Adel, where Virge conducted an athletic clinic for the benefit of the Adel High School football team. Dr. Laura Miller, of Adel, is in charge of the team throughout the season.

The demonstration included taping and care of the various types of football injuries.

Dr. Royer, Woodward, and Dr. Grace Nazarene, Dallas Center, were also present.

Polk County Association Fetes Surgeons

The Polk County Osteopathic Association held a gala banquet at the Fort Des Moines Hotel on the evening of October 2, in honor of the visiting surgeons attending the annual convention of the American College of Osteopathic Surgeons. Through the generosity of Dr. J. P. Schwartz and the members of the Society, the entire student body of Still College was invited as guests. Over 250 were in attendance.

Dr. C. Ira Gordon, Program Chairman, served as toastmaster. Dr. Fred Campbell, President of the Polk County Association, greeted the surgeons and bade them welcome to enjoy the hospitality of the Association. Other officers of the Society were introduced, Dr. Della Caldwell, Secretary, and Dr. Carl Seastrand, Treasurer.

Dr. F. A. Gordon, Marshalltown, President of the Iowa State Osteopathic Society, was called upon, and extended to the visiting surgeons the felicitations of the Iowa group.

Dr. Orel F. Martin, Boston, Mass., acted as assistant toastmaster, and introduced the speakers of the evening.

Dr. C. W. Johnson, President of Still College, spoke first. After bidding the members of the College of Surgeons welcome, Dr. Johnson touched briefly upon some of the problems facing our colleges. He stressed the duty of the schools, that of taking the raw material and spinning it into the fabric we know as an osteopathic physician and surgeon.

Dr. W. Curtis Brigham, member of the faculty of the College of Osteopathic Physicians and Surgeons, Los Angeles, Cal., mentioned the fact that he started

(Continued on Page 4)

Surgeons Meet in Des Moines

The annual convention of the American College of Osteopathic Surgeons was held at the Fort Des Moines Hotel and the Des Moines General Hospital, Oct. 1st, 2nd and 3rd, inclusive.

The first day was given over to demonstrations of surgical technique at the hospital. The early part of the afternoon saw diagnostic clinics held, also at the hospital. From 3:00 p. m. on the following technical papers were read: "Enterostomy," Dr. Geo. J. Conley; "The Status of Iodine in Thyroid Surgery," Dr. H. V. Collins; "The Grain Without the Chaff," Dr. E. G. Drew; "Total or Sub-Total Hysterectomy?" Dr. A. C. Johnson; and "Operative Obstetrics," Dr. R. B. Bachman. The evening session consisted of a buffet dinner and business meeting.

Second Day

The program of the second day was similar to that of the first with the following papers being delivered at the second afternoon session: "Radiation in Malignancy," Dr. Orel F. Martin; "Case Histories in Transurethral Prostatectomies," Dr. H. A. Fenner; "Case Histories in Elliott Treatment," Dr. H. E. Lamb; "My Observations in Fever Treatment," Dr. H. C. Wallace; "Infantile Paralysis," Dr. W. C. Brigham; and "X-Ray Diagnosis," Dr. B. L. Cash. In the evening the Polk County Association's Banquet was held.

The third and last day was given over to surgical clinics, summary of cases previously operated and business sessions. Dr. C. A. Povlovich, Kansas City, demonstrated the thick razor sectioning of tissues by "Terry's Method" on all tissues removed at the clinics.

Membership

Surgeons registered as members of the A. C. O. S. were: W. Curtis Brigham, Los Angeles; H. L. Collins, Chicago; G. J. Conley, Kansas City; E. G. Drew, Philadelphia; H. A. Fenner, North Platte, Neb.; B. L. Gleason, Larned, Kansas; A. C. Johnson, Cleveland; E. B. Lamb, Denver; G. M. Laughlin, Kirksville; O. F. Martin, Boston; J. P. Schwartz, Des Moines; R. A. Sheppard, Cleveland; H. C. Wallace, Wichita; G. S. Gardner, Maryville, Mo.; Anton Kani, Omaha; M. S. Slaughter, Webb City, Mo.; D. G. Reid, Bethany, Mo.; and A. B. Wheeler, Carthage, Mo.

Still Men Prominent in Detroit Ass'n.

Still College is proud of the record being made in the field by many of its graduates. We note that out of eight elective positions in the Detroit Association of Physicians and Surgeons of Osteopathic Medicine, alumni of this college are found in five of them. The President is Dr. L. M. Monger, '30; Vice-President, Dr. R. K. Homan, '31; Secretary, Dr. W. K. Moore, '31; Treasurer, Dr. L. Woofendon, '26; and Trustees, Dr. H. C. Belf, '27.

We are proud of the record these men are making and our congratulations are extended to them.

The Detroit Association will be host to the annual convention of the Michigan State Association, Oct. 30 to Nov. 1. Dr. Robert B. Bachman, head of the department of Obstetrics of D. M. S. C. O., will be the principal speaker.

Dr. Drew Speaks To Senior O. B.'s.

On the morning of October 3, the senior class in obstetrics had the pleasure of hearing from Dr. E. G. Drew, one-time professor of obstetrics in the Philadelphia College of Osteopathy. Dr. Drew was in Des Moines attending the convention of the American College of Osteopathic Surgeons.

The Doctor told of the methods of handling obstetrics in foreign countries, particularly Austria. In Vienna, where Dr. Drew studied for some time, midwives handle all spontaneous or normal cases, doctors handling only those of a complicated nature or demanding surgical intervention.

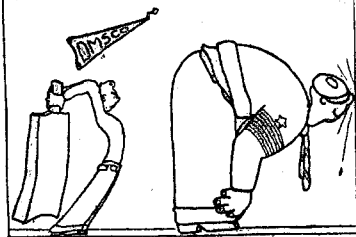
He urged the students to practice obstetrics when they enter the field, and stressed the importance of thorough preparation while in school.

The members of this class appreciated Dr. Drew's courtesy in speaking to them, and anticipate the pleasure of hearing him upon future occasions.

Dr. Loerke Passes Away

Dr. L. Robert Loerke, '23, died September 13th at his home in Norfolk, Nebraska, after an illness of one year. He was 39 years of age. Among surviving relatives are Drs. W. R. and G. W. Loerke, both of Ottumwa, Iowa.

FRATERNITY NOTES



ATLAS CLUB

The first month of school has gone by and we are settled for the year. It is with great pleasure that we announce the pledging of the following men: Mark Gerlach, Wilson Simmons, Henry Leslie, Brenton Schiffer and Robert Dawe, all of Detroit, Mich., Leigh Beamer, James Hagerty and Lawrence Ford, all of Kewanee, Ill., Edward Hensel, Manistee, Mich., Arthur Haight, Highland Park, Mich., DeWitt Goode, Bloomington, Iowa, and Paul O'Shana, Mason City, Iowa. We are proud of this bunch and welcome them to our house.

We are glad to welcome into our midst Bro. Graham Stewart, who comes to us from Hyoid Chapter in Chicago. Here's hoping you'll enjoy being with us, Stewart.

It was our very great pleasure to welcome six Atlas men who were in Des Moines for the convention of the American College of Osteopathic Surgeons. These Brothers are: Drs. W. Curtis Brigham, Los Angeles; Edw. B. Lamb, Denver; George M. Laughlin, Kirksville; J. P. Schwartz, Des Moines; M. S. Slaughter, Webb City, Mo.; and Anton Kani, Omaha.

The chapter house has already been the scene of several entertainments in the form of "open house nights," conducted on Saturday nights. The semi-annual Pledge Dance was held Oct. 6 and was a huge success. Let us hope that the entertainment committee continues to function in such fine style.

One of our brothers has decided to enter that state of life which, we hope, will be termed "married bliss." Our congratulations to the bride and groom, Mr. and Mrs. Fred Green.

"WIGITS"—It seems as tho Bro. Porter is also pledged—to gripe continually. Stick to your guns, Gus. * * * Several of the freshies have already become "doctors"—Sheik Gerlach in the vicinity of Drake and Bobby Dawe whenever he's around that certain red-head * * * Several fighters among us have joined the Army. They'll all be Generals next week * * * Those who make beds with cracker crumbs should have to lie in them—or else * * * We have a "Dr. Johnson" among our prominent seniors. Methinks it may be Andreen. Does the management frown on that? * * * We hear that Evans has been going steady—and that Goode goes clear to Iowa City. * * * Scheffold's Ford seems to hold everyone who has a first hour. * * *

Blisters after our one and only basket-ball practice * * * Ketman baked a good cake but Morehouse didn't think much of it in his bed—how we love our freshmen!

IOTA TAU SIGMA

Without a doubt the highlight of the school year was the convention of the American College of Osteopathic Surgeons with the subsequent banquet, which we all enjoyed, and the chance to renew acquaintanceship with attendant members of our fraternity, namely, Drs. Geo. J. Conley, H. C. Wallace, Orel F. Martin, E. G. Drew, and Heasley. The companionship and talks by these men was helpful and appreciated to a high degree.

We take pleasure in announcing the pledging of George C. Boston, Davenport, Iowa; William L. Daniels, Elizabeth City, North Carolina; and Clyde Hyink, Des Moines, Iowa.

The chapter house enjoyed a comparatively quiet week-end, due mainly to the fact that "agitator" Vic Pohl strayed far from the beaten track to take a look at the Queen of Kirksville and in doing so, persuaded "noisy" Dresser to accompany him, hence the comparative peace and quiet.

We wonder more and more each year why, if babies do have to be born at four and five o'clock in the morning, we can't just once, have seniors in the house that can hear the phone bell? No reflection on our seniors but does a slight touch of deafness go hand in hand with the fourth year of Osteopathy?

Due to rather harsh and undue methods of expressing affection for our Brother Happel we are forced to be wary of flying fists as he promises to start "swinging" tomorrow if the aforesaid affection is not curbed to some extent.

The chapter house took on the good old "Festival" air Friday night of last week when the members attended an informal "get-together" which included all the necessary "fixins" to make it a real party. The extent of the good time can be vouched for by Dr. Cash, who helped the fun with a few of his "Oirish" stories.

PHI SIGMA GAMMA

On Friday evening, Sept. 28, J. B. Miller, Stan Wilkas, and Eddie Zyzelewski received their first degree initiation into the mysteries of P. S. G. The degree was held at midnight in the basement of the house with all actives present. A buffet lunch, prepared by the pledges, was served following the work.

The fall cleanup campaign is in full sway. Pledge duties have been assigned and the house is rapidly assuming its usual comfortable winter atmosphere.

The following men have been pledged: Jerry O'Berski, Robert Hoefer, Robert Luby, Leigh Whitney, Myron Bos, and Don McClure. Welcome, fellows, and

good luck as you travel the rocky road of pledgship.

We notice that . . . Wild Bill Moore seems haggard and worn after his week-end excursions. Take it easy, pal; since Bud Storey went home he has more vim, vigor and vitality; Bob Gibson and his trusty V-8 know all the answers—about nurses.

Now that the World Series is over all bets are being placed on the grid clashes. With Dex Rice as leader of the Michigan rooters, Bill Reese feeling very unhappy over W. and J., Fred Heccker losing sleep over Marquette, and the rest of us strongly but silently pulling for our own state team, the Saturday afternoons are packed full of thrills.

If you notice a certain dense, blue smoke pouring out of a downstairs window, think nothing of it, for it is just the after-dinner bridge club in session. With all pipes going full blast and the kibitzers occupying every available space, the contests are hot and heavy. So far it's a tie for the strongest pipe, but brother — those boys sure know their trumps.

The social committee has planned a series of house functions for the winter. The first, a dance, was held Oct 5, and went over with a bang. Let's hope for even bigger and better ones in the future.

The latest arrivals at the house are Don McClure and Dr. F. C. Schaeffer. McClure is a freshman and hails from Fort Dodge, Iowa. Dr. Schaeffer, a graduate of '32, is from Columbus, Ohio, and will take a post-graduate course this fall. Welcome, fellows, and make our home your home.

We were glad to have Hal Walters walk in the other morning quite unexpectedly. Glad to see you, Hal.

Congratulations are in order for Bill Moore, who was initiated into Psi Sigma Alpha, and Bud Storey, who was recently pledged to that organization.

DELTA OMEGA

The girls of Still are very glad to welcome two post-graduates into our midst. Dr. Black, of Miami, Florida, whose Alma Mater is Kirksville, is taking short courses in Pediatrics and Obstetrics. Dr. Myers, who practiced for some time in Minneapolis, is an old student of Still. She is a Beta girl and graduated in 1919.

Three new Freshman women are roaming our halls. We shall tell more about them at some future date. It is sufficient now to name them—Miss Burnanette Moeller, Rockwell City, Iowa; Mrs. Ruth Paul and Mrs. Anna Slocum, both of Des Moines.

Six of our old members saw fit to return to school this fall: Marybeth Ziegler, Clarise Kieft, Dorothea Failing, Evelyn Ketman, Helen Butcher, and Lillian Peterson.

All the girls except Evelyn and Dr. Myers spent a very en-

joyable evening on Sept. 26. Following a picture at Virge's, concerning trips east and west, we went to the home of Drs. John and Rachel Woods, where games and refreshments, cider and doughnuts, were enjoyed. During the course of the evening we learned a new reducing exercise. Turn the head first to right, then to left, repeat several times—by this stage the doughnuts, etc. should be gone. We really enjoyed ourselves and appreciated this hospitality. Thank you, Drs. Virge, Rachel and John.

Kansas, Ahoy!

Listen, Kansas!!! Plan your next state meeting when the ball games are over. It is asking too much of a weak minded Cardinal fan to concentrate on osteopathic technicalities with the baby's shoes in the pot and the crucible boiling.

It was an ideal drive down to Manhattan and back. Weather perfect, Fall coloring vivid, roads excellent and the car alive to this perfection and meeting its competition.

Met some old friends at the Hotel Wareham Sunday eve and the usual bull session ensued. Another perfect day Monday, with many arriving. We followed Dr. R. C. McCaughan of the Central Office, and thoroughly enjoyed his talk. It was certainly to the point, and left all appalled at the vast amount of valuable work being done by our officials.

After lunch we tried rather unsuccessfully to compete with Graham McNamee. However, the program must go on, and it did. Next year at Cleveland, if you see some Kansans with their ears stretched out, they will be the ones who attended this state convention. They got that way trying to listen to the program of the association with one ear and the ball game with the other.

Over 200 at the banquet that evening. John Deason acted as an able toastmaster and met each situation in the typical Deason style. During the evening Dr. Bennison was declared dead several times, but finally ended the exchange of toasts in better health than for several years.

Don't worry about the fate of osteopathy in Kansas. It is in excellent hands, and it is a privilege and pleasure to meet with a group having such high osteopathic ideals. Kansas believes in dry osteopathy, so leave your wet goods at home.

We enjoyed the entire trip.
—H.V.H.

Ninety-nine per cent of the calcium of the human body is in bones and teeth; the remaining one per cent exists as soluble salts in fluids and soft tissues.

Imperative drugging — the ordering of medicine in any and every malady—is no longer regarded as the chief function of a doctor.—(Osler.)

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor, H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

The "New Deal"

There are many of us who support the "New Deal" with fanaticism; there are others of us who are favorable to it and intend to allow it to have its full measure of trial and opportunity; there are still others, the minority it would seem, who oppose the present regime at every turn. All of which merely goes to show that there is very rarely unanimity of opinion on any subject.

There is one moot point, however, upon which we should all share the same opinion—that of advancing and building the profession of Osteopathy. You can help a "New Deal" for Osteopathy by beginning to recruit students for the next class which matriculates in January.

The backbone of the depression is broken, we are slowly but surely salvaging the shattered fragments of our economic structure and are more securely than ever before welding them into a new and substantial whole. The time was never better, as Dr. H. L. Collins reminded us during the convention, for commencing the study of a professional course. Osteopathy should be the professional course of choice.

Let us all organize a sort of one-man "New Deal" for our colleges and make the January, 1935, class the largest mid-year enrollment in the history of the school. Let's go! —(J.R.F.)

Osteopathic Hospital Completes Addition

Doctors O. O. Bashline and W. F. Rossman, for the past 20 years osteopathic physicians and surgeons of Grove City, Pa., have completed construction of a 20-room addition to their hospital. New offices and treating rooms occupy the first floor, and a dental office is provided.

With the new wing to the hospital, room accommodations for fifty patients are available, including 27 private rooms, seven semi-private rooms, two wards, and a nursery with seven bassinets. The number of beds may be increased as needed. A large reception room is provided for office patients, and waiting rooms on each floor are open to guests of hospital patients.

The building comprises 80 rooms on its three floors, and houses two heating units, laundry, kitchen and dining room, in

addition to the hospital quarters. Automatic fuel oil heaters assure constant temperature at all times. A meeting room is furnished for the Osteopathic Hospital Auxiliary. A library and classroom serve the hospital staff.

The hospital presents an imposing appearance with its white stucco exterior. The interior is finished with cream colored walls, and ivory and mahogany woodwork. Outside walls are insulated with cork, while the inside walls are celotex and plaster construction. Floors are of plastic magnesia construction.

Complete hospitalization facilities are afforded for surgery, obstetrics, x-ray examination and treatment, radium treatment, cardiography, cystoscopy, ophthalmology, dentistry, osteopathic, thermogenic and colonic therapeutics, physio-therapy, and diathermy. The field of surgery includes ear, nose, throat, abdominal, pelvic, orthopedic and fractures. In fact, the entire field is covered.

Eight doctors of osteopathy are included on the hospital staff and the services of a dental surgeon are available.

Any patient requiring treatment for other than contagious disease may be admitted to the Osteopathic Hospital. The institution and its facilities are open to all licensed physicians and surgeons, whether of the allopathic, homeopathic, eclectic, or osteopathic schools of medicine. The hospital serves a wide area in western Pennsylvania and

eastern Ohio; having more than fifty visiting physicians. Quarterly clinics are conducted for instruction and to render service to worthy needy patients.

In addition to the graduate nurses employed, a staff of 14 student nurses is enrolled. Instruction is offered by the supervisors and members of the hospital staff. The nurses' home is adjacent to the hospital.

Special Assembly, Oct. 3

A special assembly was called for Wednesday, Oct. 3, and the student body was privileged to witness two films presented through the courtesy of the American College of Osteopathic Surgeons.

The first was a two-reel picture of "Management of a Normal Breech Presentation." This depicted the management of a breech all through the entire labor to delivery and resuscitation of the child.

The second was a three-reel picture showing the surgical treatment of indirect inguinal hernia. The first reel showed the dissection of the lower quadrant of the abdomen of a male cadaver, while the second and third reels showed the actual surgical procedure.

These films were a source of worth while information to the student body and it is earnestly hoped that Dr. Facto's suggestion of having such pictures often will bear fruit.

Convocation, Sept. 28

The first appearance of Dr. Halladay's newest edition of the Still College Orchestra greeted the surprised student body as it entered the auditorium. Its opening selection was "The Prize Waltz" and, considering the lack of sufficient rehearsal, was done with gusto and dispatch.

Dr. Halladay, after the tumultuous applause had died away, turned the meeting over to Ronald Wilburn, a senior student. Mr. Wilburn told us his sister was a member of the Gilbert and Sullivan Comic Opera Troupe which was in Des Moines for presentations of "The Mikado" and "Pinafore." After these remarks he introduced his sister, June, who favored us with two vocal solos. In singing "Until" and Oley Speak's immortal "Sylvia", Miss Wilburn displayed an excellent contralto voice. She was especially effective in her low register and it is hard to believe that she has benefited by only six months study. She is a winner of the Atwater Kent Auditions for the state of South Dakota and it is to be hoped that she continues her studies, vocal talent today is not being developed as it should be and when such a promising voice is discovered every opportunity for development should be afforded it.

Mr. Wilburn next presented Mr. Herman Larson, a member of the Opera Co., who sang a tenor aria from the forgotten opera "Rigonello." Mr. Larson won a South Dakota Atwater Kent Audition and also a Chicago District audition which gave him a scholarship in voice. He is the possessor of a very pleasing tenor voice and, like Miss Wilburn, it is to be hoped that he will be enabled to continue voice culture.

The third member of the group was Miss Betty Fowler. Miss Fowler was formerly the "Gypsy Sweetheart" of Station WOWO. To her fell the duty of presenting the popular type of song and she rendered the perennial favorite "Chloe" and "It Was So Beautiful." As a special encore she presented a reading "At the Beach" which was very mirthful and exceedingly true to life.

Dr. Virge again mounted the dais and led the symphony in "Goofus." This, as Dr. Halladay announced, was the chaser. All agreed that this was one of the most entertaining assemblies of the current year and we trust that it will prove a model for future programs.

Every day that is born into the world comes like a burst of music, and rings itself all the day through; and thou shalt make of it a dance, a dirge, or a life march, as thou wilt.—(Carlistle.)

Our todays and yesterdays are the blocks with which we build.
—Longfellow.

Will Your Name Appear?

in the forthcoming A. O. A. Directory

This Way—

Members of American Osteopathic Association

★Member of State Divisional Association

NEW JERSEY

South Orange—13,700
Hoyer, Henry J., ★ ASO '25;
112 Connett Place.

or

This Way—

Non-Members of the A. O. A.

NEW JERSEY

Newark—442,842
Lewis, George W., 10 Jackson St.

Students should avail themselves of the opportunity to become affiliated with the A. O. A. under the liberal student membership plan.

Members of the profession should become members of the National organization without delay. The profession needs 100% cooperation on the part of all physicians. Join at once!

I. O. A. Bulletin

Membership

The first district is still leading in the membership drive for this year. With a total of twenty-three state members out of a possible 51, the score stands 45%. Sixth district is running a close second with 39%; fourth district 32%; fifth district 32%, and second district 30%. Last year third district won the pennant with 51%, while sixth took second place with 40%.

If you have already paid your dues try and interest a non-member. This is your association and it needs continued support. If each present member will bring in a new one, Iowa will have one real organization. The state medical association has a membership record of 70%, which we can and must surpass.

The following names have recently been added to the membership roll:

Drs. Anna E. Gelande, Manilla; Geo. B. Groves, Waterloo; H. Cloyd, Blakesburg; R. E. Brooker, Grinnell; B. E. Atkinson, Boone; W. B. Melenbacker, Atlantic; R. B. Bachman, Des Moines; Mathel Hospers, Orange City; F. B. Heibel, Iowa Falls; G. H. Millenbaugh, New Hampton; B. W. Jones, Spirit Lake; H. W. Gamble, Missouri Valley; A. F. Waugh, Eagle Grove; J. I. Royer, Woodward; Roy Trimble, Montezuma; J. R. Shaffer, Des Moines; W. A. Craig, Story City; Chas. Wheeler, Centerville; Noel Carter, Richland; and Ellen Phenecie, Des Moines.

This is a splendid list of new names but it will have to be duplicated every month if we are to attain the goal of Double That Membership. Kindly send in at least part of your dues and help place your district at the top of the list. By paying your dues now you will save your association time and expense.

At the time of this writing complete reports from the fall meetings have not been received. There will undoubtedly be members having paid their dues that will have to wait until the next issue of the Log Book for their names to be published.

In connection with the membership campaign we would call your attention to the fact that the A. O. A. year book will close its forms November first. All paying their dues before that date will be forwarded and receive a star in the directory. This applies to everyone whether they are a national member or not as the new directory will list every practicing D. O. in the country. Iowa is already assured of more stars than we have had for some time, but we must have a larger percentage of state members. Send yours in at once, post-dated check if you desire.

Legion Resolution

The eyes of the Osteopathic world are upon the American Legion, soon to assemble in na-

tional convention at Miami. Through the forces of the dominant school of practice they will vote on a resolution, which if worded as outlined for them in advance, will make it compulsory for all veterans to be attended by an "approved physician", an "M. D." or a "physician approved by the president of the County Medical Society." This instead of any "licensed physician."

Your state organization has contacted every Legion delegate and alternate in Iowa on this matter, placing the proposition straight before them. While we did not ask or expect replies we have had numerous and gratifying response. A former assistant Secretary of the War Department wrote us a very fine personal letter on the matter. Others write that the "proposition of your society is eminently fair" and "we will do all in our power as delegate to see that the Legion does not tie up with any one group."

The public is favorable toward us and if we only believed our own science more and took enough personal interest to belong to our own associations, we would make more rapid advances.

Paul O. French, D. O.
Secretary-Treasurer.

Polk County Association Fetes Surgeons

(Continued from Page 1)

the study of osteopathy in Des Moines. In speaking of Unit No. 2, Los Angeles County Hospital, he mentioned that it was the largest osteopathic institution in the world. The records set in this unit are so outstanding as to be almost unbelievable. "The Medical Unit," said Dr. Brigham, "is striving with might and main to keep half way up to the Osteopathic, but so far has been unable to do so."

Dr. E. G. Drew, member of the faculty of the Philadelphia College of Osteopathy, spoke next. Dr. Drew paid tribute to two of the nurses of the staff of Des Moines General Hospital who assisted him in performing a Caesarian Section during the convention. The Misses Burkholder and Anderson rose to acknowledge the compliment amid the applause of those present.

Dr. H. L. Collins, President of the Chicago College of Osteopathy, spoke particularly to the students. "Now is a fortunate time to be graduating," he said, "because the world is getting back to basic principles." Dr. Collins said that the college faculty would furnish the necessities for practice, but it was up to the student to be diligent in his work to get the best out of it. "Study without thought is useless," concluded Dr. Collins, "but thought without study is sometimes dangerous."

Dr. George M. Laughlin, President of the Kirksville College,

spoke on loyalty to the cause we are connected with. He congratulated the students on choosing osteopathy as a career. "Osteopathy," Dr. Laughlin stated, "is only a little over 40 years old. Its development is unparalleled in the history of therapeutics. Osteopathic institutions have been built by private funds, no huge sums raised by taxation have been given to osteopathy as has been the case with medicine. Yet, Osteopathic institutions grow and establish enviable records." Dr. Laughlin closed with a glowing tribute to Dr. J. P. Schwartz.

Dr. Martin next introduced the new officers of the American College of Osteopathic Surgeons: Dr. A. C. Johnson, Cleveland, Ohio, President; Dr. H. C. Wallace, Wichita, Kansas, Vice-President; and Dr. Orel F. Martin, Boston, Mass., Secretary-Treasurer. Official thanks were extended to Dr. J. P. Schwartz for the hospitality and excellence of arrangements for the convention. Dr. Schwartz responded and stated that he felt it an honor to entertain the College of Surgeons.

The last speaker was Dr. George J. Conley, President of the Kansas City College, Past President of the College of Surgeons, and President of the American Osteopathic Association. Dr. Conley cautioned the students to have no inferiority complex. He said that the surface of osteopathy has not yet been scratched, and that more opportunities are presented in osteopathy than in any other profession. "The greatest handicap to the osteopathic physician," he said, "is the simplicity of the methods. The public has been educated to complicated methods but the medical writer Cushman says 'the layman may be surprised to learn that the complicated methods now used in examination of patients is neither useful nor scientific for the most part.'" Dr. Conley closed by telling of the handicap imposed upon the Central Office by lack of funds due to inadequate membership. He urged all, student and graduate, to become affiliated with the A. O. A.

Following a few announcements, the meeting was adjourned. All agreed that this was an outstanding event in the history of the profession in Des Moines. The student body deeply appreciates the opportunity afforded to attend this event, and sincerely hopes that it may have the privilege of attending such affairs in the future.

Locations

Blech

Dr. Carl V. Blech, '33, announces the opening of his office at 2671 North Third Street, Milwaukee, Wisconsin.

Kessler

Dr. Wendell F. Kessler, January, '34, announces the opening of his office at Tyndall, South Dakota.

You Ought To Know That . . .

The November meeting of the Polk County Osteopathic Association will be held at the Savery Hotel at 6:15 on the evening of Friday the ninth. An open forum discussion will be the program with all present invited to take active part. Visitors are always welcome and any Osteopathic physicians who may be in Des Moines on this date are cordially invited to be present.

???

The regular meeting of the Tri-County (Minn.) Society of Osteopathic Physicians and Surgeons was held in the office of Dr. C. E. Mead, Red Wing, Minn. on Thursday evening, Sept. 13. The meeting was devoted to general discussion. The October meeting is scheduled to take place in the offices of Dr. C. E. Stoike, Zumbrota, Minn.

Convocation, Sept. 21

This convocation, dedicated to the Freshman, was opened by Dr. Johnson and immediately turned over to Dr. Halladay. Without further ado, the new students were called to the platform, where each stepped forward and introduced himself (or herself) by stating name and home city and state. Iowa, of course, led all states numerically, but Michigan was a surprisingly close second. Some of the older students can remember when Ohio was the leading state in student representation, but in late years Michigan has far outdone the Buckeyes.

After the freshmen resumed their seats, the students returning after being out a while were introduced. Next those who have transferred from other schools were basked in the limelight. Those of the faculty who were present were given an opportunity to take a graceful bow, which they did most mellifluously. Last, but by no means least, to make an appearance, were those with us for post-graduate study, namely, Dr. Mitchell of Kansas, Dr. Black of Florida, and Dr. Myers of Minnesota.

An invitation was extended to the entire student body to attend the Polk County Osteopathic Association Banquet to be given October 2nd in honor of the American College of Osteopathic Surgeons. With the prospect of such an opportunity to look forward to the convocation was dismissed.

Man will deny his ear music, his mind culture, and his heart love in order that he may amass wealth with which to enjoy these things by and by. But too often, when the expected time comes, the power to enjoy them has fled.

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Volume 11

November 15, 1934

Number 10

Still Memorial To Be Held At College

On December 7 the faculty and student body of D. M. S. C. O. will pay homage to the memory of three departed members of the Still family: Dr. Andrew Taylor Still, founder of Osteopathy; Dr. George Still, one of the greatest Osteopathic surgeons; and Dr. S. S. Still, founder of D. M. S. C. O.

Dr. H. V. Halladay will eulogize the "Old Doctor." Dr. Halladay is a native of Kirksville and, literally, grew up with Osteopathy. He was acquainted with Dr. Still and his family and is eminently fitted to render tribute to him.

Dr. George E. Moore, Des Moines, will read the eulogy of Dr. S. S. Still. Dr. Moore was a very close friend and companion of the founder of our college and his long acquaintanceship gives him a vast fund of knowledge concerning the life and work of Dr. Still.

Dr. J. P. Schwartz will do honor to the memory of Dr. George Still. Dr. George's eminence in the realm of surgery is unquestioned and no one is more fitted to speak of him than another outstanding surgeon such as Dr. Schwartz.

Music befitting this solemn occasion will be presented by students under the direction of Dr. H. V. Halladay.

Student representatives from each of the classes will go to Woodlawn Cemetery where they will place a memorial wreath upon the grave of Dr. S. S. Still as a tribute from the college.

Members of the profession are cordially invited to attend this service in the college auditorium, Friday morning, December 7.

Nebraska Ass'n. Demands F. E. R. A. Work

The following article appeared in the Omaha World Herald of November 3. "Lincoln: Protest against alleged discrimination against Osteopathic physicians under Nebraska F. E. R. A. medical regulations were registered at relief administration headquarters here by Dr. J. T. Young, President, and Dr. J. D. Gartrell, Secretary of the Nebraska Osteopathic Association. It was charged that the relief administration has discriminated against Osteopathic physicians while approximately one-third of the states are permitting them to practice under F. E. R. A. regulations."

Dr. Bachman Speaks In Michigan

The thirty-sixth annual convention of the Michigan Osteopathic Association of Physicians and Surgeons received impetus for the greatest convention in its history when the Detroit Association sponsored a public meeting on the opening day, October 30, at the Book Cadillac Hotel in Detroit. Dr. Robert B. Bachman, head of the department of Obstetrics of D. M. S. C. O., was chosen as the principal speaker. Dr. Bachman's subject was "Osteopathy and Why."

Dr. Bachman is a most forceful and dynamic speaker and there can be no doubt as to his thorough knowledge of the science of Osteopathy. The Michigan group is very fortunate in having him as the speaker upon this occasion and we know that his message was one of vital importance to all who were in attendance.

All-School Dance Is Huge Success

The annual fall dance, sponsored by Beta Chapter of Sigma Sigma Phi, was held at the Parkview Club, October 19. As usual this affair attracted a good crowd with faculty members, wives and friends well represented.

The music was manufactured by the Music Masters and proved to be excellent for Terpsichorean enjoyment. A slight fall of rain failed to dampen anyone's enthusiasm and another Still College activity became a most pleasant memory.

The Sigma Sigma Phi Dance committee reported that the party was highly successful and gratifying to that organization. The student body eagerly anticipates the opportunity of attending another such party before many moons have waned.

Dr. Ruel Visits College

We had the very great pleasure of greeting Dr. J. C. Ruel, '03, who paid us a visit Friday, Nov. 2. It is always a pleasure to have our graduates come to see us whenever possible and we trust Dr. Ruel enjoyed seeing us as much as we enjoyed having him here.

THANKSGIVING RECESS
NOV. 29 — DEC. 3

Utterback Elected to Congress



Judge Hubert Utterback, long a Professor of Medical Jurisprudence at D.M.S.C.O., was elected to the House of Representatives from the sixth Iowa district in the general election of Nov. 6. Judge Utterback performed the feat of winning his seat in Congress running on the Democratic ticket in a district which in the past has consistently rolled up huge Republican majorities. He is the first Democrat to be elected to any major office in this district since the pre-Civil War days. The Judge led his ticket and his election is a tribute to the character of the man and the high esteem in which he is held by his fellow citizens.

We know that this district will have in Washington a man who will be honest, loyal and fearless in the service of his constituents. We shall miss him here at Still but we rejoice in his victory and wish him every good fortune and success.

Congratulations, Congressman Utterback!

Sixth District Meets At Adel

On October 4 the Sixth District Association met at Adel. Dr. W. Curtis Brigham, Los Angeles, was the speaker. His topic was "Viscero-Somatic Reflexes" following which discussion he gave a report on work being done at the Los Angeles County Osteopathic Hospital in infantile paralysis.

The following new officers were elected: President, J. M. Woods, Des Moines; Vice-President, J. H. Hansel, Ames; Secretary-Treasurer, Grace Nazarene, Dallas Center; Trustee, Mary Golden, Des Moines; and Legislative Member, P. L. Park, Des Moines.

Detroit News Writes of Still Grad

D. M. S. C. O. alumni have long been active in Detroit. One of this group, Dr. Eleanor Stuart Harvey, was the woman chosen for the column "Detroit Business Women" in the Detroit News of October 23rd.

A large pencil portrait of Dr. Harvey appeared with the following article:

"To be a successful Osteopath, believes Dr. Eleanor Stuart Harvey, 'one must be strong and willing to work—but most of all, healthy and cheerful. In times of depression this last characteristic is most important to a doctor who must take over his patient's burdens and make him see that things will come out all right.'

"Dr. Harvey has accordingly made cheer and optimism the keynote of her life. Her reception room reflects it—quiet, restful furnishings, end tables with flowers in low bowls, a small bookcase with mystery novels and essays as well as the familiar magazines. The pictures are chosen with care and the lighting is soothing to the eye.

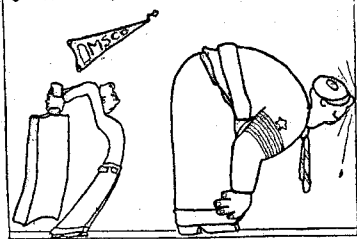
"Seeing this office, one is prepared for Dr. Harvey. Good humor and friendliness are apparent at once in her face; and although of only average height, (Continued on Page 2)

Dr. Mollie Webb Returns For Call

On Friday, September 21, Mr. and Mrs. E. M. de Ledesma of London, England, were guests at the school. Mrs. de Ledesma is known professionally as Dr. Mollie Webb, practicing Osteopathic physician in London. She was graduated from Des Moines Still College in 1923 and spent part of her day renewing friendships made at the time of her four years' stay in Des Moines.

Mr. and Mrs. de Ledesma were in Des Moines en route east from a tour of the agricultural districts of the middle west, where Mr. de Ledesma, as a representative from an English Economic Commission, was studying the economic results of the drought season. While in western Iowa they were guests in the homes of relatives near and in Wiota. Following short stops in Chicago and Boston the visitors sailed from New York for the Argentine, where Mr. de Ledesma holds vast agricultural interests. They planned to return to England by early winter.

FRATERNITY NOTES



ATLAS CLUB

On Oct 22 the fraternity gathered at the Hermit Club where a banquet, at which wild elk meat formed the piece-de-resistance, was enjoyed. This delicacy was furnished by Dr. Marshall, who bagged the elk while on his hunting trip in the Rockies. This was one of the high spots in Atlas activities for the year and an exceptionally good time was had. Besides members, pledges and alumni, we welcomed as our guests Drs. C. W. Johnson, J. A. Shafer, L. L. Facto, B. L. Cash, Professor Owens, and Morey Halladay.

A Halloween celebration in the form of a hard-time party was held Saturday, Nov. 3. The holiday was celebrated in the time-honored and ancient manner, a good time being reported by all present.

Pledges Beamer, Schiffer, Hagerty and Ford recently made a flying trip to Kewanee, Ill., for a week-end. Aside from visiting, the two nimrods of the group found time to trod hill and dale in search of game and they brought back various and assorted lifeless forms of denizens of the woods and field thus proving their prowess as marksmen. Those who dine at Doty's enjoyed the privilege of eating these esculent morsels, a rare gustatory treat.

Pledge Gerlach recently entertained his Mother and Cousin who came from Detroit to visit. We had the pleasure of having them with us at the house and enjoyed their all too brief stay with us. We hope they enjoyed being here and will return again soon.

Many are making plans to go home for Thanksgiving. The Detroit boys are devising ways and means, itinerary, etc. while those who live a bit closer have the time figured down to the second. Those who can't get home this time have consolation in the fact that Christmas is but a few weeks away.

Basketball practice is being taken seriously and the vigor of our athletes amazes one. Captain Costello promises a fairly well balanced outfit. Our hopes were somewhat dimmed when Pledge Goode was forced to turn in his uniform and Pledge O'Shana began to suffer from some peculiar affection rarely encountered in those of his sex. However the rest will valiantly carry on despite these crushing blows.

IOTA TAU SIGMA

(By Vic Pohl)

The champs are with us again and with due reverence we bow

before these mighty personages. Last year they were with us and it looks as though we'll be afflicted with this horrible malady again this year. Will we find relief next year? That friends, is our fondest and most cherished desire.

Perhaps you are a bit curious as to the identity of these venerable beings. Ask anybody at school who is acquainted with the house and they will, with hesitation, inform you. But wishing to spare the individual, we will impart the information to you. It seems it all came about over a bridge game. The two brothers involved have had a run of phenomenal luck and have met and defeated all comers so far, although they've taken it on the chin a few times themselves. But notwithstanding this, they have proceeded, without, you understand, the sanction of anybody else in the house, to call themselves "the Champs". Isn't it peculiar how success will go to some people's head? We have tried to discourage them by all manner and means but so far our efforts have met with rebuff and so they continue merrily on, much to the bewilderment of everyone else, to let themselves be known as the "Chumps" — pardon—"Champs." It would be the proper time to let these persons be known so that you can offer your congratulations, but we haven't the heart now. Neither of these persons can afford new hats, they've had to buy two already and another one would break them all up. But if you really want to know them hang around Pem's a few mornings and you can't miss the "Champs."

Brother Bob (Chris Krusty) Happel, as all of you know, returned to school after three years' absence. The boys here at the house thought at first it was his great thirst for knowledge that brought him back, but now we know better. Brother Happel it seems has a great passion for moustaches as you can tell by that beautiful little gadget he has under his nose, but his girl back in Dayton objects to them, so Bob throws over love, family, position for his one great weakness—moustaches.

Brother Dresser and Pledge Boston shouldn't be so gullible and take every girl at her word, especially a strange one. That little fruitless trip out to Twenty-fourth and Hubbell avenue should teach you quite a few things about the wiles of women. Incidentally Brother Dresser, it is our advice not to keep our coeds out as late after this, especially on a school night—it's not the best thing for them — the next day, you know.

PHI SIGMA GAMMA

(By J. J. Herrin)

We are pleased to welcome J. B. Miller, Stan Wilkes and Eddie Zyzewski to membership in Phi Sigma Gamma. Their formal initiation was held Sunday, Oct. 13, followed by open house. A Dutch lunch, complete in all de-

tails, was served at 6 p. m.

Following the meeting Nov. 5 the pledges furnished an hour of varied entertainment. Music, jokes, and impersonations were the theme. Altho some of our faces were quite red, we enjoyed it and after a cheerful round of swats the meeting adjourned.

Our newest pledge is Joe Hull of Des Moines. Welsome, Joe, and good luck.

It seems that: Zizzie is quite a crooner; Luby picks blondes; Michigan has tough breaks—says Dex; Whitney and Schaeffer like Ottumwa; Sproul is restless for Canada; Hoose's voice is changing; slot machines are hard to beat; Hoefer pines for Ohio; Cedar Rapids needs Bud; the call-boy job is unwanted; Mat-tern likes Perry; certain people should not crash apartments at late hours; Hecker blushes easily; certain pledges should be more respectful, or else.

The most recent purchase by the house is the new 1935 model Master Philco radio. Built along the latest sturdy lines and with a wide variance of selecting and tuning power it will last for several years, and is one of which we are justly proud.

We received a letter the other day from Dr. C. L. Naylor, better known as "Charlie," who is practicing in Point Pleasant, W. Va. Glad to hear from you, and lots of luck. How about some more of you P. S. G.'s writing in?

By way of initiating the new radio a party was held November 2. Dancing and bridge constituted the evening's entertainment. Old fashioned apple cider and doughnuts were served.

The Sophomore class was given the use of the house for their party on Nov. 9. Glad to have you, Sophomores.

Pledgemaster Storey is completing the plans for Hell Week, which will be held before Christmas.

With our first vacation a few days off, Phi Sigma Gamma extends best wishes to the faculty and student body for an enjoyable Thanksgiving.

PSI SIGMA ALPHA

Following a brief business meeting on the evening of Oct. 16, Brother Edmund Baird delivered a most interesting and instructive paper on "Peptic Ulcer." An open forum discussion then was held with Dr. Hazen Gulden, an alumnus of Gamma Chapter now interning at Des Moines General Hospital, leading the discussion on the "Osteopathic Lesion."

Our November banquet was held on the evening of the sixth at O'Malley's Tea Room, Dr. Dwight E. Hook, Optometrist, was the speaker. He spoke of the various eye conditions commonly met with and modern methods of treatment. Dr. Hook's remarks on color analysis and color therapy in eye conditions were most interesting. We very much appreciated having Dr. Hook with us and hope to have the pleasure of hearing him again. Brother Morgan presented a brief report on

the work and methods of the alleged Canadian "Miracle Man," Dr. Locke.

We are proud to announce the initiation of the following men: DeWitte Goode, Ralph Deger, Harold Morgan, Wm. Moore, and Theron Crews. Bennett Storey entered into pledgeship.

SIGMA SIGMA PHI

Sigma Sigma Phi offers its heartiest congratulations to the students attending the recent dance. Together with excellent music and a general feeling of good fellowship, a good time was enjoyed by all. We were also pleased to have Drs. Cash and Woods, together with their wives present.

Tuesday night, October 23, the following men were given formal initiation into the fraternity: Bumpus, Hoeffler, Lingenfelter, Niehaus, Pohl, Wilson, and Enderby. We felt very fortunate in adding these men to our chapter. Preceding the initiation ceremonies a banquet was enjoyed at the Hotel Kirkwood. Dr. Schafer was present at the banquet and assisted in the initiation.

A calander was presented to take care of activities of the balance of the semester. On Nov. 15 the fraternity will have the new freshman class as guests at a smoker. Definite plans will be announced later. The committee in charge are arranging a novel program and are planning on an interesting evening. Transportation will be provided, so we are looking for 100 per cent attendance. Committees are at present working on plans for the basketball tournament, so a report will be made soon.

We are happy to award the scholastic cup to Phi Sigma Gamma for having the highest group average for the past year. Competition was very keen this year and we are pleased to see the fraternities showing so much interest. Other activities will be announced soon.

Detroit News Writes

(Continued from Page 1)

she radiates forcefulness and energy.

"She has needed this forcefulness, for her family was not at all in sympathy with her sudden inspiration as a girl to become an Osteopath. After a year's medical training, however, she won consent to go to the Des Moines Still College of Osteopathy for three years of study. Post graduate work later in Chicago fitted her for her career and she returned to Detroit to open an office.

"With her mother Dr. Harvey lives on Grosse Ile, where she plays golf constantly. She likes driving her car, sports of all kinds, walking out of doors. But most of all she likes dealing sympathetically with the problems of people."

THANKSGIVING RECESS

NOV. 29 — DEC. 3

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor, H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

Osteopathic Thought In Medical Column

Very frequently one reads a decidedly Osteopathic article in the various syndicated health services appearing in newspapers throughout the country. Of course Osteopathy is not mentioned, neither is any credit ever given to Osteopathy for discovering the very things being written about. The only exception to this is found in the writings of Dr. Wm. Brady.

James W. Barton, M. D., has a daily column in the Des Moines Tribune and following are portions of one of his discussions which appeared in the issue of Oct. 23.

"Lower back pain and sciatica is due in most cases to some trouble between the last bone of the spine and the central or wedgeshape bone between the two hip bones.

"The injury causes the above mentioned bones to get too close together so that there is not enough room for the nerves from the spinal cord to pass out properly."

Comment would seem unnecessary but one would think that Osteopathy should be given credit for proving the existence of fifth-Lumbar lesions and strains.

The Medics Failed

The following case report from the records of our obstetrical clinic is, we think, well worth relating.

Mrs. P. registered while in the fourth month of pregnancy with a bad case of toxemia. Examination disclosed weight 76 lbs.; hemoglobin 45% erythrocyte count low; marked case of pyorrhea; advanced malnutrition; feet and limbs so swollen that shoes could not be worn; extremities numb; frequent attacks of vertigo followed by inability to stand or walk; left sacro-iliac lesion. History revealed two previous pregnancies, both miscarried; medical physicians had told her that she could never bring a child to term and that another pregnancy might prove fatal to her.

Pre-Natal treatment consisted of 18 hours bed rest daily; diet of one qt. milk and ½ pt. cream daily, liver feeding and rich diet of vegetables and fruits; hematinics and cod-liver oil were administered; and Osteopathic treatment was given several times a week. Urine was exam-

ined weekly and blood analyses were made at frequent intervals. Extra precautions were taken when a diagnosis of twins was made.

Some improvement was noticed and the patient gained some weight and the hemoglobin estimation reached 60% at time of delivery. She came to term at the expected time. Due to the uncertainty of the patient's condition labor was hastened. An episiotomy was performed, delivery was spontaneous and the babies were born eight minutes apart. Repairs consisted of seven deep and two superficial stitches.

Post-Partum treatment consisted of bed rest for three weeks with resumption of exercise very gradual. Hematinics and cod-liver oil ordered continued indefinitely together with nourishing diet. Recovery was uneventful.

At present the patient weighs about 96 lbs. Osteopathic treatment has reduced the sacro-iliac lesion. Hemoglobin is 75%, erythrocytes about normal. Cod-liver oil and a hematinic are still being used.



The twins, whose picture here appears, weighed 6 lbs. each at birth. Both have always been strong and healthy, in fact at the Iowa State Fair Baby Contest they finished with a score of 98.66%—losing most of their points merely because they had not been vaccinated. They were fed by bottle, a Carnation formula being used. They are now 17 months old, weigh 25 lbs. each, are 31 inches tall, and are the proud possessors of 16 perfect teeth each.

It is of interest to note that medical physicians warned this Mother that she could never physically carry a baby to term and that pregnancy would probably be fatal to her. Yet under Osteopathic care she not only delivered twins weighing an aggregate of 12 lbs., but she improved in general health more than could ordinarily be expected. The parents, we understand, have decided that, in twenty some years, these "Osteopathic Babies" will become Osteopathic Physicians. Congratulations and best of luck!

Convocation, Oct. 12

The student body and faculty entered the auditorium for this convocation to the wondrously enchanting strains of "Play, Fiddle, Play" as interpreted by Dr. Halladay and the Jazzo-Symphony.

Dr. "Virge" then introduced

Mr. Gerome Demonto, demonstrator for Soprani, Inc., manufacturers of the famous "Soprani" Piano Accordeans. Mr. Demonto is an accordeanist of international repute and his technique upon his chosen instrument leaves nothing to be desired in the way of near perfection. His first two selections were of the gypsy variety, "Two Guitars" and "Bright Eyes." Such music is peculiarly fitted to the piano accordean and, when treated with the artistic touch of Mr. Demonto, is most enjoyable.

The next selection was the old favorite from the "Gay Nineties" entitled "The Naughty Waltz." The fact that our grandparents swayed to this lovely waltz merely shows their good taste, as we did the same. Mr. Demonto closed his portion of the program with a popular medley consisting of "Cuddle Up A Little Closer," "The World Is Waiting For the Sunrise" and "12th Street Rag." We appreciate the opportunity of listening to Mr. Demonto and hope that he may visit us again soon.

Dr. J. P. Schwartz next made a number of announcements and commented on the activities of some of the students.

The convocation was brought to a close by the rendition of "You've Got to Be a Football Hero," by the Jazzo-Symphony.

Convocation, Oct. 26

The assembly was opened by the orchestra playing popular selections.

Following the musical prologue Dr. Halladay unlimbered the motion picture projector and showed a two-reel movie of Glacier National Park. This film was furnished through the courtesy of the Great Northern R. R.

Maps which charted various routes were first shown. Means of conveyance and residence accommodations on the trips as well as the drives, glaciers and glorious peaks which mark the way appeared. The scenery which makes the features of four different tours, two being mountain lake trips, is marvelous and made one wish to start on a mountain sojourn at once.

The orchestra played another popular selection which served as a musical epilogue.

Convocation, Oct. 19

Following the playing of Ruth Etting's theme song, "Shine On Harvest Moon," Still College celebrated "Big Game Week." Dr. Halladay introduced Dr. Marshall, who had just returned from a big game hunt in the Wyoming Rockies.

Dr. Marshall briefly related the trip to the Double-L-Bar Ranch where headquarters were maintained. The Ranch is near Cody, Wyoming, and the hunting was done about 35 miles up in the mountains. A guide served Dr. Marshall and his companion of the hunt and a cabin far up in the mountains served as a base of operations, altitude about 9,000 feet. The Doctor and his group performed the difficult feat of shooting mountain sheep, most elusive and tricky animals to hunt. They also bagged deer and elk.

The method of packing and preserving the meat was explained. Horns from one of the mountain sheep was proudly displayed by Dr. Marshall and was a splendid trophy of the hunt. Dr. Halladay illustrated the talk by projecting on the screen the snapshots taken by Dr. Marshall and companion during the trip. Dr. Marshall's remarks were very interesting as well as instructive for those who shall someday pursue the huntsman's sport.

Following the announcement of the All-School dance the meeting adjourned to the strains of "Lazybones."

State Board Appointment

Dr. Olga Gross of Pittsfield, Me., who has done some very fine work with the athletes in her community, has recently been appointed a member of the State Board of Osteopathic Examiners.

State Board

Missouri

The State Board of Osteopathic Examiners of Missouri will hold its mid-year examination at Kirksville and Kansas City, Jan. 22, 23 and 24, 1935. Dr. J. L. Allen, Secretary, 200 W. 39th St., Kansas City, Mo.

NOTICE!

(Please Read Carefully, Clip and Return to Us.)

Fill in your correct address below so that you will continue to receive the Log Book. Mailing costs have increased and some addresses in our files are incorrect, thus costing us return postage each month. You may know of some one who would like to receive the Log Book and whose name is not on our file. Add this name of you wish.

Name

Address

Also

(See Other Side)

I. O. A. Bulletin

Membership

There are now 159 members in the state association. This is a fine increase over last year but still far short of the goal—"DOUBLE THAT MEMBERSHIP." In the past month 11 new names have been added.

As a practicing D. O. it is your duty to support your state organization. In this year of strife it needs your co-operation even more than ever. Less than a dollar a month will make you a member in good standing.

Through an error the name of Dr. B. O. Burton of Council Bluffs was omitted from the first list. His dues were paid long before the present fiscal year started. Following are the members added to the list during last month: W. W. Stuver, Fairfield; E. E. Westfall, Mt. Pleasant; D. L. Moss, Burlington; R. E. McFarland, Centerville; D. C. Giehm, Mapleton; M. R. Runions, Correctionville; L. C. Harrison, Cherokee; Phil McQuirk, Audubon; Sarah Miller, Sibley; D. R. Steninger, West Chester.

Dr. French has your annual card ready for you. Send him your check for at least part of the dues and help make this a record year for Osteopathy in Iowa.

—S. A. Helebrant.

Assembly Nov. 2

The assembly of November 2 had as its principal speaker Miss Prudence Tomlinson, of the Tomlinson Nursery School.

Following the opening number by the orchestra, "Moon Song," Miss Ava Johnson gave a short talk on the part that relief work plays in the care of children. She then introduced Miss Tomlinson who gave a very interesting and educational talk on the young child. She explained that the nursery is an extension downward of the public school system for children between the ages of 18 months and five years. It is an informal type of school, having no class periods. The children arrive between eight and nine o'clock in the morning and undergo an exam-

ination of the nose, throat, and skin. If found unhealthy they are not allowed to remain.

Free play is the dominant theme of the school. Each child is allowed to do as he chooses, under supervision, and is taught to play in a manner that will benefit as well as amuse him. Children learn by physical contacts, and they are therefore taught to work and play by the use of blocks, boxes, and other simple playthings, that can be used to experiment with. No mechanical toys are used.

The old conception that children should be seen and not heard, is, according to Miss Tomlinson, out of date. The new idea is to place the adult upon the child's level and to see things from its point of view. To him noise, objects to touch, anything within his level of eyesight, are the important things.

A typical day's program at the nursery, designed to build mental and physical health, is to play until 10:30 when a rest period is held during which time each child is served with tomato juice. At 11:30 they get ready for lunch. This is followed by another rest period and the noon meal. Table manners are taught by allowing each child to serve another with food. Luncheon is followed by a nap, and an out-of-door play period until 3:30 concludes the day.

Following Miss Tomlinson's address Bennie Devine, on behalf of Sigma Sigma Phi, presented the scholarship cup to the Phi Sigma Gamma fraternity for having the highest average during the past year. Second place was awarded the Atlas Club, the total number of points being 90:40 for Phi Sigma Gamma and 90:39 for Atlas.

The assembly closed with the number "Here Lies Love" by the orchestra.

—(J. J. H.)

Convocation, Nov. 9

The Jazzo-Symphony opened the weekly student convocation by rendering "I Saw Stars." It was assured that the name of the selection had nothing to do either with the effects of the music upon the listener or the efforts

of some fraternity brothers to discipline the pledges.

Dr. Halladay had made arrangements for a cowboy singer and one-man-show to appear but for some obscure reason the talent failed to put in an appearance, so the program was somewhat rendered nil. However, Dr. Johnson filled in admirably when he held an election to ascertain whether or not the student body desired to celebrate Armistice Day on Monday, Nov. 12. It is almost superfluous to report that the vote was overwhelmingly in the affirmative. Consequently we shall rest from our arduous labors and celebrate the cessation of hostilities, which ended the World War and started the Depression, just one day late. Dr. Johnson then closed his portion of the program with a few remarks relative to student conduct.

This all too short assemblage was closed with a rendition of the more familiar portions of "It's Winter Again," featuring Marcus Gerlach, drummer, on the wind whistle.

Locations

Newman

Dr. D. A. Newman, '33, announces his affiliation with the Monger-Paul Clinic, 5800 W. Fort at Campbell, Detroit, Mich.

Mills

Dr. D. M. Mills, announces the opening of his office in the Custer County Bank Bldg., Custer, So. Dakota.

Stevison

Dr. L. H. Steverson, Jan. '34, announces the opening of his office at 202 McDaniel Bldg., Springfield, Mo.

Stingley

Dr. Luther A. Stingley, '34, announces the opening of his office at 219 Sutton Street, Maysville, Ky.

Hasselman

Dr. Warren L. Hasselman, '32, announces the opening of his office at 407 E. Young Street, Morris, Oklahoma.

Births

Parkinson

Dr. and Mrs. C. M. Parkinson announce the birth of a son, John Albert, on Nov. 6, at their home in Highmore, So. Dakota.

Herrick

Born to Mr. and Mrs. Robert F. Herrick, Clinton, Iowa, a son, on October 30.

According to the law of paradox a doubter is a man with faith plus. In order to progress, you have to have faith that there is something better ahead and naturally you doubt of the perfection of the present order.—Elbert Hubbard.

You Ought To Know That . . .

In the August issue of the Log Book appeared an article headed "Dr. E. W. Kapfer Sets Record." This article told of the Doctor's record since locating in Burrton, Kansas. The October issue of "Medical Economics" contained almost verbatim reprint of this story under the heading "No Thursdays Off."

? ? ?

The regular monthly meeting of the Tri-County (Minn.) Society of Osteopathic Physicians and Surgeons was held in the office of Dr. C. E. Stoike, Zumbrota, on Thursday evening, Oct. 11. The meeting was devoted to general discussion. The group will next meet with Dr. C. H. Sawyer, Lake City.

? ? ?

The Polk County Osteopathic Association will meet Dec. 14 at Still College. A buffet luncheon will be served at 6:30 p. m. After the luncheon the following program will be given:—"A Study of the Kidney-Gross and Microscopic Anatomy," Dr. H. V. Halladay; "Physiology of the Kidney," Ava L. Johnson; "Renal Function," Dr. G. E. Fisher; and "Spinal Centers," Dr. L. L. Facto.

Massage Saves Limbs

Again we quote from an Associated Press article, released internationally, extolling the marvelous "new" discoveries of modern medicine.

"Saving people from threatened amputation of limbs by a new massage treatment was reported at the opening session of the American College of Physicians. This treatment, used to treat diseased blood vessels in arms and legs, has saved the limbs of people who otherwise would have had to have them amputated, because it prevented their infection with gangrene, said Dr. E. M. Landis, Philadelphia.

"The treatment also has been helpful for ulcers, blueness of the skin and some forms of pain that result from blood vessel disease, said Dr. Landis."

Such articles as this, hailing old Osteopathic truths to be new medical discoveries, are appearing with ever increasing frequency in the public press. It is in our power to make each and every one react strongly to our advantage by calling attention publicly, whenever and wherever possible, to the fact that these discoveries, so new and amazing to medicine, are as old as Osteopathy and universally understood and practiced by Osteopathic physicians.

Again we repeat the words of Dr. Ray G. Hulbert, "The Trend is Toward Osteopathy."

NOTICE!

While returning your correct address add below the names of prospective students in your locality. We will be glad to send them Catalog and other information relative to the study of Osteopathy.

(See Other Side)

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 11

December 15, 1934

Number 11

Fall Causes Death of Dr. E. R. Hoskins

Chicago, Nov. 30.—Dr. Earl R. Hoskins, head of the X-Ray department of the Chicago College of Osteopathy, died late Thanksgiving night of tetanus resulting from a peculiar accident on November 20. Dr. Hoskins slipped on a wet porch step throwing all of his weight on one leg, twisting his body to maintain his balance. The force of the muscle pull fractured his thigh just above his knee and thrust the fragments of bone through the flesh. The resulting infection, despite the administration of tetanus antitoxin and the greatest nursing care, claimed his life nine days later.

Dr. Hoskins was born at Riverbank, California, August 31, 1887. He graduated from the Polytechnic College of Engineering, receiving his Bachelor of Science degree from the University of California in 1907. He graduated from the College of Osteopathic Physicians and Surgeons at Los Angeles in June, 1915, having held a fellowship in X-radiance.

Dr. Hoskins was active in the work of the A. T. Still Research Institute from the beginning of his professional career, and during the past year or two was actively engaged in research in x-ray studies of problems of posture and backache, particularly with reference to slight differences in length of the lower extremities. A series of articles by him giving preliminary

(Continued on Page 4)

College Receives Library of Dr. S. S. Still

Recently the college received from Dr. Ella D. Still, the complete set of medical books originally a part of the library of the late Dr. S. S. Still, founder of Still College. This is a valuable addition to the library of the college, the nucleus of which was the gift to the college of the medical library of Dr. George A. Still. These excellent reference books together with the privileges extended to the student body by the State Medical Library, gives the student body of Still College library facilities excelled by no other college.

Christmas Vacation

December 21 — January 7

Season's Greetings

We extend the Season's Greetings and wish you and those whose happiness is yours, a full measure of Christmas Joy and Success for the New Year.

R. B. BACHMAN
B. L. CASH
FLORENCE CRAWFORD
BERTHA R. CRUM
L. L. FACTO
G. E. FISHER
MARY E. GOLDEN
IRA C. GORDON
H. V. HALLADAY

H. J. MARSHALL
A. L. JOHNSON
C. W. JOHNSON
O. E. OWEN
K. M. ROBINSON
J. P. SCHWARTZ
J. L. SCHWARTZ
J. R. SHAFFER
J. M. WOODS

Faculty Meetings

October 22nd marked the beginning of the regular faculty meetings for the year. Dr. J. P. Schwartz planned the program beginning with generous discussions with suggestions for the betterment of teaching methods and improvement in the regular specified courses. As is the usual custom a member of the faculty is called upon to discuss a subject in his own department but applicable to the others. Dr. H. V. Halladay explained in detail the new nomenclature and the reasons for its adoption by the A. O. A. and the Associated Colleges.

The meeting December 7th followed the regular trustees meeting of the college and took up first, the matter of students who are not up to standard in their work. Dr. Glenn Fisher gave the group an exceedingly interesting and instructive exposition of the recent advances in bio-chemistry. The discussion which followed brought out some very important points applicable to the theories and practice of Osteopathy.

Dr. C. W. Johnson is slated for the discussion of reflexes at the meeting to be held in January.

Faculty meetings this year have been attended much better than in previous years and the interest in the subjects offered for discussion shows plainly that the Osteopathic concept is paramount. Dr. Schwartz is to be complimented on the program outlined for the year.

Dr. Golden in Demand As Speaker

Dr. Mary Golden has been quite busy these past weeks filling speaking engagements.

Last month she went to Ames, where she spoke on "Personality" to the freshman girls at Iowa State College. Following this she was a dinner guest at the Pi Phi Sorority and enjoyed an intimate chat with these girls.

She also spoke on "Personality" at the fall banquet of the Des Moines Junior Federation of Women's Clubs at Hoyt Sherman Place.

"Hobbies" was the subject Dr. Golden chose to speak on at a recent mother-daughter tea held by one of the local business sororities.

Detroit Association To Banquet Students

The annual student dance, sponsored by the Detroit Association of Physicians and Surgeons of Osteopathic Medicine, will be held Friday night, Dec. 28, at the Intercollegiate Club in the Penobscot Bldg. All Osteopathic students from Detroit are cordially invited.

Those planning to attend are urged to get in touch with any one of the Detroit Osteopathic physicians immediately upon return to Detroit for the holidays, or write to the program chairman, Dr. Robert K. Homan, 13535 Woodward Ave., Detroit, Mich.

Memorial Assembly, Dec. 7

This solemn gathering was called to order by Dr. C. W. Johnson. The orchestra, directed by Dr. Halladay, played "La Golondrina," the favorite orchestral selection of a former member of the faculty, the late Dr. J. R. Beveridge.

Dr. Johnson next introduced Dr. Halladay. After bringing personal greetings from Dr. Ella Still, widow of Dr. S. S. Still and a faculty member in the early days of this school, Dr. Virge delivered a most touching tribute to Dr. A. T. Still, founder of Osteopathy. Dr. Halladay, a native of Kirksville, was acquainted with the Old Doctor for a number of years. "Dr. Still," said the speaker, "conceived the Osteopathic idea in 1855 and did not announce it until 1874. During these years he was working it all out, perfecting his technique, and his tenacity of purpose against the most adverse vicissitudes is re-

(Continued on Page 3)

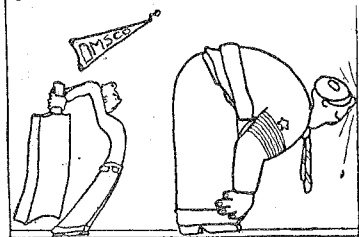
Still Students Examine At Drake

For several seasons Still students have assisted in caring for the various athletic teams at Drake University. So successful has been this work that Evan "Bill" Williams, head of the department of Physical Education for men at Drake, recently asked that two D. M. S. C. O. students be sent to the University to conduct physical examinations of the entire male student body.

P. Ralph Morehouse, who ably assisted Dr. M. D. Cramer in caring for the Drake football teams this fall, and J. Robert Forbes, both seniors at Still, have taken charge of this work. These students will examine between 500 and 600 young men. All abnormalities will be pointed out and proper treatment and care recommended. Complete records of each case are being carefully kept and a comprehensive evaluation will be made of the group following completion of the examination.

The selection of our students to conduct these important examinations is a tribute to the type of work being done at this college and aptly demonstrates the ever widening sphere of service presented to this community by the Still College clinical facilities.

FRATERNITY NOTES



ATLAS CLUB

With Christmas vacation just a few days away, most of the boys are planning on leaving the beloved institution and journeying toward their homes. Bros. Eddy, Evans, Stimson and Secor and Pledges Schiffer, Dawe, Leslie and Gerlach will venture toward that barbarous region known as Detroit. The majority of the rest of us will proceed to our more civilized homes and enjoy a pleasant vacation—we hope. We understand that a couple of the young men are so nearly in love that they may not spend their vacation at home at all.

We were left very lonesome during Thanksgiving vacation by the absence of a number of our fellows. Several of the Detroit boys went home and took Tiny and Bumpus with them. Both of the visitors were glad to get back here again.

Due, no doubt to increased study activities, much of the former social whirl has been calmed down, and the house has been rather quiet for the past several weeks. There is a possibility of a huge Christmas party before vacation if we can only get the boys away from their books.

The basketball team is quite puffed up over a single victory, and Capt. Evans is doing his best to return Curly Bumpus back to earth so that he may again star in the forthcoming games. Bro. Bigsby is official team physician, which seems to put the boys in a good mental mood, knowing that they have such splendid care.

"Wigits"—Bros. Barquist, Morehouse and Farmer are now doing major surgery; the operation was successful, but we haven't heard much concerning the patient—Evans has nice eyelashes and is going steady again—Goode spends as much time in Iowa City as he does in Des Moines and was recently snow bound (he says)—Dawe spent very little time at home Thanksgiving but roomed out during Thanksgiving vacation—we were recently visited by Bros. Baird and Farmer—Bro. Bayard Twaddell, Southwestern Ost. Hospital, spent Thanksgiving with us—Gus is in love—Several of our boys have gone high brow and attend operas—Eddy was recently official "Keeper of the Bees"—The B.O.B.'s are weakening. Jiphoid Chapter of the Atlas Club wishes all a most merry Christmas and a happy New Year. See you in 1935!

—Bill Costello.

IOTA TAU SIGMA

Bits of This and That:

Hobbs swears he will never visit in Iowa again. His car is in a snow bank down around Podunk somewhere—Happel and Gerow enjoyed a feast at Pledge Boston's home over Thanksgiving. They don't care much for Rock Island, however—Pohl was conspicuous by his absence over the holiday. Kirksville caught him. A snowstorm caught him, also—Pledge Daniels is an old softie. Most of the time he can be found stretched out full length on the front room radiator. Wait till it gets cold, Bill.—Maloy also disappeared for a while. Rumor has it that he got spliced while at home. Who knows? We haven't received any cigars as yet—M'Intyre divided his time between the House, the Des Moines Club, and Sixth Avenue. She's cute, too—Richardson managed to get back from Minne—sota. We don't know how, as yet—Evidently the drifts were high in Illinois.—Basketball is with us again. One casually so far—Swimming pools and long noses don't mix—Beghtol, the flaming red-head cowboy, is now in Long Beach, Cal. Lucky stiff. Maybe he's going into the movies. He always thought he was good looking—Dresser has acquired a Packard lately. Looks like the bucks, all right—Can't tell you anything about Yuki. I don't know anything—Oh, yes—Gerow has engaged the services of Admiral Byrd for an expedition to Sheboygan at Christmas—Well, a Merry Christmas and a Happy New Year to all of you from all of us.—K. W. Maloy.

PHI SIGMA GAMMA

Our guest speaker November 26 was Miss Burkholder, Head Surgical Nurse at Des Moines General Hospital. Her interesting talk on problems confronting the doctor and nurse was very entertaining and instructive to all present.

Hell week was held the week of December 10, under the direction of Pledgemaster Storey with the able assistance of all actives. No fatalities occurred, but from the looks of all concerned the week is one which will be long remembered.

Dinner guests Sunday, Dec. 9, were Dr. and Mrs. S. H. Klein. Following dinner Dr. Kline gave a very useful demonstration of technique. Thank you, Doctor.

Congratulations are in order for Dex Rice and Joe Bartram, who have been pledged to Sigma Sigma Phi.

December is the month of departure for two of our members. Dr. Fred Schaeffer has returned to Worthington, Ohio, and Dr. H. H. Sproul returns to his practice in Newcastle, N. B., Canada. We have enjoyed their stay in the house and wish them the best of luck in practice.

Our pledge list grows with the addition of Kenneth Blanding, Greenville, Michigan.

Dinner guests the evening of

November 27 were Dr. and Mrs. Byron Wayland, and Dr. and Mrs. J. R. Shaffer, and son. We had suspected for some time and our suspicions were confirmed when Byron took the fatal plunge into the deep well of matrimony. Jack Wilkes, after a very timely speech, presented the newlyweds with a sack of glittering coins to be used as they saw fit. We miss his droll humor around the house, but as we all misstep sooner or later—Good Luck and Best Wishes, Byron.

The snow may be beautiful to the poets, but to those who trudge wearily to and from school each day it is just another problem to figure out—especially when the O. B. phone calls come in. Slipping and sliding and pushing cars out of ice-bottomed snow banks is the principal occupation of the boys these days, and we are reminded of the stories we heard about when Dad was a boy and walked miles to school. Well, generations change, but — "What Price Education?"

Bob Gibson is recovering from a tonsillectomy which keeps him indoors these days. We have a sneaking suspicion that he likes all the personal attention he is receiving, and who blames him?

The blue-jerseyed boys of P. S. G. fought a hard but losing game in the first scrimmage of the basketball tournament. With but six men able to play the defeat was made easier by the knowledge that each man gave his best against a fast non-frat team.

And now, with snow falling on the window sill and Christmas vacation not so far off, I'll say, in behalf of Phi Sigma Gamma, "Merry Christmas to you all."
—J. J. Herrin.

PSI SIGMA ALPHA

The regular business meeting and discussion was held Nov. 20 at the Jewish Community Center. Brother Berk delivered a paper, "Spastic and Atonic Constipation," following which he conducted a general open-forum discussion on the subject. These papers and discussions are becoming more and more valuable to the members of the fraternity and this monthly activity is eagerly anticipated by all.

The monthly banquet was held Dec. 4 at O'Malley's Tearoom. Following the banquet Dr. Hazen Gulden, an alumnus of Gamma Chapter and now interning at Des Moines General Hospital, conducted a general discussion on hospital practice and the duties attendant to interning.

The December business meeting and discussion will be held Dec. 18. All alumni are invited to attend and take part in the open-forum.

Gamma Chapter of Phi Sigma Alpha extends most cordial wishes to all for a very Merry Christmas and a most Prosperous New Year.
—J. R. F.

SIGMA SIGMA PHI

Sigma Sigma Phi was pleased to have the Freshmen of the college as guests at their Annual Smoker at the Kirkwood Hotel, November 15. The majority of the freshmen were present, and an exceptional program was enjoyed.

Benny Devine, our president, gave the opening address and introduced the speakers. Dr. Halliday gave the first talk, discussing the "Origin and Purpose of Sigma Sigma Phi." Following him, Dr. Fisher narrated on "Osteopathy and Drugs." He discussed the relative merit of the few necessary drugs including the specifics and curatives. Dr. Woods talked on 'Expectations.' This discussion really gave those present something to think about. Dr. J. P. Schwartz closed the meeting with an excellent discussion on "The Sexual Equation." In his unusual manner of delivery he left some impressions that will be hard to forget. It is a pleasure to have speakers of the caliber of those named above, and those attending were indeed very fortunate.

Brothers Andreen and Lingenfelter reported that the basketball program is awaiting the first night. Every member of the student body should be in regular attendance, as these games will be exciting and should be the means of a better acquaintanceship among the students.

The fraternity is very happy to announce the pledgeship of the following: Gerrow; Bartum; Rice; Bowman; and Green.—Raymond Perdue, Corresponding Secretary.

Basketball Tourney
Opens

The first round games of the current intramural basketball tournament were played Thursday evening, Dec. 6, at the Jewish Community center. Those attending enjoyed a very exciting and entertaining evening.

The first game was hard fought between Phi Sigma Gamma and the Non-Frats. The latter won 29 to 5. Although the P. S. G. boys worked hard they couldn't connect with the basket. Storey looked good for the Greeks, while Huffen led the scoring for the barbs.

In the second game Atlas Club conquered Iota Tau Sigma 37 to 12. This game was closely contested all the way. With the Atlas defense working smoothly and the I. T. S. offense erratic the Xiphoid boys steadily forged ahead. Evans, Eddy and Bumpus were the heavy scorers for Atlas, while Gerrow and Hyink were outstanding for I. T. S.

Next week's games will commence at 9:00 p. m., Dec. 13, on the Jewish Community Center floor. For a real evening's entertainment be there and bring your friends—admission only ten cents.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor, H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

The Holiday Season

The Christmas season has always been exemplified by good will to all and brotherly love for the whole of humanity. This idealistic behavior has, of course, never been realized in great enough or wide-spread enough quantities to change greatly the course of human events. We still have wars, racial animosities, murder, cruelty and persecution; we still have those who would, through legal or physical force, foist their own particular ideas or fetishes upon their brethren regardless of what these brethren might think about it.

Yet Christmas time, regardless of our belief or creed, somehow awakens many dormant sympathies and friendly inspirations within us if we are at all normal. Let us hope that we carry a bit more of this spirit with us through 1935 than we have in previous years; let us make the New Year a living issue with a keynote of tolerance, forgiveness and open-heartedness; let us bury our personal differences and devote ourselves to the advancement of ourselves and our profession.

In this spirit the editor, on behalf of himself and the entire student body, extends to all sincere wishes for a very enjoyable Christmas and a prosperous New Year!

Will Xmas in Arizona

Dr. H. V. Halladay and son Morrie, will leave via motor immediately after the Christmas Assembly for Tucson, Arizona. Virg has been singing the praises of Arizona for several years and this trip is the fulfillment of an ambition to spend Christmas once where red flannels are not a necessity. We don't doubt his pleasure in anticipation of the trip but we wonder what excuse he will use to stay overtime.

The Halladay family will spend Christmas day with friends in Tucson and expect to drive over to Pasadena to see the parade and game January first.

Births

Born to Dr. and Mrs. Albert Graham, Wheeling, West Va., a son, Paul Albert, at the Wilson Osteopathic Hospital, Cleveland, Ohio, November 10.

Memorial Assembly Dec. 7

(Continued from Page 1)

markable. He spent almost 40 years from the first until success came to him; 40 years in which his family many times did not have the conveniences of ordinary living; 40 years of fierce opposition and personal animosities. Yet he lived to see success, to see Osteopathy flourish and begin to assume its rightful place in the therapeutic world. This is the heritage he leaves us, his one request was that we should carry on and we shall. On Dec. 12, 1917, he passed away at the advanced age of 89 years. Until the last he rarely talked anything but Osteopathy. With his ideal before us we cannot fail."

Dr. Johnson next introduced an old Still College classmate of his, Dr. George E. Moore, Des Moines, who graduated some 35 years ago. Dr. Moore was a close personal friend of our founder, Dr. S. S. Still, a cousin of Dr. A. T. Still. "Dr. S. S. was," said Dr. Moore, "one of the hardest, deepest and most persistent students of science I have ever known. In 1893 he ran a store in Marysville, Mo., where I was teaching science in the Marysville Seminary. In spite of his business he was interested only in science and he spent many hours with me in discussion and argument on scientific questions. He studied Osteopathy under the Old Doctor and came to Des Moines, where he organized this school. He was not only an unusual student but a very fine teacher. He graduated in Law at Drake but never practiced it as he merely took the course for his own edification. He was a fine astronomer, and so on. But on top of it all he was a true friend—he would go out of his way to do a kindness. He enjoyed a good joke, particularly if it was upon himself. Today is the anniversary of his birth—he was born Dec. 7, 1851. We cannot praise his great genius too much but it all may be summed up by saying "he was everyone's friend!"

The last speaker was Dr. J. P. Schwartz who paid tribute to the memory of Dr. George Still. "Dr. George Still died a tragic death from an accidental gun shot wound when he was but 41 years old, his death coming Nov. 23, 1922. He was the son of Dr. S. S. and Ella Still. He was precocious having graduated from High School at the age of 15. He then attended Kirksville State Teachers College and Drake University. He was the youngest graduate of Drake at that time and was presented by the University with a microscope as a reward for his outstanding scholarship in science.

"He went to Northwestern where he received his M. S. and M. D. degrees. Returning to Des Moines he became city bacteriologist and police surgeon. He started his study of Osteopathy

at this school but finished in Kirksville, teaching physical diagnosis and surgery in both schools. He pursued post-graduate work all over the United States and in 1913 studied abroad. He was a lover of nature and a fine sportsman. His work in surgery was outstanding. He was the first to use post-operative Osteopathic treatment routinely and linked up surgery and Osteopathy. During the war he taught the French how to remove the bark from dogs and the bray from donkeys so that these animals could be more successfully used near the battle front. Dr. Morehouse, president of Drake University, delivered the eulogy at Dr. George Still's funeral and fittingly closed his remarks saying "he was a genuine friend to man."

George Sutton sang "Invictus," accompanied by Robert Tessien. Both young men are members of the student body.

In closing Dr. Schwartz called attention to the Student Loan Fund Seals and urged all to buy them.

Later in the day a delegation from the college went to Woodlawn Cemetery where a wreath was placed upon the grave of Dr. S. S. Still as a tribute from the faculty, alumni and student body of the college he founded.

Special Assembly Nov. 13

President Johnson called a special assembly on this date so that the students might have the opportunity of hearing Dr. John H. Rogers, an alumnus of D. M. S. C. O. and examiner for the Bureau of Colleges of the A. O. A. Dr. Rogers always brings a message worth while and it is a distinct pleasure to have him with us on his visits of examination.

"The A. O. A.," said Dr. Rogers, "has approximately 3,700 members out of some 8,300 D. O.'s in the field. If all these non-members would join it would give the National organization a potentiality of \$204,000.00 per annum, the turnover being four times yearly. The shortcomings of both the A. O. A. and our schools are so small that we should all overlook them and get behind each and boost."

Dr. Rogers went on to say that the oldest Osteopathic school was but 42 years old and that Still College has been in existence only 36 years. The oldest American medical school has been functioning about 234 years! When these figures are compared it becomes apparent that the progress of Osteopathic education has been little short of amazing.

The speaker enumerated the manifold advantages of D. M. S. C. O. "This college," he said, "has the clinic, outstanding men and women instructors, in fact all opportunities are afforded for a thorough professional education. You students

should measure up to these opportunities. The future of Osteopathy is upon the shoulders of today's students."

Dr. Johnson closed the assembly with a glowing tribute to the sincerity and earnestness of Dr. Rogers in his efforts toward the unification of Osteopathic education.

Convocation, Nov. 16

The Jazzo-Symphony opened the convocation with what started out to be an expert rendition of the presently popular "Stars Fell On Alabama." However, about mid-way in the opus maestro Halladay signaled for a modulation into an intermediary strain with fear and trepidation. Some of the musicians had a bit of difficulty finding their landmarks in the Key of G but Virge gracefully signaled for a halt. After allowing a moment for reflection the boys started in and did a great job of completing the number, proving that they are the masters of the Key of G providing it does not sneak up upon them unbeknownst.

A most instructive moving picture was presented by Dr. Halladay and Dr. Facto, the title being "Cardiac Irregularities." Dr. Virge operated the machine while Dr. Facto interpreted the film in a most expert fashion. The film embraced the following conditions: The Normal Heart; Disturbances of Impulse Initiation including Phasic Sinus Arrhythmia, Sinus Bradycardia, Sinus Tachycardia, Disturbances in Auriculo-Ventricular Rhythm, Premature Systole, Ventricular Extrasystoles, Paroxysmal Tachycardia, Auricular Fibrillation, and Ventricular Fibrillation; and Disturbances of Impulse Condition including Incomplete, Partial and Complete Block.

The film included diagrammatic illustrations and pictures of the heart of a dog with the various conditions produced by electrical stimulation. The picture was excellently photographed and was one of the most valuable yet presented. The student body anticipates the continuation of this series of scientific films.

Mark Garlach announced the Freshman Dinner-Dance to be held at the Mayfair, Nov 23.

Bennie Devine, on behalf of Sigma Sigma Phi, presented Dr. J. P. Schwartz with a scroll upon which was written the names of the entire faculty and student body of D. M. S. C. O. The scroll was presented as a tribute to the outstanding achievements of Dr. Schwartz in the fields of Osteopathic surgery and Osteopathic education. Dr. Schwartz made a brief reply of appreciation for this honor.

The students returned to the class rooms to the strains of "Star Dust" as interpreted by the orchestra.

The first requisite for a physician is spiritual charity and the next requisites are sympathy and a sense of humor. — (Wm. H. King.)

I. O. A. Bulletin

ATTENTION!

Your attention is specifically directed to the recent communication received by all practitioners in Iowa, from Committee Secretary Dr. C. N. Stryker. All present members of the state society have recently received their official copy of the October 28 minutes of actions taken by the Board of Trustees authorizing this emergency campaign. Without question every practitioner in the state of Iowa is vitally interested in the objective of this committee.

Prompt response reported to date proves that our people are agreed that such an investment must be made at frequent intervals, and should be considered as upkeep.

Please read over your copy of the Board proceedings, read these communications again, and forward your reactions today.

Appointments

The President of the American Osteopathic Association has appointed the Iowa State President, Dr. F. A. Gordon, Marshalltown, to the special committee for study of the proposed constitutional amendment as presented by Dr. Chiles, of New Jersey, at the Wichita convention. This amendment would allocate the national trustees by territorial districts composed of approximately equal numbers of Association members. It is hoped that a practical plan can be worked out on this basis.

Ethics

In view of the recent inquiries received pertaining to ethical relations, the chairman of this committee, Dr. J. J. Henderson, of Toledo, has been asked to supply the following information for all through this medium.

Sec. 6, Art. I, Chapter 2 Code of Ethics, American Osteopathic Association, which is likewise the existing regulation for the Iowa divisional society of that association. This amendment was adopted in Milwaukee in 1924, and the following portion is especially important:

"It is not compatible with honorable standing in the profession to resort to paid advertisements (such as printed cards, professional cards, or display advertisements in newspapers; telephone directories; professional journals, or lay publications; hotel cards; outdoor signs; lettering on doors or windows; radio broadcasts and so on).

"EXCEPT as follows:

"(a) limited to simple dignified statement by the general practitioner, institution, or group engaged in general practice, as to name, address, profession, telephone, office hours, etc.

"(b) listing the organs or classes of cases, but not the specific diseases treated by the individual or group who limits practice to a specialty only.

"(c) sanctioned by local custom and usage or approval by and under mutual agreement with the geographical or special-

ty group concerned and not so used to the unfair advantage of any other individual or group."

Since, at this time, there are a number of solicitors about, selling advertising space in the new telephone directories, you are thus reminded that the department of ethics of your national association has reminded us to call your attention to the unethical nature of having the practitioner's name appear in bold faced type or in paid block-advertising.

To conform to the acceptable rules of professional conduct is not only the honorable thing to do, but in case of legal difficulty—and who, indeed, is immune in these days?—such conformity is a distinct asset.

Membership

The first half of the game is over, and in the final few minutes of play Quarterback H. L. Gordon of Brighton sent in enough new names to put his third district in the lead. During the past month Dr. Gordon with a number of his fellow practitioners has conducted a very satisfactory membership drive. In fact, all of the names turned in this month have come from the third district. Following are the new members: H. D. Wire, Corydon; W. R. Loerke, Ottumwa; R. E. Shaver, Sigourney.

There are still too many on the side lines. From every indication there is to be a serious legislative battle this winter, and our organization must be at full strength before the opening shot is fired. Business has possibly been a trifle below par, but things could be much worse if you were even more restricted by adverse legislation. Ten dollars should not even seriously handicap any practicing physician in the state, yet that amount from each one will greatly enhance your much depleted treasury. Your society needs your loyal support, and your check should be sent in as soon as possible.

S. A. Helebrant.

Frosh Stage Successful Party

Nov. 24 the Freshman Class sponsored a dinner-dance at the Mayfair, one of the city's most exclusive night clubs. A complete chicken dinner with plenty for everyone was served at 9:00 p. m. During the feast those attending were entertained by the famous Mayfair floor show. Following the dinner, dancing was enjoyed, Bernie Lowe's orchestra furnishing the moment's most popular melodies.

This was the first Freshman function of the year and it augurs well for future events. There were 43 present, about half the number being upper classmen. The class extends to those attending its sincere appreciation for their support and hopes that the success of the party speaks for future sponsorship of similar events.

Fall Causes Death of Dr. E. R. Hoskins

(Continued from Page 1)

reports of his work had just begun in The Journal of American Osteopathic Association.

Dr. Hoskins had been connected with the Chicago College of Osteopathy and the Chicago Osteopathic Hospital since 1918.

He was a member of the Lincolnshire Country Club, a 32nd Degree Mason, a Shriner, and Kiwanian. His hobbies were golf and gardening.

He is survived by Mrs. Hoskins, the former Verna J. Bahm of Elmhurst, whom he married in July, 1932, and by two children, Doris 11 years of age, by a former marriage, and Earl Roland, Jr., 7 months.

Convocation, Nov. 23

Duke Ellington's famous "Blue Prelude" was the overture to this convocation. It was rendered with the usual facile technique of our orchestra.

Dr. Halladay introduced Mr. Clyde Sharrar, traffic manager of the United Airways, who presented a two-reel film entitled "Flying Across America in 18 Hours with the United Air Lines." As well as providing excellent entertainment the film and Mr. Sharrar's lecture left us with a new conception of modern flying and aircraft.

The Boeing Wasps now in use maintain a speed of three miles per minute. The United operates 60 of these planes which are made of duralumin at a cost of \$55,000 each. The operation of the airway includes aircraft, expert pilots, trained ground crews, up-to-the-minute weather reports, etc. Each plane is rigidly inspected after every flight, 90 systematic checks are made before any plane can leave the ground, and radio weather reports are sent every 20 minutes. Pilots are in constant communication with the ground through two-way radio. The planes carry 1,000 lbs. of baggage, 10 passengers and a crew of three—two pilots and a stewardess. Motors are overhauled after every 15 hours of service and junked after 2,000 hours.

Scenes across the transcontinental routes were viewed and the various major airports were seen. This line uses the municipal airport at Des Moines. We enjoyed this picture very much and assure Mr. Sharrar and the United Airways that we appreciate their courtesy in showing it to us.

The assembly was closed by the orchestra playing "The Sweetheart of Sigma Chi," respectfully dedicated to Cy Potter.

Never dine with a patient who is in your debt, but get your dinner at an inn, otherwise he will deduct his hospitality from your fee.—(Henri DeMandeville 1260-1320.)

You Ought To Know That . . .

In a recent issue of the "M. O. H. News," official bulletin of the Massachusetts Osteopathic Hospital, Boston, Mass., Dr. Gerald A. Whetstone, '33, was listed as senior interne.

???

The regular meeting of the Tri-County (Minn.) Society of Osteopathic Physicians and Surgeons was held in the offices of Dr. C. E. Mead, Red Wing, Thursday evening, Nov. 8. Dr. Mead presented Dr. John Voss of Albert Lea, who gave an interesting talk on "Obstetrics." The December meeting will be held in the office of Dr. C. H. Sawyer, Lake City.

???

The January meeting of the Polk County (Ia.) Osteopathic Association will be held on the second Friday of the month at 6:30 p. m., at the Savery Hotel. A round table discussion on Anterior Poliomyelitis will be conducted by Dr. John M. Woods. Visiting osteopathic physicians are cordially invited to attend.

In Re: Pat O'Dea

Recently we noticed considerable commotion in the sport section of the papers relative to the finding of Pat O'Dea, a former star from Wisconsin. Some of the old timers will remember that in 1903 he coached the team at the A. S. O. His great prowess was in the kicking line and it will be remembered that he used to kick a football over the college building there in Kirksville, just for practice.

State Boards

Iowa

The Iowa State Board of Osteopathic Examiners will hold its next examination January 28, 29 and 30, at the State Capitol building, Des Moines. Those wishing to write the examination should make application to Dr. Sherman Opp, Sec'y., Creston, Iowa, at least 15 days prior to the above dates.

Missouri

The State Board of Osteopathic Registration and Examination of Missouri will hold its mid-year examination at Kirksville and Kansas City, January 22, 23 and 24, 1935. Dr. J. L. Allen, Sec'y., 200 W. 39th St., Kansas City, Mo.

Nebraska

The next Nebraska Basic Science examination will be given January 8 and 9, University College of Medicine, Omaha. Applications should be in at least 15 days prior to above dates. Address Mrs. Clark Perkins, Director, State House, Lincoln.

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THE LOG BOOK

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Volume 11

January 15, 1935

Number 12

Att'y. Sampson Replaces Utterback on Faculty

Mr. Henry E. Sampson, well-known Des Moines attorney, will take the chair of Medical Jurisprudence next semester, replacing Judge Hubert Utterback, who is now a member of the House of Representatives from the sixth Iowa district.

Mr. Sampson is no newcomer to this college. He has been our assembly speaker at many convocations, has long been active in legal affairs of the Iowa Osteopathic Association and has served as defense counsel for several professional liability insurance companies.

We know that this important subject will be well taught and we welcome Mr. Sampson to our faculty.

Cleveland Bids You Welcome

Cleveland—the city, the hotels, and the Osteopathic profession bid you welcome in 1935.

The Cleveland Museum of Art with its unequalled facilities for handling and preserving treasures, with its carefully selected exhibits offers a feast of artistic expression to its visitors.

Severance Hall, the new home of the Cleveland Orchestra at University Circle, is another important part of the cultural center of the city.

The Cleveland Airport, with an A. I. A. rating from the Department of Commerce, presents a thrilling spectacle especially at night when its 500,000,000 candle power flood light welcomes incoming planes and guides departing ones. The average movement of ships is 3500 a month.

Skyscrapers, busy thoroughfares, large industrial plants, beautiful homes, a Metropolitan Parkway system of ninety miles, the Terminal Tower, including the Union Passenger Depot, the Cleveland Hotel and other large buildings—all of these cannot be classified simply as education. They are more than that.

As a recreational center, Cleveland offers swimming in Lake Erie, golf, tennis, American League Baseball, and nearby summer resorts. For those who enjoy a quiet matinee or evening at legitimate play or movie, Playhouse Square satisfies the taste of the most particular.

Cleveland's fine shops with their attractive window displays
(Continued on Page 2)

Calendar, 1935

GRADUATION	JANUARY 25
REGISTRATION	JANUARY 25, 26
CLASS WORK BEGINS	JANUARY 28
WASHINGTON'S BIRTHDAY	FEBRUARY 22
EASTER VACATION	GOOD FRIDAY
GRADUATION	MAY 29

Washington Takes Lead: Will Others Follow?

The Washington Osteopathic Association recently set up mechanism for a real student recruiting campaign. Dr. C. C. Heckman, Seattle, is chairman of the Washington Student Recruiting Committee and is doing very admirable work. Following is a summary of a report of the committee which contains many facts of interest to those who might consider Washington as a state in which to locate. It is headed "Wanted: 200 Osteopaths in Washington."

The State of Washington with a population of 1,560,000 has only 140 Osteopaths; Seattle, a city of more than 365,000 has but 40 D. O.'s. The 140 D. O.'s serve only about 900,000 of the 1,560,000 people in the state. Six towns of over 3,000 and 9 of over 2,000 have no D. O. Los Angeles with a population less than the state of Washington (1,200,000) has 800 D. O.'s. Washington has one D. O. to every 11,000 people. Colorado's ratio is one to 7,000; Iowa, Kansas and Main's about one to 6000; Missouri one to 5000, and California one to 4500. Los Angeles has one D. O. to every 1600 population. Seattle has one to every 9000.

Is it reasonable to assume that Washington should have one D. O. for every 4000 in the area now served by our profession and one D. O. for 6500 in the remainder of the state? **This Means 300 Additional D. O.'s Are Needed!**

In Seattle we have a strictly
(Continued on Page 3)

Mrs. McClure Dies

As we go to press, word has been received of the death of Mrs. McClure, Ft. Dodge, Iowa, mother of Don McClure, a member of the Freshman class.

The sincere sympathy of the faculty and student body is extended to Don and the members of his family.

Dr. H. L. Gulden Joins Faculty

Hazen L. Gulden, B. S., D. O., has been elected to the faculty of D. M. S. C. O. and will commence his professorial duties Jan. 28. Dr. Gulden is well fitted to become a member of our outstanding faculty. He received his B. S. degree from the Michigan State Normal College and later took two years' work toward his Master's degree. After three years' experience as a teacher of science in high schools he decided to take up the study of Osteopathy and entered this college. He was graduated in January, 1934, and was honor student in his class.

Dr. Gulden will conduct classes in Visceral Anatomy, an added course in Therapeutics with special emphasis on Dermatology, Syphilology, etc., and he will take charge of Dissection.

Dr. Gulden has just completed a year's internship at the Des Moines General Hospital. He is a member of Psi Sigma Alpha honorary fraternity. His hobbies are sports of all kinds and he is a very proficient athlete.

We feel that in Dr. Gulden we have a most valuable addition to our teaching force and we look forward to his association with us.

The Mercy Hospital

A new mimeographed sheet, the Mercy Hospital Bulletin, recently made its appearance in the field of Osteopathic publications. This double sheet is presented by the Mercy Hospital of St. Joseph, Mo., and is devoted to items of interest concerning the hospital, its staff and those physicians using the hospital facilities. The sheet is newsy and cannot help but aid the hospital materially.

Dr. F. J. McAllister, '34, a former editor of the Log Book, edits the pamphlet which comes to us monthly. Congratulations and keep up the good work.

Dr. L. M. Beeman Passes Away

The Osteopathic world suffered a great loss on Dec. 27, 1934, when Dr. L. Mason Beeman died at the age of 63. Dr. Beeman graduated from A. S. O. in 1908 and established practice in New York City, where he remained throughout the remainder of his life. He commuted to Philadelphia for a number of years in order to serve on the faculty of the Philadelphia College of Osteopathy.

To Dr. Beeman belongs the credit of bringing the New York City Osteopathic Clinic into being and maintaining it at its consistently high standard. Almost every office in the A. O. A. and the New York State Osteopathic Association was, at some time or other, urged upon him but he ever remained steadfast in his determination not to hold elective office.

Following Dr. Beeman's death all the major press services carried the notice calling attention to the fact that he was the physician who discovered, described and named the condition known to the therapeutic and athletic world as "tennis elbow."

Funeral services in New York City, Dec. 29, were attended by a great majority of the Osteopathic physicians of the metropolitan area as well as by scores of former patients and friends. Interment was in Glendale, Cal.

Graduation, Jan. 25

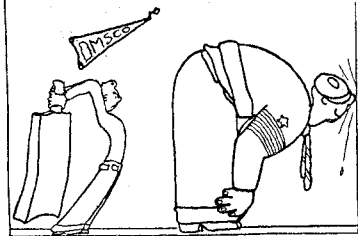
On the evening of Friday, Jan. 25, D. M. S. C. O. will graduate another class. This class, though small, amply makes up for its numerical weakness by its scholarship and firm grasp upon Osteopathic therapy.

Class day exercises will be held in the morning of the 25th in the college auditorium. Each graduating class strives to outdo its predecessor in the presentation of a class day program and this one will be anticipated eagerly. Special awards and certificates of merit will be presented at these exercises.

The upper senior class is made up of the following men: Edmund C. Baird, Louis H. Carleton, Albert W. Dennis, John C. Ennis, Lester P. Fagen, Delbert F. Johnson, Howard F. Kale, Hudson H. Sproul, Russell B. Stephens, and Byron Wayland.

Reports of both the Class Day Exercises and Graduation will appear in the February Log Book.

FRATERNITY NOTES



ATLAS CLUB

The long awaited Christmas vacation is now history and we are all back at work again. The house was lonely during the holidays with most of the fellows at home and those who held the fort out with their gals, but there is plenty of life in evidence now as all are back and preparing to do full justice to the coming semester.

On the night of Dec. 18 the club gave a Christmas dance—decorations and all. The music was fine, the floor was smooth, our pocketbooks were empty, but our hearts were full of the Xmas spirit and a good time was enjoyed by the brothers.

The semi-annual Senior banquet will be held on the evening of Jan. 19 at Younkers Tearoom. At this banquet we will honor the Atlas men who have completed their course of study. Eddie Baird, Al Dennis, Jack Ennis, and Russ Stephens are the departing brothers. Here's best of luck to you, brothers, where ever you may go.

WIGITS: — Congratulations are in order to Andreen, Evans and Bigsby—or so we hear.—Pledge Gerlach gets his patients to the breaking point.—Pledge Dawe spent his vacation at home this time.—Pledge Brent Schiffer brags about a certain letter from Des Moines.

Pledge Art Haight underwent an operation for appendicitis just before the holidays. He recovered sufficiently to make the trip home in a Pullman, ably escorted by his father. We are glad to report that he is as good as new and fit as a fiddle.

We wish to thank all those who were so kind as to remember us with Christmas Greetings. They were far too numerous for us to answer personally so we take this opportunity of expressing our appreciation of your remembrance of Xiphoid Chapter.

Notes on the Kirkville Trip:—We won the game, 26 to 21.—Bro. Stimson is now known in Kirkville circles as "Limpy".—Bigsby, Beamer, and Hagerty, ardent church goers, are now known as the "swains of West Grove," something about traveling students and the farmer's daughters.—Simmons likes cold showers after midnight.—Evans likes nurses.—Bro. Bumpus is not a nice boy!!

At the recent election the following brothers were elected to guide our destinies for the coming semester: Noble Skull, W. C. Andreen; Occipital, Harry Stimson; Pylorus, J. R. Forbes; Stylus, Wm. Costello; Sacrum, Don Evans; and Receptaculum, Henry Ketman.—Wm. Costello.

IOTA TAU SIGMA

By Ripley

Well, I guess everybody had an enjoyable vacation. Let's look around and see what happened.—In our last column we reported that Bro. Gerow had secured the services of Admiral Byrd to take him home. Byrd failed him but he found a substitute in Yashki Menzka, the dog-sled boy. He got there just in time for desert Christmas day.—Bro. Yulk made the long trek back to that beautiful state of Mass. I think he and his girl have piffed.—Bros. Happel and Pohl went back to Pansyland (excuse me, City of Flowers). From what I hear, they had a swell time, out every night until curfew at ten.—Bro. Hobbs did his usual disappearance act in the general direction of Columbus, and returned with a big grin on his face. You guess why, I'm tired.—Pledge Boston, while at home in Davenport, informed me that he made several trips over into the United States, across the river.—Bro. Richardson (champ to you) froze his ears while somewhere in the wilds of Blooming Prairie. Tsk, tsk, shouldn't drive on those back roads.—Bros. Dressen, MacIntyre, Maloy and Pledge Daniels are deeply indebted to Pledge Hyink and family for the lovely dinner we had Christmas day.—The first miracle of 1935, we won another basketball game.—Evenings during vacation were not so quiet as was expected, thanks to Bro. Dressen and Pledge Daniels joining the Liar's Club.—Well, bottle's empty, so see you later.—W. R.

PHI SIGMA GAMMA

Vacation is over, everyone is back, and life goes forward in the same old manner. Wandering thru the various rooms I see the usual array of Christmas ties and hear the old chatter of vacation doings. Also, I see several new black bags, signifying another step of advancement for some of the fellows.

Few remained at the house over the holidays. Hoose, O'Berski, Peterson, Rice, Zyzelewski, and Blanding spent the time in Michigan. Hofer, Gibson, Miller, Bartram, and Luby gave Ohio a break. Storey, Owens, Irwin, Moore, Bos and Mattern stayed in Iowa. Reese journeyed to West Virginia, and Hecker divided time between Wisconsin and Des Moines. Wilkes paid Chicago a flying visit. Jurgenson

froze in Minnesota, and Folkman rambled thru Illinois.

The first meeting of the new year was held Monday evening, Jan. 7. Election of officers was held, the following men being elected to serve for the ensuing term: President, Bud Storey; Vice President, Dex Rice; Secretary, Eddie Zyzelewski; Treasurer, Joe Bartram; Sub-Treasurer, Joe Peterson; Pledge master, J. B. Miller.

Visitors at the house during the holidays were, Dr. B. E. Poundstone and Dr. O. O. Taylor and wife. Sorry that more of us were not here to greet you, but we hope that you will pay us a return visit soon.

Have you heard that: Bart-ram sports a Ford; Luby gazes wistfully at her picture; new O. B. interest has been worked up; Hofer acts queer—can it be Susan; Bos is a bachelor again; Eddie and J. B. are still arguing; bright new paddles are being displayed; Moore checks his poly's carefully; Wilkes took a P. G. course; Gibson used the phone his first night back; Reese is religious at dinner; Owens likes Indianola cocktails.

A Christmas party was held Dec. 20. During dinner gifts were exchanged. A large Christmas tree occupied the center of the downstairs hall, placing the house in a very festive mood for the evening's entertainment, namely dancing and bridge.

Several chili and oyster dinners were held during vacation by members who stayed here. From all the talk and their pleased expressions they must have been a great success.

We wish to acknowledge the many Christmas cards that were received and to thank our many friends for their best wishes for our New Year.

Congratulations are in order for Bob Luby, who will be one of the new laboratory assistants.—J. J. Herrin.

PSI SIGMA ALPHA

Following a brief business meeting on the evening of Dec. 18, Brother Forbes delivered a paper on "Pulmonary Tuberculosis." An open forum discussion was then conducted. We were pleased to greet as our guest at this meeting, Miss Ava Johnson, of the college faculty, who took part in the discussion.

Semi-annual election of officers was held at the regular meeting, Jan. 8. The following men were elected to office: President, J. Robert Forbes; Vice-President, Walter Irwin; Treasurer, Harold Morgan; Secretary, DeWitt Goode; and Corresponding Secretary, Wm. Moore.

The banquet at which we will honor our lone departing senior, Brother Edmund C. Baird, will be held at O'Malley's Tea Room, Jan. 22. Any alumni who may be

in Des Moines on that date are cordially invited to attend.

We deem it a privilege to send a representative of Gamma Chapter to the graduation banquet of Beta Chapter in Kansas City on Jan. 11. We sincerely hope that a Beta representative will so honor us at our banquet Jan. 22.—J. R. F.

Atlas Leads Basketball Tourney

With the second night of play past, the standings in the Sigma Sigma Phi annual basketball tournament find the Atlas Club leading with two victories and no defeats, the Non-Frats and Iota Tau Sigma second with one victory and one loss, while Phi Sigma Gamma occupies the cellar with no wins and two losses.

The second round saw I. T. S. and P. S. G. tangle in the first encounter with the former emerging on the long end of a 35 to 17 score. Hyink, Happel and Gerrow stood out for the winners, while Luby led the P. S. G. quintet.

The second game saw Atlas conquer the Non-Frats 33 to 10. The Atlas offense starred Evans and Eddy, while Andreen was good on defense. Wicke and Heidaman led the threats for the Non-Frat boys. Both games were refereed by Lingenfelter and scored by Perdue.

Some surprisingly good basketball is being displayed by these teams and all students are urged to come and cheer their favorites. Admission is only ten cents and a pleasurable evening is assured.

Cleveland Welcomes

(Continued from Page 1)

and interior decorations will tempt any woman who dares go near them.

For the weary, a steamer trip to the Convention City; for the hale and hearty folks, a hop by plane; for the others, train or auto as desired.

Six hotels, boasting 1500 rooms, each with private bath and designed especially for conventions are no small part of a successful convention. The Cleveland Hotel, chosen as the home of the profession during convention week, is one of the finest of modern hotels, situated in the Terminal Tower ring, and permitting those who go by rail to reach the hotel without going out of doors. A spacious garage is adjacent to the hotel.

Cleveland is awaiting the opportunity to demonstrate to the Osteopathic profession of the world, the hospitality which has won for it the reputation of a "city with a heart."

Dr. D. V. Hampton,
Associate Gen. Chm.,
Cleveland in '35, Com.

REGISTRATION, JANUARY 25, 26

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor, H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

Deadline!!!

The time is at hand for the registration of another class in Still College. Opportunity to study for a growing profession with unlimited opportunity for service and success is knocking at the door of many young men and women. It is up to all of us to do all we can to see that these prospects take full advantage of that opportunity by enrolling in the midyear class now.

The whole nation is looking forward once again, despair has given way to optimism and faith in a glorious future. No better time could be found than the present in which to embark upon a collegiate course, the completion of which brings all that it means to be a physician. No better institution can be found in which to pursue such a course than D. M. S. C. O.

Your co-operation in helping us fill our class-rolls in the January Class will be appreciated. Let us hear from you and your prospects.

Polk County Osteopathic Association

On December 14 the Polk County Osteopathic Association met as guests of Still College for the regular monthly session. A bountiful dinner was served to all present, the fourth floor laboratory being used as the dining room.

After the smoke cleared the group was conducted to the Assembly room for the program. This was a symposium on the Kidney. Dr. Virge Halladay gave the Anatomy; Dr. G. E. Fisher told of the Laboratory Examination and its Clinical Significance; Miss Ava Johnson's subject was the Physiology; and Dr. L. L. Facto spoke on the Nerve Centers and Control.

* * *

The first monthly meeting of the new year of the Polk County Osteopathic Association was held Friday night, January 11, at the Hotel Savery, at 6:30.

The subject of the evening was "Infantile Paralysis." Dr. John M. Woods was leader of the discussion.

Convocation, Dec. 14

"Two Cigarettes in the Dark" was the opening selection played by the Still College rhythm band.

Dr. Halladay then announced that we would view another of the scientific films that have frequently graced our programs recently. "The title on the film box," said Virge, "is obscured and all I can make out are the letters 'L and H', I presume this means lungs and heart." The projector commenced its grinding and, as we all got in a studious frame of mind, the title frame flashed on the screen and our amazed eyes read "Laurel & Hardy in 'Flying Elephants'."

As can be imagined this proved to be a most hilariously jocosely opus. The time was the stone age and the action concerned he-man modus operandi of subduing and capturing members of the feminine population. Needless to relate, the antics of this pair of buffoons kept our student body in a state of extreme jubilation. So successful was this venture into the realm of cinematic facetiousness that Virge promised more for us in the future.

The chaser provided by the musicians was "Stars Fell on Alabama."

Convocation, Dec. 21

Without orchestral preliminaries Dr. Halladay introduced a group of fair damsels from the American Institute of Business, who entertained us with popular melodies. The group consisted of a quartette, soloist and accompanist. The first number presented a contralto soloist with the quartette in an expert rendition of "Be Still My Heart." There then followed the hit tune of the day, a pulchritudinous member of the quartette announced that the four maidens dedicated "My Big Worries Is You" to Dr. Halladay and they proceeded to not only sing this for Virge but at him as well. Our soloist then sang "Out in the Cold Again" and, with the aid of the quartette, a medley consisting of "Walkin' in the Winter Wonderland" and "With You in My Arms." So great was the applause that the girls favored us with an encore, "You're the One For Me." We greatly appreciate the opportunity of hearing these talented girls and they are to be complimented upon the masterly fashion in which they present these tunes of the day. Come again, soon!

Following the A. I. B. girls the D. M. S. C. O. jazz-symphony played "I Saw Stars" and "Blue Prelude," featuring Geo. Sutton in the vocal refrains.

Moving pictures once more formed the spice of the program. Virge Halladay presented Mickey

Mouse cavorting about the screen in two inimitable portrayals, "Barnyard Dance" and "The Galloping Gaucho." 'Tis said that President Roosevelt always requests a Mickey Mouse Cartoon on the White House cinema programs and, judging from the enthusiasm which greeted the famous rodent's appearance at Still, our students seem to share the President's taste in this respect.

"Good Night Sweetheart" was the chaser.

Washington Takes Lead: Will Others Follow?

(Continued from Page 1)
modern 40-bed Osteopathic hospital. The state of Washington has one of the best Osteopathic laws in the United States—unrestricted rights to practice as the family physician. We can practice obstetrics and, after an internship, surgery. The surgical license gives unlimited privileges in treating industrial insurance cases.

What benefits will accrue from increased numbers in Washington?

First:—County and state association activities will be strengthened. There will result better state convention programs and more definite educational efforts.

Second:—Public opinion will become increasingly favorable.

Third:—The public will benefit in improved service. There will be a more accurate evaluation by the public of Osteopathy as a therapy. Consultation possibilities will be improved. Osteopathic specialists will cover that field more adequately and Osteopathic patients will be served 100% by Osteopathic physicians. We will have more and better hospitals open to D. O.'s.

Fourth:—The Osteopathic physician and surgeon as an individual will benefit. The average volume of practice will increase. More people will look to him as the family physician. There will exist less confusion with the drugless schools of practice. There will be more internships and post-graduate courses. We will be nearer to an Osteopathic office building in Seattle and a unit in the King County Hospital (Harborview). There will be a greater assurance of retaining and extending our legal rights.

For further information write Dr. C. C. Heckman, 718-19 Shaffer Bldg., Seattle Wash.

No man can tell whether he is rich or poor by turning to his ledger. It is the heart that makes a man rich. He is rich according to what he is, not according to what he has.—Henry Ward Beecher.

Touring Tho'ts.

Dec. 21—8:00 a. m. Let's see . . . Three spasms and then assembly . . . Wonder if I can get John Woods as a cat's paw to start the idea of getting off after assembly . . . If so, it will give me an earlier start . . . 12:45—off . . . 5:00 p. m. Kansas City . . . Still cold and smoky but good roads and the ice all shoved to the side . . . Getting dark . . . Such a multitude of colored lights at the Plaza in K. C. . . . Yes, Officer, we will hurry thru . . . Pretty dark but a good straight road . . . 60? . . . Well, that should get us to somewhere in Oklahoma by 11 . . . 10:00 p. m.—Let's get a coke . . . Huh? The battery down . . . Well, all we had on was the lights, radio and heater. A push will start us . . . O. K. . . . What's that? . . . Flat . . . 6 miles out of Vineta, Okla. . . . 11:00 p. m. . . . 'Sgood to get to bed. . . .

Dec. 22—Gotta make Okla. City by noon . . . Merry Xmas, Aunt Ida . . . Yes, we will stay for lunch . . . Morrie doesn't eat so much . . . Yes, we will take the time to run over and see Aunt Stella and then Aunt Belle and Aunt Pink . . . Three hours gone so will have to hurry . . . Good to be in the sunshine and no smoke . . . Air looks too clean . . . Getting warm enough to do without the heater . . . Merry Xmas, Aunt Mary and Karl . . . No, neither hungry or tired, but we would eat and then go to bed . . . Sure good to see the folks again. . . .

Dec. 23—Gotta make Las Cruces tonight . . . Roswell is certainly a clean, good looking town . . . Alamogordo . . . nice sounding . . . sorta rolls off your tongue . . . Oh, the White Sands . . . Had no idea there was so much of it . . . Aunt Hannah's cookies awfully good . . . Las Cruces and only 5:00 p. m. . . . Tune in Jack Benny . . . Well, let's find a place to eat and sleep and finish tomorrow . . .

Dec. 24—Can't believe it myself that we are driving over fine dry roads with the car windows open and in our shirt sleeves . . . 3:00 p. m. There's the dorm . . . We'll be seeing Frances in a minute . . . Merry Xmas . . . Oh, a Christmas tree and everything in your room and so happy to be here with the weather so wonderful and I can't believe the feel of the air and the sun . . . We're to stay in the boys' dorm? Swell . . . We'll be back after we clean up a bit and get unpacked . . . Must take the things over to the Bennisons . . . Why did I bring that overcoat? . . . Well, how do we look? . . . Pale? . . . Why not, we have been buried under smoke for the past six weeks . . . Merry Xmas Loris and Maxine and Dean Jones and Fern, etc. . . . Spanish din-

(Continued on Page 4)

CLASSES TO BEGIN, JANUARY 28

I. O. A. Bulletin

In co-operation with Dr. D. V. Hampton of Cleveland, Assistant General Chm. of the 1935 Osteopathic National convention to be held in Cleveland, Dr. F. A. Gordon has announced the appointment of Dr. C. K. Risser, Maquoketa, as chairman of the "On to Cleveland" committee.

Post Graduate Study

The recent post graduate study just concluded at the Chicago College of Osteopathy was most carefully planned, and efficiently executed. Of outstanding value, and precise application, was the complete consideration given the subject of Osteopathic Technique. Symposia on Heart, Thyroid, and Posture were interwoven with practical lectures on Neurological, Pathological, Obsterical, and Laboratory subjects. The scientific accomplishments of the late Dr. Earl Hoskins in his work on Posture is something that every Osteopathic physician can justly point out with pride. The entire profession suffers an irreparable loss in his passing.

Ninety-five doctors from all parts of the middle west were in attendance, with five from Iowa. Such rich calibre of material was offered that all expressed the desire to return next year. The dominant thought that pervades the atmosphere was ably expressed by Dr. Riley, quote: "Osteopathy is equal to the task, unless, perchance, the patient has delayed your call, or that you are not equal to efficient application when called."

On the evening of January 3, the entire group attending were guests of the Chicago Osteopathic City Society, at their regular monthly meeting in the Elinor Club, at which time Iowa was accorded the honor of the floor for a brief interval.

Hundred Club

The campaign being conducted by this committee has been duly authorized by the Board of Trustees, and should receive your prompt and generous consideration. Act now e'er it be too late. Dr. French has complete record of all receipts and disbursements.

Organization

Through the successful pursuit of Osteopathic practice you earn your daily bread, hence it should have your FIRST consideration. Membership in the National, State and District Societies is your best asset. It pays the best dividends. Organization has enabled us to survive and grow.

Our armour is in our FAITH in our therapy and our support of group action. We seek to merit and win acceptance of Osteopathy by the public as the superior vehicle to health and thus multiply our practice and enjoy the prosperity that is due us.

We are ardently directing our

best efforts for group betterment and professional supremacy. Our membership is mobilized, militant and alert to bring Osteopathy to full fruition, promote mutual advancement, protect our right to practice unmolested, widen our usefulness and increase our earning power.

Your best personal interest demands that you enroll with each of these synchronized organization departments in their educational and beneficent work. Thus you will dedicate your service to group action and share with us rich rewards that come from DUTY WELL DONE. Congratulations on doing your full part.

—F. A. Gordon, D. O.

State Membership

The state membership committee received very little support during the past month. Christmas shopping and various other association drives were no doubt responsible for the lack of interest. Dr. Mable Andrews of Perry came to the rescue, however, and her membership kept the month from being a blank.

February is the month for another round of district meetings. Speakers will soon be selected from the list voted on at the fall meetings. Your state membership card entitles you to attend these district meetings and also to the reduced registration fee at the annual state meeting. State dues are now long past due and are urgently requested at this time. Legislative action is already under way and the committee will need a great deal of financial support, and from every source available.

Start the new year right by giving yourself a paid-up membership to the Iowa Society of Osteopathic Physicians and Surgeons. You will be well repaid for the small cost, and if you lend a helping hand, a new membership record is certain to be established.

—S. A. Helebrant, D. O.

National Membership Contest

Iowa is entered in the nationwide contest for more A. O. A. members. On Dec. 1, there were 574 more A. O. A. members than on the same date one year ago.

It's a case of East against West and may the best side win. Win or lose, we are all working to make the A. O. A. a larger and stronger organization. Word has been received from Dr. E. S. Merrill of California, captain of the "west side gang," to help lick the "east side crowd," and can we do it?

With something like fifteen additional members, Iowa will be entitled to one more delegate at Cleveland and you non-members of the A. O. A., it's up to you to get them there. Members can't help now, they did their part—it's up to the non-member to join.

This is a legislative year for a good many states besides Iowa and we are not intending to let any other state out-step Iowa. California is the only other "west sider" with a larger numerical gain.

Reporting to Captain Merrill—Iowa is in the race to win. When the battle is over, Iowa expects to kick shins with the rest of the gang and eat at the "East's" expense, even if they can afford nothing better than baked beans—a very favorite Eastern delicacy, we understand. Sergeant French of Iowa reporting.

Touring Tho'ts

(Continued from Page 2)

ner? Sure . . . Can't believe that we are here . . . So good to see everyone and to feel the warmth everywhere. . . .

Dec. 25—Nine miles to the ranch? . . . That's not far . . . 'Ggood to see the desert again . . . Merry Xmas, folks . . . Sure we want to see the ranch . . . Let's get some pictures over there . . . If the folks back in Des Moines could only see us now . . . Shirt sleeves . . . Windows and doors open and all of us seated at the table starting on the 20-pound turkey . . . Climb that mountain? . . . Not me . . . I'm too old and fat right now . . . Thanks for the wonderful dinner the privilege of being out here and everything else that has made us so happy. . . .

Dec. 26—Thanks Dean Cummings for the trip thru the Museum . . . The Sand Pictures . . . Pottery . . . Sandals . . . Blankets . . . Ornaments . . . Tools, etc. All ages old, and known so perfectly by this remarkable man . . . How can one person know so much? . . . Happy New Year, Dr. Towne . . . Mr. Zapeda . . . Can't believe my eyes . . . Everything so clean . . . The sun out . . . No overcoats . . . Surely can't be December. . . .

Dec. 27—So good to be driving to the Ruins . . . Happy New Year, Grandma and Frank Pinkley . . . Bob Rose . . . Louis Caywood . . . Addison . . . Frank's talk about the Ruins sounds better than ever . . . Where is Morrie . . . Out looking for Indian beads, I'll bet . . . What? . . . Another family by the name of Halladay? . . . Must be genuine, for they spell it the same . . . From San Juan Capistrano, California . . . Wonderful to be back with the Pinkleys for a day at the Ruins . . . Happy New Year, Mr. and Mrs. Harper, Mary and the others. . . .

Dec. 28—Rain . . . the first for a long time in this country . . . But we will go down to Nogales anyway . . . Happy New Year, Jackie and Marie . . . Yes, over into Old Mexico right away . . . Lunch back at the apartment was so good . . . The tree . . . presents . . . Habenera . . . Cuanto precio? . . . No . . . Es precio bajo . . . Si, Tomare cien . . . Al mercado . . . Enchalados . . . Tacos . . . tortillos . . . frijoles . . . sorry we can't stay forever. . . .

Dec. 29—Good bye . . . We'll be seein' you next summer . . . Bisbee . . . What a queer town . . . Tombstone . . . The center of much southwestern history

You Ought To Know That . . .

Two D. M. S. C. O. graduates, Drs. W. K. Crittendon and F. C. Schaeffer, passed the examinations of the Ohio State Medical Board in December, 1934. Congratulations, Doctors.

? ? ?

The next regular meeting of the Polk County (Iowa) Osteopathic Society will be held the second Friday in February at the Savery Hotel. The banquet at 6:30 p. m. will be followed by a round table discussion of professional nature. All Osteopathic physicians are invited to attend.

? ? ?

The regular meeting of the Tri-County (Minn.) Society of Osteopathic Physicians and Surgeons was held in the office of Dr. C. H. Sawyer, Lake City, on Thursday, Dec. 13, 1934. The meeting was devoted to general discussion. The January meeting will be held in Red Wing, with Dr. Dartt as host.

State Boards

South Dakota

The next examination for Osteopathic licenture in South Dakota will be held early in February, 1935. Make application before Feb. 1st to the Secretary, Dr. C. Rebekka Strom, 321 So. Phillips avenue, Sioux Falls, So. Dakota.

Oklahoma

The Oklahoma Board of Osteopathy will meet Feb. 5 at the Biltmore Hotel, Oklahoma City, Oklahoma. Address Dr. Ernest Ewing, Secretary, El Reno, Oklahoma, for information.

Michigan

The Michigan Board of Registration in Osteopathy will meet Jan. 29, 30 and 31 in Lansing. Address the Secretary, Dr. F. Hoyt Taylor, 532-4 Tussing Bldg., Lansing, Mich., for full information.

Seventy-five per cent of all cancers of the stomach give a history of indigestion, resembling peptic ulcer history, for several years before cancer becomes obvious.—(Bulletin Am. Cancer Assn.)

. . . Los Cruces again . . . El Paso and to bed. . . .

Dec. 30—Across Texas with the car windows open and plenty of good sunshine all day. . . .

Dec. 31—Rain in Oklahoma . . . Cold and ice in Kansas . . . New Year's Eve in K. C. . . .

Jan. 1—Home . . . Well, we got back in time for Morrie to start to school in the morning . . . Too short a trip, but it was worth it . . . 3802 miles. . . .

—Virg and Morrie.

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 11

JULY 15, 1934

Number 6

Choose Still College

Many Educational Advantages

Des Moines Still College was founded in 1898 by a group of men, headed by Dr. S. S. Still, whose purpose it was to create a college imbued and permeated with an atmosphere of learning, presenting to its students unlimited advantages in securing a thorough Osteopathic education. The more than 3,000 successful alumni practicing in every state and many foreign nations testify as to their success.

Location

The college occupies a modern, fire-proof building located at 722 Sixth avenue, easy of access to all persons no matter in what section of the city they might reside. The Oak Park, Highland Park and West Ninth trolley lines pass the college. The building is but four blocks from the business district thus enabling many students to do part-time work without interference with their college schedule.

Faculty

The faculty of Still is carefully chosen, the majority being full-time instructors. The present group has been practically intact for years and is known far and wide not only for its pedagogical ability but its attainments in Osteopathic science. Eighteen men and women make up the permanent staff and a number of Associate Professors are chosen each year for occasional lectures or demonstrations. Didactic and laboratory work as taught by this faculty is second to none and includes all subjects taught in Class A medical institutions plus Osteopathy.

Tuition and Expenses

Tuition is reasonable, \$250.00 per school year, or \$130.00 per semester. This sum includes all charges which are listed separately by most colleges under "registration fees, laboratory fees, obligate fees," etc. There are no such fees at Still.

The cost of books and permanent personal equipment is not excessive and should be adequately covered by \$10.00 to \$30.00 per semester. Living expenses are discussed elsewhere.

Clinics

Still College possesses a clinic which is, compared to the size of the student body, as large or larger than that of any other American college of therapeutics, medical or Osteopathic. Clinics maintained are General Osteopathic, Gynecologic, Nervous and Mental, Obstetrics, Ear, Nose and Throat, Athletic, Surgical,

(Continued on Page 3)

Teaching Osteopathy



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

Dr. C. W. Johnson, President of D.M.S.C.O., is a graduate of Iowa State College and holds the degree of Bachelor of Science from that institution. He received his D. O. from Still College in 1900 and has served his Alma Mater as dean and president for some 28 years.

He is known throughout the entire profession for his outstanding work in Gynecology and Psychiatry. He conducts classes in Nervous Physiology, Gynecology and Nervous and Mental Diseases and has charge of one division of the General Clinic and the Gynecologic and Nervous and Mental Clinics.

Much of the credit for the college's great success in educating physicians is due to Dr. Johnson. Before studying Osteopathy he was a public school superintendent and a great portion of his career has been devoted to pedagogy.—(Editor.)

What constitutes an educational institution has been answered from many angles. The composite resulting from the sum of all the factors entering into an educational unit depends upon the view point of the founders and the supporters, and upon the object and scope it is to serve. It is said that "Mark Hopkins on one end of a log and a student on the other would be a university." If the log university be taken literally, then all our great expenditures of money and time and effort in erecting adequate buildings with their museums, laboratories and lecture rooms, equipped with the best agencies and apparatus that science has produced is an innovation of small merit approaching the border lines of useless idealism.

The sponsors of Des Moines Still College support the larger view. Their objective is to build an institution whose base is broad enough to support all that science, invention, research has brought to light and perfected. They may never reach this Uto-

(Continued on Page 4)

Why Osteopathy?



By J. P. SCHWARTZ, D. O.

Dr. J. P. Schwartz, Dean of D.M.S.C.O., graduated from the American School of Osteopathy, Kirksville, Mo., in 1919. Coming to Des Moines he became associated with the Des Moines General Hospital. Deciding to specialize in surgery he devoted considerable time in P. G. work in the nation's greatest surgical clinics and today he is one of the foremost surgeons in the Osteopathic profession. He is President and Surgeon-in-Chief of Des Moines General Hospital.

Dr. Schwartz has been Dean of the College since 1926. He conducts classes in Surgery and Proctology and Urology and has charge of the Surgical Clinics.

Under his leadership the Surgical Clinics have earned for themselves an enviable reputation throughout the entire middle west.—(Editor.)

The seeker of higher education is confronted with difficult problems in this present age. First, it has been a problem to secure the necessary funds to support one through several years of college education, and then, if one has been able to complete his college course, there have been but few opportunities for employment in the field in which he has educated himself. Thus the high school graduates hesitate to embark on such an uncertain course as a college education.

From a business standpoint the young man or young woman must therefore consider these two points mentioned. First, select a course of study commensurate with your financial means and, secondly, choose a course of study which upon completion offers an opportunity for work and advancement. The cost of education in our Osteopathic institutions is very nominal and opportunities for part-time employment are many. In our own institution approximately 80 per cent of our student body partially support themselves. The most outstanding example of contin-

(Continued on Page 3)

Study in Des Moines

An Unexcelled Educational Center

It has been said that "It is a liberal education to live in Des Moines." This is very true, particularly when applied to those studying Osteopathy in this city.

Des Moines has a population of over 140,000 and is the capital city of the State of Iowa. It is served by nine railroads, six bus lines, one transcontinental air line and may be reached on paved highways from all directions by those driving.

Clinical Advantages

It would be impossible to find a city more perfectly suited as a location for an Osteopathic college than Des Moines. The city is large enough to provide unlimited clinical material while yet not so large that the college is submerged in a tremendous sea of humanity, its fame and scope limited to a rather narrow and confined area and its location not readily accessible to a large number of persons. Still College is one of the foremost institutions of Des Moines, it is favorably known throughout the city and its clinic is drawn not only from indigents but from some of the finest homes in exclusive residential sections.

Education

Des Moines is also the home of Drake University, an institution of some 2,000 students with a national reputation. Drake possesses one of the country's finest stadia and field houses where Missouri Valley Conference football and basketball may be seen each season and where, each spring, is held the internationally famous Drake Relays. Incidentally, Still College students are chosen each year as trainers for the competing teams in these relays and the opportunity is thus afforded of treating the luminaries of the track and field sport.

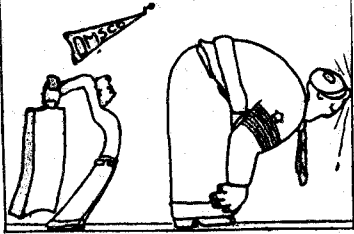
Drake and the city jointly own an observatory located in Waveland Park which is open to the public and where the heavens may be viewed through a huge telescope and the firmament described by excellent astronomers.

The State Medical Library consists of all worth-while medical texts and publications and its reading rooms are open to Still students and its volumes are liberally loaned to those holding cards supplied by the college office.

The Des Moines Public Library reference room and lend-

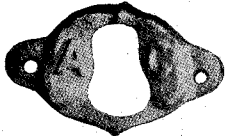
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FRATERNITY NOTES



ATLAS CLUB

The history of Osteopathic fraternities began when the Atlas Club was founded at the A.



S. O., Kirksville, Mo., on Dec. 10, 1898. The founders decided to make the organization purely Osteopathic in nature and thus the fraternity was named after the first cervical human vertebra instead of receiving the conventional Greek letters. Since its inception the fraternity has enjoyed constant growth until today it has outstanding chapters at each of the recognized colleges of Osteopathy: Xiphoid at D.M.S.C.O., Axis at Kirksville, Mastoid at Kansas City, Hyoid at Chicago, Styloid at Philadelphia and Cricoid at Los Angeles. The alumni number over 1,800.

Government is vested in a house of delegates which meets annually and elects a Grand Council, the duty of which is to conduct all national business, provide the chapters with badges, insignia, etc. and to publish the "Atlas Bulletin." Colors are red and white and the flower is the red carnation. The official badge is a replica of the first cervical human vertebra.

Xiphoid Chapter was installed at Still in 1916 and is located at 1725 Sixth avenue, ten blocks north of the college, on the main north and south thoroughfare of the city, with the Oak Park and Highland Park street cars passing the house and providing five minute service to all parts of the city. The house possesses ample space for a large number of men and is excellently furnished. There were 35 actives and three pledges during the semester just closed, nine of the actives graduating in the Class of '34. The "Xiphoid Bulletin" is a publication issued four times per school year by the chapter for its alumni. The activities of Xiphoid are many: social events, athletics, scholarship, inter-fraternity competition and research and practical work of Osteopathic nature all play an important part on the calendar.

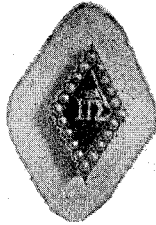
Atlas men represented on the faculty of D.M.S.C.O. are: Dean J. P. Schwartz, H. V. Halladay, R. B. Bachman, J. M. Woods, H. J. Marshall, G. E. Fisher, and J. L. Schwartz.

Xiphoid Chapter of the Atlas Club is ever anxious to be of service to any one contemplating

the study of Osteopathy at Still College and it will welcome the opportunity to assist anyone writing to the chapter house.

IOTA TAU SIGMA

Iota Tau Sigma is a national Greek letter society, designed to further the teachings of Osteo-



pathy in the minds of its students and to assist them in their school life. Alpha, the first chapter, was founded at the American School of Osteopathy, Kirksville, Mo., May 21, 1903. Since that time it has grown to a national organization with an efficient and well organized alumni association.

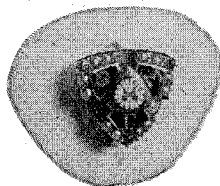
The fraternity is governed by a Grand Chapter, consisting of one member from each active chapter and is further aided by the alumni association and Supreme Council of the alumni.

Beta Chapter of Iota Tau Sigma was founded June 6, 1903, shortly after the first chapter was established. We have an attractive home, located in the best residential district of Des Moines, 1161 Twenty-Second St., conveniently located near two car lines and within easy walking distance of the college. The home itself is modern in every respect and is one of which we may well be proud.

Iota Tau Sigma welcomes all new students to Still College. A letter to the Chapter house at the above address will bring an immediate reply, giving any assistance or information desired. Feel free to call on us!

PHI SIGMA GAMMA

The history of Phi Sigma Gamma is one of many trials and tribulations. Certain mem-



bers of a local fraternity in the Chicago school seem to have been the brains and the inspiration of the formation of the present organization. After much correspondence, this fraternity formed a new organization with fraternities at Los Angeles and here at Des Moines. This new group became Phi Sigma Beta, a national organization, in 1915.

The activity produced in this union attracted the attention of Phi Omicron Gamma of Kirksville and Kansas City. On Sunday, April 30, 1916, representatives of Phi Omicron Gamma and Phi Sigma Beta met in the office of Dr. Wells, in Chicago, and agreed on terms of consoli-

dation of the five chapters and proposed one for the Philadelphia school. After the various chapters had agreed upon the merger, Phi Sigma Gamma became a reality as a national fraternity. The national publication of the fraternity became "The Speculum" and the colors of Navy Blue and White were selected.

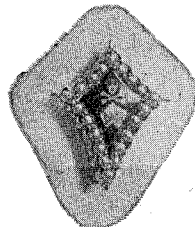
Delta Chapter is located at 2141 West Grand avenue, in one of the better residential districts of Des Moines. The three-story, eighteen-room house furnishes ample room for the fraternal activities and a comfortable home for the members and pledges. Mrs. Clopton, the house mother, keeps the boys fat with her excellent cooking, besides keeping the house clean. Many pledges in the past would have thought her presence Heaven sent on Fridays, when they had to clean house, in the face of an early date.

Twenty-two members and five pledges finished the last semester with only one, Cal Houpt, graduating. We are expecting the return of the entire bunch next fall. The odd thing about it is that most of the men are underclass men, since only four are graduating next year. Pres. Hecker and his officers really have something to look forward to and to work for.

Phi Sigma Gamma extends a hearty welcome to new students at D.M.S.C.O. We will be glad to be of any assistance to strangers in our midst. Anyone desiring information, please feel free to write to the house at the above address.

DELTA OMEGA

Delta Omega Sorority was founded at the A. S. O., Kirksville, Mo., in 1909. Its purposes



are to provide social and intellectual advantages for girls in college and to interest young women in the study of Osteopathy. There are four active chapters; the national publication is "The Alpha," the colors are green and gold and the flower is the yellow chrysanthemum.

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

The chapter has furnished a room at Des Moines General Hospital which is known as "The Delta Omega Room." The furn-

ishings are exquisite and were chosen with admirable taste.

Dr. Mary Golden, of the faculty, is a member of Delta Omega.

Delta Omega, Beta, welcomes all girls who may be considering Osteopathy as a profession and will be glad to aid all who may write to the chapter.

Alumni Reunion



MRS. K. M. ROBINSON

Mrs. Katherine M. Robinson, our very efficient secretary, came to Still College twelve years ago. Under her guidance the multifarious secretarial duties connected with the college and clinic are carried out smoothly and with the utmost efficiency. The volume of mail she receives from graduates speaks eloquently of the esteem in which she is held by all Still College students. Newcomers early come into contact with Mrs. Robinson, as it is to her they make tuition payments, and throughout their college years they find her one upon whom they can depend for advice and co-operation. She will be in charge of the Still College Booth at the A. O. A. Convention in Wichita.—(Editor.)

7:30 o'clock Wednesday morning, July 25, at the Allis Hotel, Wichita, Still College Alumni will gather for a reunion breakfast. All alumni are urged to meet Mrs. Robinson at the Still College Booth and make arrangements to attend this glorious get-together. Besides Mrs. Robinson, Still will be officially represented by the following faculty members: Drs. C. W. Johnson, J. P. Schwartz, H. J. Marshall, J. M. Woods, R. B. Bachman, H. V. Halladay, and Mary Golden.

No alumnus of Still should miss this breakfast. Visit the college display as well. Meet all your old friends and make many new ones. See you at Wichita!

Locations

Kahn

Dr. S. B. Kahn, '33, announces the establishment of his offices in Suite 406-7 Fine Arts Bldg., Detroit, Michigan.

Moore

Dr. E. D. Moore, '33, announces his affiliation with Dr. H. M. Ireland, Denver, Col. Dr. Moore entered into his partnership with Dr. Ireland on July first.

Grau

Dr. D. H. Grau, '32, announces the opening of his offices at 316-317 Hershey Bldg., Muscatine, Iowa.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor, H. V. Halladay

Editor.....J. Robert Forbes

Osteopathy Without Limitation

On Being A Still College Student

The student coming to D.M.S. C.O. from some other institution of higher learning is amazed at the spirit of co-operation and helpfulness manifested by faculty members. No student problem is too unimportant to receive the earnest consideration of the professor to whom it is presented. This puts personality into education and its advantages over the distant, aloof and abstract kind usually purveyed in colleges is inestimable. Classes are not so large that contact between professor and student is lost but, rather, the entire schedule is designed to enhance this contact. Still College students appreciate this fact and make the most of it.

The store of didactic and laboratory knowledge and clinical experience possessed by each graduating student of this college is limited only by his ambition and initiative. The school presents to him unexcelled lecture work, completely equipped laboratories and unlimited opportunities for all kinds of clinic practice. The Still graduate enters the field with actual clinic and bedside experience which the graduates of many schools of healing must secure for themselves after starting practice. The aspiring scholar leaves Still with a well rounded, intensely practical education that has developed his ability and initiative to the highest degree.

The students are friendly, courteous and of good character. The various organizations function on terms of mutual co-operation and friendly rivalry. All are ever ready to aid the newcomer in every way and the new matriculant will at once find himself among a group of friends eager to make his days at Still pleasurable. It is a tribute to the college that very few students ever transfer to other schools and that many, after enforced absences, return at the earliest opportunity.

Still students are proud of their college and they invite all those contemplating the study of Osteopathy to come and join them and enjoy the many advantages of attending this progressive and efficient institution.

I like the man who bubbles over with enthusiasm. Better be a geyser than a mud puddle—
(John G. Shedd.)

For Young Women Only

By MARY GOLDEN, D. O.

Because of the present economic situation, it is very essential to the young woman, whether she marries or not, to be skilled in some trade or profession. Not the quick, immediate return should be looked at but the present return with the possibilities of the future.

Let us consider, pro and con, Osteopathy as a life work for a young woman. First, it will make her a better wife or mother in the home or a skilled professional woman. Second, it will bring no set income. If on a salary the worker may toil twenty-four hours and receive no more pay; if professionally employed the longer time working the greater the daily income, in other words—the sky is the limit. Third, the profession of Osteopathy is not crowded; there is a pathetic lack of women in the field. Fourth, it is one profession where a woman's income may equal that of her brother for service rendered. Fifth, it enhances the social standing of the individual in the community.

It enables a woman to afford her home, luxuries and pleasures in life which most of her fellow workers would enjoy but must go without. During this depression the Osteopathic woman physician has not been hired and fired by some corporation, board or financial institution, but her patients have come to her for help. The income may have been cut but much less in proportion than perhaps any of her business associates.

Osteopathy as a profession for a young woman has one of the brightest futures of any known life work.

Why Osteopathy?

(Continued from Page 1)

uous work in spite of the depression has been that of the physician, and while it is true his income may have been reduced, yet it has been sufficient for support and his business still remains an independent one.

The independence of one's work in life cannot be overstressed. The professions offer this more than any other field of work. A profession is not seriously affected by the fluctuations of the business world and in spite of all adversities that may occur, a physician is still his own boss and maintains his own business in his own way.

The science of Osteopathy has always appealed to the alert, virile type of young man and young woman, probably because its practice is of a physical nature and its laws are based upon simple physical, mechanical and chemical facts. The practice of Osteopathy requires a keen, analytical mind, reasoning from cause to effect based upon proven facts and not all theory. In fact, the entire advancement of Osteopathy in the past sixty

years has been due to the individual practitioners success in demonstrating the efficacy of his system of therapeutics where others have failed.

It has been said that, "Osteopathy is young enough to offer opportunities for research and advancement, and old enough to be firmly established as a science in the public mind." This is unquestionably true. Osteopathy's limitations are only those of its practitioners, and each year has brought a succession of advancements to this science.

"Why Osteopathy?" The college course is within your financial means, you have a respected profession, a high public standing, opportunities for advancement, a profession not overcrowded, and an independent business of your own when you enter practice. Last, but not least, the healing art offers an opportunity to help to cure human suffering, the satisfaction of which cannot be estimated.

Study in Des Moines

(Continued from Page 1)

ing shelves are at the student's service.

Self-Help

Living expenses are as low as in any city of similar size and will be found very reasonable by all. Meal-jobs, where the student works for all or a portion of his meals are numerous and possible 70 to 80% of the student body is thus employed. Many opportunities are available for those desiring to work for their room and some students find odd-jobs which pay pocket money.

The fraternities offer excellent house accommodations coupled with the advantages of fraternal membership at very reasonable rates.

Culture

Each theatrical season brings the leading legitimate and musical attractions and concert artists to the city. Membership is available in the Civic Music Course entitling one to hear the world's greatest artists. Galli-Curci, Ethel Barrymore, Fritz Kreisler, the Chicago Opera Co., Harry Lauder, Paderewski, Otis Skinner, John McCormack and many others are frequent visitors to Des Moines.

The State Historical Building houses a museum which is a complete history of the State of Iowa.

Churches of all denominations are to be found in the city.

Amusements

There are numerous parks in and near Des Moines providing attractive sites for outings, swimming, boating and the like.

Des Moines has a franchise in the Western League and Class A Baseball may be seen in season. A Still College senior is annually chosen as physician to this team.

Cinema and vaudeville theatres provide the best in this field. Several ballrooms supply dancing and the Y. W. C. A. each winter sponsors a series of

dances for young persons.

It is impossible to enumerate further the manifold advantages of attending college in Des Moines. Let us invite you to come and see for yourself—we know you will then agree with us when we say "Des Moines is an unexcelled educational center."

Choose Still College

(Continued from Page 1)

Proctological, Pediatric and Orthopedic, each in charge of a specialist in that field. All types of cases are handled and three semesters of clinical attendance is required.

Due to the size and completeness of the clinic Still students have unlimited opportunities to specialize. Many have graduated with a record of giving 1,000 Osteopathic treatments or having attended from 25 to 60 obstetric cases, either as accoucheur or assistant.

The clinic excels in that the student himself is in contact with the case in the same manner that he will be in practice. In obstetrics, for example, Still students go to the bedside and deliver cases in the homes, thus their experience is intensely practical and not secured at second-hand watching someone else from a seat in an amphitheater. No more than five students attend such cases and each participate in the care of the case and makes a certain number of after calls during the puerperium. Last year 349 babies were delivered in the clinic with a far lower maternal and infant mortality than is enjoyed by many hospitals.

Surgical clinics are held in Des Moines General Hospital and are attended by Seniors. These students assist on all minor surgical cases and witness majors from a specially prepared viewing stand.

A clinical laboratory supplied with all equipment and apparatus necessary for any type of examination is maintained by the college for the benefit of the students.

These unexcelled clinical advantages coupled with the thoroughness of the didactic and laboratory work combine to make the Still College graduate a thoroughly trained and capable Osteopathic physician.

Activities

The college has a band, orchestra and glee club. Social functions are held frequently, some sponsored by the college and others by the various organizations. Inter-fraternity competition is keen and local business and industrial groups offer those athletically inclined opportunities for participation.

It is suggested that the prospective student carefully peruse the catalogue for further and complete information, then join us this fall—you will enjoy it at Still.

I. O. A. Bulletin

Educational Circuit!

The first educational circuit project came to a happy termination with third district meeting in Ottumwa, Saturday, June 30. In all of the six districts Dr. Stinson's specific technique was most enthusiastically received, and applied by the doctors under his direct supervision. Such interest was displayed in this work that we are now quite convinced that what we most need is more knowledge of our own therapy. The art of our practice is manipulative technique. Such educational programs do improve our art, and we intend to keep on with this effort to stimulate interest, renew faith, and enthrust our folks for study and progress in our chosen field. Selections of speakers for the October educational circuit were made by each district, and plans are now under way to secure these doctors, and to make such other plans as necessary to make them as successful as the one just completed.

Membership

Not alone were the benefits confined to this department of your organization. Membership Chm. Dr. S. A. Helebrandt informs us that some 50 members were added to the list which will be printed in the next issue of the Log Book. This totals a membership at the end of the first thirty days of the new year, at a slightly larger number than for the entire year just closed. Which number is also slightly larger than the average membership over the past seven years. The present list displays several names that have been absent for several years. Half the current year's dues forwarded to Dr. S. A. Helebrandt, C. R. S. B. Bldg., Cedar Rapids, before the first of August will cause your name to be listed with State members in that issue. There will be other privileges for full membership during the year you will not want to miss.

Publicity

Public Education Chm. Dr. S. H. Klein, has most ably demonstrated that an immense amount of value has escaped our attention in recent years. Witness the immense amount of public interest generated thru his efforts incident to press notices given this circuit just finished. This committee, with a member in each district, plans reflected press values to all members of the state society, and with the accumulated clippings from all Iowa papers during the year, plan to display their results at the May convention. Be prepared for a real surprise.

Adult Health Clinic

Chm. of Adult Health Clinic Committee, Dr. Della B. Caldwell, reports that the personnel of the Clinic is quite different this year. Dr. Martin Biddeson of Nevada is the new Chief of Staff and Dr. J. J. Henderson of

Toledo is his assistant. Enlarged quarters have been engaged at the Exhibits building on the State Fair grounds. Health talks will be given daily, and while the examinations will be free as before there will be a registration fee of one dollar charged all who register.

Appointments of examiners have been made, and all who contribute of time and funds will be most happily surprised. Mail your contribution to Treasurer of the Committee, Dr. S. H. Klein, 1308 Equitable Bldg., Des Moines, today.

Professional Affairs

Chairman Dr. Ethel Becker of Ottumwa, desires that all doctors have several of their patients make requests of their libraries for the various Osteopathic books on sale at A. O. A. headquarters. It has been proven that orders will be placed, when sufficient requests have been received for them. Much educational value will accrue in your locality for this co-operation. Suppose you do this for Osteopathy in your locality?

Ethics and Censorship

Chm. Dr. J. J. Henderson of Toledo, informs us that he has appointed all the officers of the State Society members of his committee. After corresponding with A.O.A. central office and similar chairmen of other states Dr. Henderson sets forth the purposes of this committee:

First—Encourage proper ethical conduct toward other members, and to patients.

Second—Discourage any method of advertising not in keeping with generally accepted ideas of propriety.

Third—Encourage proper respect for laws of the state governing practice.

Fourth—Discourage anything that may in any way interfere with the advancement or acceptance of Osteopathy.

Marriages

Rominger-Dierdorff

Miss Mildred Rominger and Dr. Verne H. Dierdorff, '34, were married in Aurora, Neb., June 22, the Rev. H. A. Dierdorff, father of the groom, officiating. Dr. and Mrs. Dierdorff left after the ceremony for Detroit, where Dr. Dierdorff will interne in the Detroit Osteopathic Hospital.

* * *

Mersch-Toepfer

Miss Jean Mersch, Des Moines, and Dr. H. C. Toepfer, '32, Grantville, W. Va., were married in this city July 6, the Rev. Bell officiating. Following the ceremony Dr. and Mrs. Toepfer left for a month's trip through Canada and the East, after which they will be at home in Grantsville, where Dr. Toepfer has his practice.

Births

Pettit

Dr. and Mrs. Stanley C. Pettit announce the birth of a son, William Albert, at their home in Cleveland, Tenn., June 24.

Teaching Osteopathy

(Continued from Page 1)

plia yet it charts a plan for their activity.

The college presents a well designed and built structure. The location is ideal from all angles. It is near the center of the city, thereby accomodating students who are employed; it is of easy access to clinic and is in close relationship to the business and professional interests of the city.

The environment of a student is a large factor in determining what the finished product will be. The city of Des Moines furnishes an ideal setting as an environment for educating one's self for a professional career. It affords advantages along educational lines outside of the college, that is, forums, lectures, concert music, operas, plays and motion pictures. The churches and civic organizations may play a large role in the student's social and cultural life.

The college directs its efforts in organizing and conducting an educational institution in which all departments, didactic, laboratory, practical and clinic are given equal consideration. In other words, it strives for an institutional equilibrium, not one long on laboratories, for instance, at the expense of efficient didactic work or clinic.

In passing we may say that our adequately equipped laboratories are designed to aid the student in his investigation and research in the basic science subjects; anatomy, histology, physiology, chemistry, biology, pathology and bacteriology. They are thereby a potent factor in grounding the facts of the didactic phases of the subjects presented by lectures, quizzes and visual instruction. The latter is made possible by micro- and opaque projectoscope and the lantern. This mode of instruction affords a highly effective avenue for imparting information.

Corrolated with the teaching of basic subjects are those of the fundamentals and principles underlying the philosophy of Osteopathy. Allow me to quote from our literature our presentation of the Osteopathic phase of instruction: "This course consists of daily lectures on the principles and philosophy of Osteopathy, and demonstrations in diagnosis and the laws of physics and mechanics. the human body is dealt with as a machine and treated from the standpoint of levers, pulleys, the wedge, the screw, hydraulics, chemistry, forces, etc. We wish to emphasize that our endeavor is to reduce every treatment to a mathematical demonstration of the above laws, based upon an exact diagnosis from the same standpoint; tracing every effect to the boney lesion cause. Realizing that Osteopathy as a science is dependent on these principles for its perfection, and in just so far as they are ignored in its

You Ought To Know That . . .

You will be expected to visit the Still College Booth at the convention in Wichita.

? ? ?

Dr. C. S. Ball, Ocala, Florida, recently won a damage suit against Dr. H. C. Dozier, also of Ocala. The case involved a statement by Dr. Dozier, a past-president of the Florida Medical Association, that a patient of Dr. Ball's died from a broken neck received while being treated Osteopathically. Dr. Ball successfully demonstrated to the jury the falsity of Dr. Dozier's statement and his vindication was gratifying.

? ? ?

Dr. J. D. Edwards, one of the earliest Osteopathic eye, ear, nose and throat specialists, recently died. Dr. Edwards was one of those responsible for the development of finger surgery in deafness and his loss will be keenly felt by the entire profession.

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The Tri-County (Minn.) Osteopathic Society met in the office of Dr. C. H. Sawyer, Lake City, June 14. A large clinic in surgical podiatry was presented. The July meeting will be held in the office of Dr. Dartt, Red Wing.

application, just so far will it suffer as a science, we are led to add to the chair of Osteopathic Practice those sciences which are demonstrative of the laws, existence, maintainance and natural workings of the human machine which we consider so especially applicable to its normal adjustment in disease and without which Osteopathy can not be intelligently demonstrated as a science."

In the same sense that the laboratory is of essential value in the study of the foundation subjects so is a clinic of prime importance to prove the theories of Osteopathy and to allow the student to acquire skill and efficiency in the application of its principles in actual practice. Des Moines Still College can pardonably boast of the size, variety of cases and opportunities of its clinic. It is a composite of seven (7) distinct departments, each of which is under a specialist in education and experience in his line. The students devote a large part of the last three semesters to their clinics and have the opportunity to complete them proficient in the technique of each one of the seven branches of practice.

REGISTRATION!

Fall Registration will be on Thursday and Friday, September 6 and 7. Class work will begin Monday, September 10. Remember these dates!!

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