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THE LOG BOOK

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Volume 13

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Number 1

Dr. McCole's Book

Those of us who have been waiting for the McCole book on the Osteopathic Lesion at last have our curiosity satisfied. We think that you will be more than satisfied with it and even go so far as to say that every student of Osteopathy, undergraduate or graduate, should have a copy of it handy at all times.

Dr. McCole has spent twenty years collecting this information and it is a job well done. As editor and author of much of the book, he does not make any radical claims but the subject is presented in a most dignified manner and is just as convincing as you want it to be. No one can doubt the place in the science of therapeutics that the Lesion is entitled to occupy.

We doff our hat to George Malcolm McCole of Great Falls, Montana, and wish for him many more years of Osteopathic service along this line.

Seniors

Time marches on and in a few days the college will ring out the old class of January, 1936 and ring in the new one to graduate in 1940. Few in number but all excellent students and new members for our profession that we will be proud of. Let us introduce them to you.

John Henry Conaway, with pre-med and credit from Iowa U. will take the Iowa board.

Fredrick Hecker, Phi Sigma Gamma, Psi Sigma Alpha, has been an assistant in the OB department and hopes to specialize in that type of practice. Will remain for special work at the college.

Edward LaChance, Vice President of Class, returned to school last year after having been out a short time. Is undecided about a location.

Robert Lingenfelter, Sigma Sigma Phi, will intern at Waldo Sanitarium in Seattle, Washington, and take the board there.

Arthur Montgomery, Phi Sigma Gamma, Sigma Sigma Phi, has been an assistant in the OB department. Expects to take the Oklahoma State Board.

Carl Scheffold, Atlas Club, Sigma Sigma Phi. Has filled important offices in both organizations and an officer of the class. Expects to locate in Oklahoma.

Verne Wilson, Sigma Sigma Phi. Pre-med at Drake. President of the class. Expects to remain in Iowa. Received the Sigma Sigma Phi award in 1933.

... Introducing ...

Dr. R. B. Bachman



Professor of Obstetrics and Gynecology

Since Dr. Bachman's graduation from Still College in 1916 he has established an enviable record at the institution. His continuous service with increasing responsibilities has made it necessary for him to add to his staff of assistants. Specified rest periods are not on the schedule of a busy obstetrician. During Dr. Bachman's years of service to the college he has increased the work of the clinic from less than one hundred per year to the record established in 1935 of over 400 cases.

Dr. Bachman is a member of the Board of Trustees of the college, being treasurer, and as a member of the faculty, teaches three classes. A large part of his practice is confined at the hospital, where he is also a member of the staff.

Dr. L. L. Facto



Professor of Technic, Physical Diagnosis and Practice. Supt. of the General Clinic.

Dr. Facto is a busy member of the staff of teachers of the college. His mornings are spent in the class room and his afternoons in the extensive general clinic of the college. He has attended clinics in this country and spent one year with the Osteopathic Clinic in London, England.

The matter of examination and treatment of approximately three thousand cases a year is no easy task and yet Dr. Facto sees these cases, sorts them out and directs them to the specialty departments, if necessary, and superintends the treatment of the majority.

His hobbies are outdoor sports of all kinds and he is especially interested in the early ball games among teams picked from the student body.

Here These Men In New York At The National Meeting In July

William Jones, Atlas Club, returned last year after several years absence. "Casey" expects to take the Ohio board and practice in his home state.

Michael Saa Fillipo has been specializing in OB and has established quite a record in the

department. He plans to return to his home state of Wisconsin.

We congratulate this class and extend to them every good wish for the future. With the demand for Osteopaths all over the country and in foreign lands, their success is assured.

Take A Deep Breath

A word of kindly greeting to our many friends in this first month of the new year 1936. It should be a great year. May its problems make us stronger, its demands find us more resourceful, its challenges stimulate our courage and its successes leave us with a wholesome sense of humility.

We in Des Moines Still College of Osteopathy are rather profoundly impressed with the importance of our work. Our efforts are directed toward a well defined goal. Ours is the responsibility of building an Osteopathic institution where properly qualified young men and women may learn those things that will help them to become real physicians. It is a soul searching and worth while task. We feel that we are most fortunate in the fact that we have an all compelling opportunity.

We are making satisfactory progress in our program of development. Standards of scholastic excellence are being advanced. The clinic, as a teaching unit, constantly taxes our best efforts to care for the great number of patients who seek our service. Improvements in the building and added facilities in equipment serve as a cause for happiness and pride in our progress. The enthusiasm of the student body is stimulating.

Yes, we feel that 1936 should be a great year.

Arthur D. Becker, D. O.

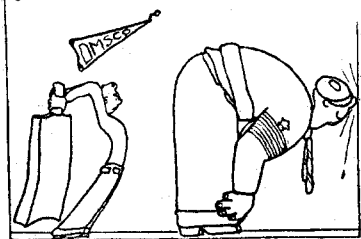
"Infanticipating"

It might be interesting to you in the field to know that 101 OB cases are booked for future delivery at the date of going to press. Here is what the Seniors expect:

Overdue	9
January	27
February	27
March	15
April	7
May	10
June	4
July	2

This is just a sample of what is going on in the clinic at Still College. Even at this early date cases are booked seven months ahead. By the time July rolls around probably thirty-five others will be added to the two listed. The other months will also receive many additions. Last year over 400 cases were handled by this department.

FRATERNITY NOTES

DELTA OMEGA
(B. M.)

The first work night of the new year will be held at the office of Dr. John P. Pinkerton, D. D. S., Orthodontia Specialist at 1012 Southern Surety Bldg.

The last meeting was held at Evelyn Ketman's. It turned out to be a party, with popcorn balls and a taffy pull for entertainment. Dr. Lillian Peterson and Louise Michael were guests.

Vacation Spendthrifts

Marybeth spent the first week of the vacation with relatives in Grinnell and the last week working very industriously in the clinic. Dorthea had a grand time ice skating and skiing 'way up in Michigan. Clarise and Eva were busy at school, Clarise in the library and pathology laboratory and Eva working in the office. Helen B. was out on OB cases all vacation—(don't you think she looks pale and worn?) Beryl went down to Oklahoma and renewed her sun tan and vivacity. Lillie was very busy carving turkeys for New Year's dinners at her cafe.

Des Moines isn't such a dead place for two girls, Muriel and Velma, who are still rather worn and quiet after a very strenuous vacation. A new rocking horse and other Christmas toys kept Anna more than entertained after Christmas. Ruth forgot the worries and duties of President and student in playing "cowboy and Indian" with her little boy in his new chaps.

We are all so busy studying for final exams that we are not going to have another meeting until next semester.

ATLAS CLUB
(Jack Eddy)

As the brothers unpack their suitcases from their recent vacation, wild-colored neckties, shirts, robes and such, are flashed around, that are expected to stun the natives. All members are present or accounted for at this early date. Many had some very thrilling experiences on the slippery roads. Evans spent most of his vacation in his car, having traveled around five thousand miles.

Five out of the twenty-six men in the house kept the home fires burning while the rest went their various ways to spread the Christmas cheer. Those staying were Brothers Stimson, Young, Jones, Bridenstine and Eddy, who spent their vacation sitting by the fireplace in quiet solitude—so they say. Brother Andreen was a welcome visitor during the holidays, having spent

quite a few days here.

A card from Dr. John Woods informs us that he is gaining strength rapidly and will be on hand for our senior banquet. We are glad to hear that Dr. Woods is getting along so well and are looking forward to seeing him soon.

Monday, December 9th, a practical work night was spent listening to Harold Gessel, chief of the county identification bureau. Mr. Gessel gave an interesting talk on the methods of identification.

The basketball team is doing fairly well, having won their first two games. The boys are looking forward to the coming games.

Brother Stimson is taking a lot of kidding about his first OB case. It seems as though he spent part of his time on his back on the floor.

The senior banquet will be held January 17 in honor of our graduating members, Carl Sheffield and Casey Jones.

PHI SIGMA GAMMA

(J. J. Herrin)

The caravan of returning Phi Sig's commenced arriving at the house several days before vacation was over, due mainly to the icy roads and frequent snowstorms. The assortment of Christmas ties is up to par this year, and new black bags indicate that several more brothers will soon be in clinic. Fischer and Millard spent the time in Milwaukee, and Hal Walters journeyed to California. Irvin, Storey, Owen, Hecker, Bos, Jolley, Moore, Braunschweig, Leigh, Mattern, Patterson, Howland, Gibson, and Edgeron, remained in Iowa. Blanding, Kogut, Zyzelewski, Kitchen, Peterson, O'Berski, Hoose, and Wilkes, gave Michigan a break. Hoefer, Miller, Luby, Robertson, Dunham, and Bartram visited Ohio, and Barnes journeyed to Oklahoma.

Election of officers for the spring semester was held January 6th. The following will be installed January 20th: President, W. S. Irvin; Vice-President, J. J. Herrin; Secretary, K. Blanding; Treasurer, J. Peterson; Sub-treasurer, E. Zyzelewski; Sergeant-at-arms, J. B. Miller; Pledgemaster, J. E. Dunham.

Dr. F. W. Paul, Detroit, Mich., stayed at the house several days while taking a special course at the Des Moines General Hospital.

Delta Chapter wishes to thank its many friends for the thoughtful Christmas cards.

Myron Bos was recently elected treasurer of Psi Sigma Alpha. James Dunham was elected corresponding secretary and John Mattern treasurer of Sigma Sigma Phi.

Pledge Neil Kitchen, having decided that Osteopathy was a profitable and honorable profession, took the fatal leap and was married in Lake Orion, Michigan, Christmas Eve. The lucky girl was Miss Elizabeth Cole, of Lake Orion. Congratulations and best wishes, Neil.

Work is now being done on the Speculum, national publication of Phi Sigma Gamma, which will be issued in a short time. It will contain an account of chapter activities for the past year.

SIGMA SIGMA PHI

(J. E. Dunham)

Election of officers was held at the regular meeting January 7. Those elected were, George Neihouse, president; Ernest Baumen, vice president; Don Evans, secretary; J. Q. Mattern, treasurer; W. Ryan, sergeant-at-arms.

A stag to honor the graduating Seniors and alumni members will be held January 15 at the Hotel Fort Des Moines. We trust it will be a memorable occasion.

The basketball tournament is well under way with plenty of enthusiasm. The co-ed atmosphere at the games seems like the old days when Still College was more athletic-minded. You are all urged to attend the games and root for your team.

Hospital Program

The Polk County Osteopathic Society met at the Des Moines General Hospital on the evening of January 10 to enjoy one of the famous dinners provided by the hospital kitchen. Generous in all we extend our appreciation to Dr. J. P. Schwartz and the hospital staff.

Following the dinner Dr. J. L. Schwartz presented the first paper of the program on Ambulant Proctology. He stressed especially the necessity of a complete examination, including the anal rectal area. Diagnosis of reflex pain and possibilities of malignancy as well as non-malignant pathology is necessary. This paper was especially valuable in differential diagnosis of rectal pathology.

Dr. H. Graney discussed and demonstrated the Pavaex unit in treatment of vascular conditions, especially of the distal extremities. Arterial Sclerosis, thrombosis, and even resultant gangrene respond to this newer treatment which also gives a marked relief from pain.

The large attendance and the favorable comments for the dinner and program gave expression to those in charge of their sincere appreciation.—(R.B.K.)

The New Class

At this early date it is not possible to anticipate the number that will be with us in January as new students. Correspondence to date has been more hopeful than at the same time last year. This naturally puts us in an optimistic mood and we feel certain that the class will exceed the number who entered at this time last year. If this is true the school record will be broken, for the class of last year was the largest entering at that time since the good old days.

Assemblies

December 13

Following music by the orchestra, Dr. Halladay showed the new film depicting scenes in and around the college and hospital. With the addition of about two hundred feet of recent shots this brings the college picture up-to-date and well worth twenty minutes of your time. Announcements and music closed the session.

December 20

Preliminary to dismissal for the Christmas vacation period, Drs. J. P. Schwartz and Arthur D. Becker spoke to the student body. Dr. Schwartz, in the capacity of Dean of the College, reminded the student body of the successful efforts of the Trustees to improve the institution each year. He brought out the material changes in the building and equipment and additions to the faculty, all of which have strengthened the course in many ways.

Dr. Arthur D. Becker, President of the College, gave the student body every encouragement for the future, stressing the need for more and better trained members of our profession and pointed out the advantages of our own college.

The orchestra under the leadership of Dr. Halladay, furnished appropriate music featuring the old favorite "Jingle Bells" and the Christmas assembly broke up with a universal greeting of "Merry Christmas" to all.

January 10

The usual opening number by the orchestra was followed by the introduction of Mr. George Hamilton of Des Moines.

Many of you in the field remember Mr. Hamilton as representative of the Chamber of Commerce of the city of Des Moines, as he attended several of our national conventions, preparatory to the meeting in the city in 1929. Mr. Hamilton spoke on the work of the Convention Bureau and pointed out the fact that conventions are a very desirable business for any city. In his closing remarks he paid a high tribute to the profession and voiced his faith in Osteopathy as a living example of what it can do. Mr. Hamilton was cured of a very painful Sacro-Iliac lesion many years ago being treated at that time by Dr. Harry Forbes.

Following announcements, the assembly was closed with a number by the orchestra.

Dr. R. A. Willburn—

of Madison, South Dakota, wrote us a very interesting letter recently. So did

Dr. Robert F. Herrick—
of Clinton Iowa, and

Dr. Will W. Grow—
of St. Joseph, Missouri. Also

Dr. Larry Boatman—
of Santa Fe, New Mexico. Larry has helped 43 New Mexicans into the world during the past twenty months.

I. O. A. Bulletin

Another month and a New Year. The first payment of dues received this calendar year arrived this morning. More power to this physician and may others follow her example.

We would remind you not only of your state dues but to lend a hand to the Chairman of National Membership. We all have friends in various parts of the country that perhaps would be very glad to join the AOA if YOU would ask them. Make it a personal invitation.

Don't neglect to forward your Industrial Case records to the Vice-Chairman of the Bureau of Industrial and Institutional Service, Dr. J. J. McCormack, Sheboygan, Wisc.

Industrial work is there almost for the asking and the Osteopathic profession has never had a better opportunity than at the present time to make use of the fine article appearing in the American Federationist by Dr. E. P. Malone of Miami, Oklahoma. By the way, reprints of this article may be secured direct from Dr. Malone. They make excellent publicity material to present Industrialists, union workers, and the laboring man himself.

Paul O. French, D. O.,
Secretary-Treas.

Thursday Noon Meetings

Dr. Glen Fisher of the Des Moines Still College faculty presented a paper on "The Chemistry of the Endocrine System" at the Thursday noon luncheon.

This paper was easily one of the outstanding papers of the meetings and gave impetus to continued unusual meetings for the new year. Copies of the paper were presented to those in attendance to add to the ever-growing collection of valued information of the past years of these meetings.

Dr. Lester Fagan is planning additional meetings for every Thursday noon and urges that all Osteopaths take advantage of this opportunity of keeping abreast of the modern information. These programs are especially interesting as advance information and value with the program of Dr. Q. W. Wilson on February 14 ahead.

Many Des Moines Osteopathic physicians are already scheduled for programs of the coming months. Those having appeared on previous papers in the endocrine study in its interpretation are: Drs. L. Fagan, R. B. Kale, F. D. Campbell, Faye Kimberly, and Rachel Woods.—(R.B.K.)

Mrs. Rosa Schaeffer—of Grove City, Pa., mother of Drs. E. M., F. E. and L. E. Schaeffer, passed away during sleep, December 27, 1935.

Senior Calendar

Three important dates for the graduating class are nearly upon us. Friday, January 17, the Seniors will play a prominent part in the program of the assembly. The plans for this hour are not complete but the program will consist largely of the presentation of the many honors won by this class during their four year course at the college.

The Senior Banquet given by the trustees for the class will be held at Younkers the evening of January 23rd and the final meeting between faculty and graduating class will be the commencement program at the college auditorium the evening of Friday, January 24th.

Eat Your Spinach

(E. P. Malone, D. O. Miami, Oklahoma.)

During the last few years a great deal has been said and written on the subject of diet. Doctors, dentists and many others are telling us what to eat and what not to eat. If they could all agree it might seem that the secret of health, happiness and long life had at last been discovered and that the famed fountain of youth is in reality a diet list instead of a shower bath.

In the midst of all this ado along comes a poet and adds to the general confusion with the following:

Methuselah ate what he found
on his plate
And never, as people do now,
Did he note the amount of the
calorie count;
He ate it because it was chow.
He wasn't disturbed as at dinner
he sat
Destroying a roast or a pie,
To think it was lacking in
granular fat,
Or a couple of vitamins shy.
He carefully chewed every
species of food
Unhampered by worries or
fears
Lest his health might be hurt
by some fancy dessert—
And he lived over nine hundred years!

Every thoughtful person will be immediately impressed with the implications in this apparently trivial rhyme. If these implications are true then it must be that the importance of diet is being vastly over stressed. Many thousands of people are being fed, in the name of scientific diet, on food substances which are abhorrent to them. Other thousands are being denied foods which they passionately crave and large numbers of self important persons are making excellent livings posing impudently as diet experts who ought to be washing the dishes.

If a man can live for over nine hundred years on T-bone steaks and hot mince pie, as this

reckless poet implies, meanwhile flinging back into the very teeth of the dietitians their green salads and their hand picked bird seed, it is time we knew about it

So it is in the spirit of the earnest seeker after facts that I attempt to analyze his statements for their truth content. In doing this I shall chew to the line letting the quips fall where they may.

The author of this poem is unknown to me, so it will be impossible to bring forward character witnesses to testify either for his general reputation for truth and veracity or the source and extent of his knowledge. The best I can do is subject his statements to such tests as I have. If his statements will not stand up under these tests we are justified in believing that food is diet and diet is nutrition—which is, after all, as I understand it, one of the important claims made by the dietitians.

Let us have a look at his most important statement, that Methuselah lived for over nine hundred years. If this statement is not true then all his other statements are just so much lime juice and it matters little to us what Methuselah ate or whether he ate anything at all. Extensive researches into the sources of information convince me that this statement is true. The record says that "The days of the years of Methuselah were nine hundred and sixty nine years and he died."

Score one for the poet. Let us pass on to another statement: "Methuselah ate what he found on his plate," says this unknown bard. If I admit that this statement also seems to be true, it might seem that I am letting my distaste for dehydrated goats milk get the better of my passion for truth, but wait—I maintain that this statement lacks candor. That it is not by any means the whole truth; that if Methuselah did, in fact eat what he found on his plate, it was because he found there what he had previously ordered the cook, on pain of instant dismissal or some other dire fate, to put there, telling him at the same time just how it was to be fixed up.

Why do I say that? Methuselah was a man of power and influence in the community in which he lived. He was the son of Enoch, builder of the city of Enoch and doubtless its leading citizen. Methuselah was himself, no doubt, President of the Enoch Junior Chamber of Commerce and at least first, second or third vice-president of the First National Bank of Enoch. The local Rotary Club undoubtedly numbered him among its most active members. I suspect he may have been the owner of the town's leading grocery chain. But whether or not he was the proprietor of a food store or was in the cloak and suit business, we can be very sure, having had such a long time to ac-

cumulate pelf that he was rich. As a man of wealth he could afford whatever his palate craved and his judgment dictated in the way of food. Is it reasonable to suppose, I ask you, that a man so situated would submit spinelessly to the whims of a mere cook?

The question then arises was this food suitable for him from the standpoint of balanced nutrition? Of course it was. It is a well known fact that the great dietetic errors are committed by the young. As we grow older we grow wiser dietetically speaking. Let anyone who believes otherwise show me a man even five hundred years old who gnaws the paint off of toys as he did when he was a baby, who munches green apples sprinkled with salt with the honest gusto of twelve years, or who looks upon a pickle, peanut butter and mustard sandwich made by a pretty girl as the heavenly tidbit he thought it was when he was seventeen. Experience is the great teacher in eating as in all else.

I think you will agree with me that good old long whiskered Methuselah had had more experience than most. After more than nine hundred years of plain and fancy gastronomy who wouldn't be a diet expert. The oldest billy goat that ever grew strong on an experimental diet of rusty stovepipe and fresh laundered rayon would be a mere tyro by comparison.

There are other lines of refutation which might be brought forward to put to rout the statements of this brash rhymester but perhaps enough has been said to support my main contention which is that in writing thus about Methuselah our poet leaned heavily on what is known as poetic license, that some of his statements are made out of whole cloth, as the saying is; that he did not know and could not know anything at all about what went on in the dining room of this venerable patriarch. The only record so far discovered relating to this oldest of all human beings is contained in the 25th and 26th verses of the 5th chapter of the book of Genesis. These verses are concerned wholly with a certain other important human activity as anyone can ascertain by reading them for himself and have nothing whatever to say about the subject of food.

The purpose of this paper is to suggest to all who may read it that however deathless and inspiring most poetry may be, that in matters pertaining to diet poets are not to be trusted.

Note: And Methuselah lived after he begat Lamech seven hundred eighty and two years, and begat sons and daughters.
—Genesis 5-26.

(We hope you get as good a chuckle out of this and we did—Editor.)

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President Arthur D. Becker

Faculty Advisor, H. V. Halladay

Editor..... E. Harwood

Osteopathy Without Limitation

Hearing Osteopathy

I wish you could take a walk with me thru the building any morning or afternoon. I know you would hesitate at the door of a lecture room and listen. I cannot be sure of the reaction in your case but in mine there is a feeling of pride. I am sure that you enjoy hearing a discourse given in a tone of confidence with the gradations of the voice of the speaker indicating a thorough knowledge of the subject. Not the tiring monotone of the reader of an essay but enthusiastic vocal blasts from an authoritative source.

You would be interested in hearing how Osteopathy is applied in the subjects that for the moment seem unrelated. You would or should be deeply interested in hearing from the several members of the faculty the interpretation of the Osteopathic concept applied to those subjects that are basic in Osteopathic practice and peculiar to our own teachings. True, you must see technic, but you must also hear of the underlying principles of this subject for a complete understanding of what is being attempted. The ears must be tuned to the theories of Osteopathic practice and this knowledge stored for use later on in the demonstration of this practice in the method of treatment.

Between classes, at the frat house and going down the street after school the arguments are often heated, which is certain evidence that those taking part in the discussion have been hearing Osteopathy.

Are you willing to listen? We will wager that some of you in the field would be glad to again have these lectures offered to you and the second hearing would in many cases be more attentive than the first.

Students in any college now need to keep themselves in an attentive mood. Knowledge can never be taken from you, it can not be blown away nor burned.

You who are graduating have been hearing about Osteopathy for four years and at the present writing you are perhaps a little bored, but you will be back and will want to hear more.

And may we ask you to let us hear from you.

—E. H.

Dr. J. J. Dunning—
of London, England, sent us some interesting information from a very authentic source, relative to the situation there.

Board and Faculty

The regular meeting of the Board was held January 6th, starting the new year out in new and enlarged quarters. The re-arrangement of the office of the secretary has made an ideal board room.

Matters in regard to the graduation of the January class and the standing of certain students and applications occupied the entire attention of the members.

In his remarks to the faculty, which met immediately following that of the Board, Dr. Becker stressed the importance of the ruling recently made by the Board in regard to final examinations.

Professor Owen spoke to the group on the subject of Evolution, offering an outline of the subject that was comprehensive. The speaker did not attempt to set any definite dates limiting the accepted eras of development, but he did convince his audience that Evolution is a fact and not a theory.

Dr. Q. W. Wilson To Speak

Dr. Q. W. Wilson of Wichita, Kansas, will be the guest of the Polk County Osteopathic Society on February 14, at which time he will discuss endocrine problems that confront the physician.

Dr. Wilson, an outstanding authority on the endocrine system, will devote the afternoon to problems relating to the child. This will include hereditary conditions and the treatment relating to the mother and the child. The evening will be devoted entirely to the adult problems with valued information relating the various endocrine of the adult system. During both programs Dr. Wilson will present interesting slides illustrating many cases and various phases of these cases.

Any doctor attending the program is invited to bring cases for consultation and clinic observation which will constitute part of the program both afternoon and evening. Those attending will thus receive a valued practical program demonstrating various cases.

The Polk County Society at this time is issuing a state-wide invitation to all doctors and their families to attend this meeting at the Chamberlain Hotel which will start at two-thirty in the afternoon. A program is being arranged and another delightful dinner is planned between the programs.

Further notice and detailed arrangements will appear in the Des Moines papers at a later date.—(R.B.K.)

Mike San Fillipo—

of the Senior class is confined at his home in Milwaukee with pneumonia. The latest report is that he will be back in school in a few days.

Dayton Honors Students

Several students from the college who were spending their Christmas vacation in Dayton, Ohio, were among the honored guests at a luncheon given by the profession of that city, Monday, December 30th.

Drs. Louis, Dilatush and Mr. Woods entertained the group, recalling their association with the Old Doctor.

The several students report an excellent meeting and have expressed their appreciation of being privileged to meet with the profession in Dayton.

Dayton and other cities are creating an Osteopathic atmosphere among our students of Osteopathy by initiating these get-together affairs. We congratulate the Dayton society.

Detroit Osteopathic Dance

The Detroit Osteopaths and students had a merry reunion at the annual Christmas dance given by the Women's Osteopathic Auxiliary, December 28, at the Wardell Hotel. A grand march initiated the activities, after which the officers of the Detroit Association and the students of the various colleges were introduced. Des Moines was well represented, approximately fifteen students being present.

Circle dances mixed the groups and enabled everyone to become better acquainted. All had a very enjoyable evening and the students especially will look back upon it as one of the happiest events of the vacation period.—(H. H.)

Dad Platt and George Webster

Many come and go. Few leave anything of value as the result of effort expended during the brief stay. This is not true of two members of our profession who failed to start the new year with us. We honor both of these men for they were leaders and teachers within our own ranks. Both are beyond the reach of these feeble words and I am sorry. Dad and George each inspired me in their own way. They each contributed to my success, if it may be called that, for they did not always agree with me and we enjoyed many hours and letters milling over theories and facts. I shall be one to remember them always for they inspired me to work just a little harder than I would have done.

Dr. Reginald Platt, Sr., died December 24, 1935.

Dr. George V. Webster died December 30, 1935.

—(H.V.H.)

Dr. Stanley Evans—

of London, Ohio, announces the birth of a son, Evan C., on December 5, 1935.

New York News

Demonstrating the early and broad interest taken by Osteopathic physicians in the Fortieth Annual Convention of the American Osteopathic Association, which will be held in the Waldorf-Astoria in Hotel, New York City, next July, is the fact that registrations have already been received and official notice has also been received of the coming of a delegation from England. It is peculiarly interesting that various applications have been already received by the hotel from those who this early are giving thought to their Convention budget. Room charges submitted by the Waldorf-Astoria and forwarded to inquirers have been regarded as reasonable.

It has been recommended that the delegates and their friends stay at the Waldorf during the Convention as it will be the official headquarters and the center of all activities. Those who wish lower-priced accommodations, however, may rest assured that they can be comfortably and satisfactorily accommodated in any one of several hotels in the immediate vicinity of The Waldorf. Indeed as New York is regarded as a city of great hotels, accommodations can be found which will meet the purse, the needs and the inclinations of any Convention visitor.

In the immediate vicinity of The Waldorf are such hotels as:

The Barclay, 111 East 48th Street.

The Biltmore, Madison Avenue & 43rd Street.

The Chatham, Vanderbilt Avenue & 48th Street.

The Commodore, Lexington Avenue & 49th Street.

The Roosevelt, Madison Avenue & 45th Street.

The Shelton, Lexington Avenue & 49th Street.

Tatham House, Y.W.C.A. (for women only), 138 East 38th Street.

Extended information in relation to these and other hotels can be obtained by addressing the Chairman of the Committee on Hotels and Reservations, Dr. Daisy Fletcher, Hotel Lincoln, Eighth Avenue & 44th Street. Service is offered in this manner and will be gladly given by those in New York City who already are laboring unceasingly to assure a record success in next July's Convention. Troublesome questions will arise in the minds of those who plan to attend, or hope to attend, the Convention. There should be no hesitation in making those questions known. Co-operation is assured, but obviously the individual will be expected to make his or her own reservation.

Helen M. Dunning, D. O.,
Chairman, Public Relations
Committee.

Dr. Howard Cook—

of Rapid City South Dakota, dropped in to say "hello", January 6th.

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THE LOG BOOK

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Volume 13

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Number 2

Senior Graduation

The final step in the making of doctors is the ceremony known as commencement. This event for the class of January, 1936, took place Friday evening, January 24th at the college auditorium. Altho an extremely disagreeable night tried to discourage the many friends of the class, the auditorium was well filled and those present enjoyed the following program:

Processional March Lenore Mudge Stull
Invocation.....Dr. L. P. Fagen
Song.....Mr. Herbert Gould
Address..... Dr. D. W. Morehouse
Song.....Mr. Herbert Gould
Presentation of Class.....
Dean J. P. Schwartz, D. O.
Conferring of Degrees.....
Pres. Arthur D. Becker, D. O.
Recessional March Lenore Mudge Stull

Dr. Morehouse, president of Drake University, gave a most profound address, "Science and Man" which stirred the audience to the realization that we are indeed living in an age of science and those things in life that have a true scientific basis are well worth while.

Mr. Herbert Gould, Dean of the music department of Drake University, sang "Light" and "The Blind Plowman", displaying both his excellent voice and dramatic talent.

Following the program the graduates met their friends in the reception room, where all were congratulated and given good wishes and hopes for many years of successful practice.

Freshman Assembly

The second assembly of the term is for the purpose of introducing the members of the new class. This occurred February 7. The class is not extremely large but is unique. Membership from down south is very noticeable. One member from Georgia, one from Texas, and one from California has made us wonder if they came up to Iowa to avoid the heat of the south. If that was the idea, they certainly came at the right time, for since the organization of the new class the temperature in Des Moines has not ventured above the zero mark.

From the way they have started off we predict another fine group of doctors will be graduated in January, 1940.

... Introducing ...

Dr. H. V. Halladay



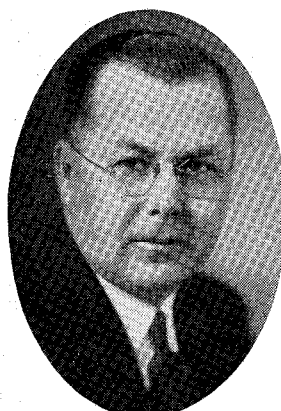
Professor of Anatomy, Osteopathic Mechanics, Orthopedics and Director of the Anatomical Laboratory.

For a good many years you have been introduced to Dr. Halladay at national and other osteopathic meetings all over the country. It is not necessary for us to tell you of his specialty, since he is known as the dean of osteopathic anatomists. His research work on the spine is well known and his recent correlation of the treatment and care of athletes has attracted attention from coast to coast. For the past twenty years he has been a teacher in the profession, beginning with the A.S.O. in 1915 but for the past eleven years associated with Still College.

Dr. Halladay was born in Missouri but claims for climatic reasons that he is a native of Arizona or any other state that boasts of a warmer winter season. His hobbies are home movies and all of the National Parks and Monuments in the Southwest.

Dr. Halladay is also well known for the active part he takes in fraternity affairs. At present he is Grand President of Sigma Sigma Phi, member of the Grand Council of the Atlas Club, and Secretary of the Interfraternity Council. At the New York Convention he will be in charge of registration of all recognized osteopathic social and honorary organizations.

Dr. J. M. Woods



Professor of Pathology, Osteopathic Therapeutics and Applied Anatomy.

Almost in the class of an old timer but still showing a youthful face and figure, we introduce one of the most versatile members of the faculty. Dr. Woods has been shunted around from pillar to post and during his twelve years service as an instructor in the college has taught nearly every subject. At present he is majoring in Pathology but dips into his old first love of Anatomy each day.

Dr. Woods gives the college his mornings which are well filled with lecture work, but in the afternoons you will find him in his office down town where he conducts a general practice. He is an excellent speaker and punctuates his remarks with bits of wit that will go over your head unless you watch closely. You will enjoy hearing him at the New York convention where he will be a member of the team sent from Des Moines Still College.

We are glad to report that he has recovered from a recent illness that kept him from his work the greater part of the past semester.

Dr. Woods is active in association work, having filled at various times all of the offices of the Polk County Society.

Looking Ahead

Some one has said, "We have no way to judge the future but by the past." January 29, 1936, marked the thirty-third anniversary of the day when the writer of this article graduated as an Osteopathic physician . . . I took considerable pride in that occasion. It occurred right here in Des Moines, Iowa, in the very same institution with which I now have the honor to be associated. It was then known as the S. S. Still College of Osteopathy. I am even more proud today of these years of affiliation with the Osteopathic profession and with Osteopathic institutions and organizations.

I have seen the osteopathic profession develop from small beginnings into the strong, virile and worthwhile profession it is today, respected by the public and recognized by the law making bodies of our land. In these years Osteopathy has contributed largely to the welfare and happiness of millions of our fellow men. It has called to its ranks many thousands of well trained individuals with high ideals of humanitarian service. It has occupied a large niche in the onward march of human progress.

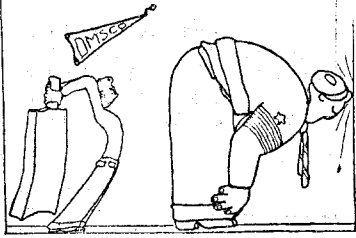
The future holds even greater opportunities. We need only vision and more compact organization to reach new heights of accomplishments. To realize our potential possibilities we must continue to grow in numbers and to even further improve in the quality and character of our work.

What can Des Moines Still College of Osteopathy do to forward osteopathic progress? Our program of development is directed primarily toward capitalizing our resources in our large and comprehensive clinic. The best way to learn is to learn by doing. Our clinic resources far exceed our capacity in student man power to care for them. The ambulant clinic, the acute diseases clinic, the obstetrical clinic, as well as the clinics in the various specialized fields are all making demands beyond our physical capacity to answer. We need to double our student enrollment in order that we may capitalize our resources in this outstanding teaching clinic. We plan that 1936 shall mark the time when we shall move definitely forward toward this constructive contribution to osteopathic progress.

We solicit your cooperation.
—Arthur D. Becker, D. O.

Hear These Men In New York At The National Meeting In July

FRATERNITY NOTES

ATLAS CLUB
(Leigh Beamer)

With the beginning of a new semester we find the boys still busy holding post-mortems over their finals.

The semi-annual Senior Banquet was held January 17 at the Savery Hotel. Two members were lost by graduation. To Carl Scheffold and Casey Jones we wish the best of success and hope to hear from them frequently.

Dr. J. Robert Forbes was a recent visitor at the House and attended the semi-annual banquet.

We take great pleasure in announcing the pledging of Milton Mauthe of Marietta, Georgia. We hope he enjoys the Iowa climate.

We were pleased to have E. L. Hansen of Sheridan, Wyoming as a guest of the Xiphoid Chapter.

New officers of the Xiphoid Chapter for this semester are: DeWitt V. Goode, noble skull; Don Evans, occipital; Harry Stimson, pylorus; Leigh Beamer, stylus; Harvey Bridenstine, sacrum; and Robert Dawe, receptaculum.

Pledge Barry recently spent a few days at his home in Wahoo, Nebraska.

Pledge Hagy's trip to Chicago still remains a mystery. She must be gorgeous!

The basketball team is still undefeated to date and has high hopes of retaining the trophy for the third consecutive year.

Brother Schiffer is very busy scooping Iowa coal during this Arctic winter.

WIGITS: Pledges seem to like scooping snow . . . Young will clean most anything . . . Monroe is overworked . . . Is Evans married???? . . . Ford is in love . . . Is Gus growing old? Dawe is worried as he got only five letters in one week.

NOTICE—Will trade good used drum for overcoat—See Gerlach.

IOTA TAU SIGMA

After we have all chuckled over the pictures in the old "Family Album" of our grandparents in their odd clothes—wouldn't they get a kick out of our raiment these mornings on arriving at Sixth & Center. Ear muffs, Scotch caps, good old four-buckle arctics, — all very, very much in evidence.

Dresser takes the prize with the ear gloves, a scarf worn Arab style and no hat—a little Boston touch in that get up or is it Boston a little touched?

By mutual agreement our monthly get-togethers have been postponed for the time being.

At our last one Dr. Becker was our guest of honor and favored us with a delightful sketch of Dr. A. T. Still's life, taken from his own intimate contacts with the revered founder of our profession. Needless to say that evening will remain a high spot in our college memories.

We sincerely hope that Iowa's famous, or would you rather, infamous weather will revert to normal soon so that we may once more enjoy these meetings.

Rumors of strife from the culinary department of Jerenson, Boston and Daniels. Swampy insists on Corn Pone; Jerenson never did have anything but Lutefish in the Northern Minnesota days; and Boston sticks to Mississippi Cat-fish. There is a problem.

St — (beg pardon) — Gene Beghtol had occasion to visit an optometrist this last week. Used to be that Gene carried a spare set of cheaters for heavy going but they failed to show up in this last emergency.

Gerow had a letter the other day, via dog team and sled, from Northern Michigan, asking if the violets were out down here as yet. Seems as though the folks up that-a-way heard it was only 15 below here in Iowa and thot the heat wave had hit.

Pohl and Happel are in favor of Ohio rejoining the United States, now that election campaigns are starting. They figure that the politicians will generate enough hot air to keep even that state warm.

Time for the scribe to start running—never did like this job anyway.

PHI SIGMA GAMMA
(J. J. Herrin)

Dr. F. E. Hecker, graduating member of Delta Chapter, was the guest of honor at a dinner held January 30, at O'Malley's Tea Room. Walter Irvin acted as toastmaster, introducing Dr. J. R. Shaffer and several chapter members who made short talks. Dr. C. W. Johnson, honorary member of Delta Chapter gave a very inspiring talk on "Idealism", applicable to those in school and out. We will miss Dr. Hecker's active membership, interest, and participation in chapter activities. As President of this chapter he set a noteworthy example for actives and pledges alike in his enthusiasm for the furtherance of Phi Sigma Gamma ideals, and we predict the maximum of success as he assumes his new position at Still College.

Delta Chapter announces the pledging of Office Sharp, Texarkana, Ark., a freshman, and Eldon Corey, Big Rapids, Mich., a sophomore. Jean LaRocque is also a new member of our household, having transferred from the Los Angeles College.

Phi Sigma Gamma defeated the non-frats last week, 19-9. Pledge Sharp, new addition to the team, dropped the ball in from all angles.

Things I've Noticed: Kogut at his ironing board; Miller at

the telephone; Hoefler looking for a Van Dyke; Dunham and his wool cap; Blanding going hatless; Tex and his accent; Kitchen in his white gown; Owens and his "tsk-tsk"; Everyone muttering while pushing Fords; Old-time music before study hours; Fischer and his likable chuckle; Exclamations about the weather!!

Chapter activities have been very limited the past month due to the sub-zero weather. The house is nearly hidden by the drifts, and our cars, if they start at all, do so by being pushed down the Grand Avenue hill. A minimum of fuel is being used, some rooms being shut off to save expense. The upper classmen seem to suffer the most—many having to abandon their cars and wade thru drifts to reach their patients.

So, unless snowed in completely, I'll be seeing you next month.

PSI SIGMA ALPHA
(Dale Crews)

The regular business meeting of the Gamma Chapter of Psi Sigma Alpha was held January 3, and election of officers for the year was held. Ralph Deger was elected president; Alan Becker, vice-president; Myron Bos, treasurer; Robert Campbell, secretary; and Dale Crews, editor and reporter.

On Tuesday evening, January 21, Psi Sigma Alpha held a banquet at O'Malley's Tea Room, in honor of our graduating member, Freddie Hecker. Dr. A. D. Becker was the speaker of the evening, giving a very interesting and appropriate address.

The chapter extends its congratulations and best wishes to Dr. Hecker and are pleased that he plans to remain connected with Des Moines Still College and with the chapter for some time. Dr. Hecker had the honor of having his name engraved upon the Psi Sigma Alpha plaque for high scholastic honors.

SIGMA SIGMA PHI
(D. E.)

The basketball tournament has progressed to the half way mark and at the present time the Atlas Club is leading, followed by the Phi Sigma Gamma, then the non-frats. Atlas having won all of their games, while the Phi Sigs have lost two to the Atlas and won two from the non-frats, who have not won a game up to the present time.

Altho only three teams were able to enter the tournament this year, we believe that it has been enjoyed by enough of the student body to assure its continuance.

Each team has two games left to play. The Atlas Club will play the Phi Sigs on Thursday the 13th, at the Jewish Community Center at 9:30 p. m. The non-frats and Atlas will meet on the following Thursday and Phi Sigs and non-frats will end the season with their game on the 27th of February, at the same place and time mentioned above.

Senior Class Day

The last assembly of each term is given over to the graduating class for two purposes. The class makes its final bow to the student body and the trustees salute the class with its earned honors in the several departments. This program was given January 17th and fully enjoyed by the entire student body and many invited friends of the class.

"A Little Bit Independent", dedicated to the class, was the initial offering by the orchestra. This was followed by a quartette of boys from Roosevelt High, accompanied by Miss Larson, their instructor. Their numbers were well selected and showed both talent and training. The boys and Miss Larson are to be congratulated.

Max Krentz of East High, accompanied by Miss Kurtzwell, sang two solos and made a decided hit. His voice is exceptionally well placed and his rendition of both semi-classical and popular numbers far above the average.

Verne Wilson, class president, and only survival of the original group entering four years ago, next took the speaker's stand and representing the class, expressed their appreciation of the association for the past four years.

Art Montgomery felt inspired to read the "Doctor's Litany", which was applicable on such an occasion. He then called Dr. Arthur Becker to the platform and presented him with an enlarged photograph of the president of the college.

Dr. Becker was just a little moved by this unexpected gift but soon recovered from the shock and responded for the college.

An emergency operation at the hospital prevented the Dean from making the class awards for the college so President Becker officiated, presenting to the various members of the class, certificates earned in Obstetrics, Clinic, Anatomy, and other departments of the college.

The Sigma Sigma Phi award for proficiency in Osteopathy was given to Arthur Montgomery, and the award for service to the college to Fred Hecker. Verne Wilson won Dr. Marshall's award for service in the Eye, Ear, Nose and Throat department.

Dr. Halladay acted as master of ceremonies and led the orchestra in the final number, the "Bye, Bye Blues", also dedicated to the class.

"Modern Miracle Men"—

is the title of the story in the February issue of Cosmopolitan that most of you have read. If not get a copy and put it on your office table where others may have the opportunity. Rex Beach has presented the story so it cannot do anything but make a deep impression on any reader. We thank Rex Beach and the Cosmopolitan.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President Arthur D. Becker

Faculty Advisor, H. V. Halladay

Editor..... E. Harwood

Osteopathy Without Limitation

Feeling Osteopathy

Very few possessors of the five senses fully appreciate them. It is in only thru the loss of one or more that they are emphatically brought to our attention. The slight dimming of one will send us to our doctor or a specialist for advice which may be too late. We little realize the use these sensations have been in developing our education and those of us who possess the full complement cannot know the extra effort some must make with one or more not functioning. We realize, if we stop to think, that a student should be able to see. He must read, use the microscope and put his eyes to various uses in gathering the essential knowledge for his vocation. He also must be able to hear the words of his instructor, to listen thru the stethoscope and use his ears in many ways in diagnosis. What about feeling?

The student of Osteopathy must train this sense to greater acuteness than almost any other class. Every day in our college work we hear about the "feel" of some particular object. To bring a student to the full realization of the importance of this sense his education must be initiated early.

In the second year of the course the student begins to palpate the more prominent bony processes. In order to develop into an expert diagnostician from our standpoint we must be able to feel and appreciate the movement of joints. It is therefore necessary for each to be able to locate certain landmarks used as indicators in determining the extent of movement. This leads to a diagnosis of the lesion and a classification of it also. We feel things that we cannot see. We many times have to feel thru clothing and in order to get to deep bony prominences are often compelled to feel thru thick superficial tissues. Many ligaments must be felt also.

Muscles have a certain feel to them when normal and again a very different feel when pathological. This is brought out in technic and in the care of athletes in the Junior year. It is a difficult idea to convey and cannot be learned by any other sense except that of touch. We must also get the feel of organs. We must know their position and density normally and then when we recognize thru the sense of touch a difference, it conveys the information that something is wrong.

Board and Faculty Meeting

A blizzard may be something that is inside a chicken, but it was not that kind that caused the postponement of the Board and Faculty meeting this month. A real old fashioned storm moved the date from Monday the 3rd, to Wednesday the 5th, and even then some members of the faculty had not dug out.

The new term having started with the details of the work of the past semester recorded, the work of the board was lightened for once. The standing of a few students, the rapidly approaching national convention and some equipment changes were disposed of early.

The faculty meeting which follows the meeting of the board opened with Dr. Arthur D. Becker presiding. Dr. Halladay asked for a few minutes to announce the preparation of a new catalog and urged the faculty to hand in their suggestions before a given dead line.

Dr. Cash, our roentgenologist, was given the floor and by means of a view box and thirty excellent X-Ray plates instructed and entertained the group for over an hour. Dr. Cash brought out the important fact that an X-Ray picture is a double protection. It establishes the condition of the patient at the time and is a basis for the treatment which up to the time of the picture may have been of the wrong type.

His collection of oddities in X-Ray compare with any other collection anywhere in the country. An up-side-down stomach, a complete reversal of the organs, many queer bony freaks, both congenital and acquired and several rare pictures where the plates showed pathology in a region and of a tissue not suspected in the primary examination.

If you are wise you will keep in touch with a good X-Ray laboratory.

Thruout the Senior year the student is unconsciously refining this sense. He begins to realize the things that have been brought out in the several classes leading to the diagnosis and the plan for treatment. He now automatically registers these sensory impressions and with less effort selects the proper manipulative technic for the finding. This is putting his education to work.

We cannot stress this important phase of teaching too much. At Des Moines you have the opportunity to practice this feel to the point of expertness thru the great quantity of patients in the clinic. You learn largely by comparison. The greater the number of patients you see, hear and feel, the more expert you will become in your diagnosis and treatment.

Osteopathy cannot be taught by mail. You have to feel it. —(E.H.)

Osteopathic

On September 18, 1935, a Mr. M. S. came into the clinic for examination. He is 15 years of age, 5 ft. 11 in. in height, weight of 123 pounds, and of American birth. He has no occupation.

Present complaint: Paroxysms of coughing, ending with weakness, vertigo, exhaustion, nausea, vomiting, and epistaxis. Attacks were asthmatic in character. Constant headaches, insomnia, and constipation during the periods of attacks. Slight cold precipitates the attacks which usually last two months. Attacks present since the age of 18 months, lasting from two to three months each time. During the summer months only mild attacks occur. Unable to attend school due to severe coughing. Impossible to do any work or to participate in activities.

Childhood History: Whooping cough at the age of 18 months. Paroxysmal coughing dates from this time. Chicken-pox at six years. Tonsillectomy, 1930.

Habits: Dietary habits negative. Functional habits revealed a sluggish bowel, poor sleep and poor posture.

Previous Diagnosis, Treatment and Results: Chronic Bronchitis. He had been under the observation of many doctors for several years. Serum injections, and internal medication of many varieties were of no benefit. Drainage of mucous bronchoscopically gave temporary relief.

He was examined by Dr. Facto. Temperature 100 (oral) Systolic pressure 138, Diastolic 97. Heart was negative. Some rales on both the right and left side. Abdomen and Neuro-muscular was negative. Osteopathic examination revealed a 2nd cervical and a 3rd cervical lesion. The 3rd and 6th dorsal were in lesion and a limited motion of the ribs. Some tension over the right sacro-iliac and scoliosis to left in lumbar and lower dorsal were the other findings.

Urinalysis and Sputum analysis was negative.

X-ray report was negative as tuberculosis but showed an involvement of the bronchial tubes with some emphysema.

Diagnosed as Chronic Bronchitis (asthmatic in character.)

Treatment was instituted the same day but coughing was so severe and persistent that only some lifting of the ribs, muscle relaxation, and correction of the cervical lesions could be done. Patient told to report twice a week. After the first treatment the headaches disappeared, the coughing was only persistent at nights, and longer periods of sleep with no more epistaxis or vomiting.

During the third treatment it was possible to stimulate the liver and spleen as well as correct the dorsal lesions. The lymphatic pump was employed and the ribs were put through some motion. The entire dorsal and cervical area received special emphasis. After this treatment the cough-

On to New York

The entire registered attendance at the American Osteopathic Convention in New York next July, which may number twenty-five hundred, thus breaking all records, will be guests of the Osteopathic profession of New York on a visit to the United States military academy at West Point. The finest boat on the River, and the newest member of the Hudson River Day Line fleet, has been placed under charter for that occasion. The boat is 240 feet in length and 60 feet in width. It is of 1721 tonnage, and is licensed to carry twenty-seven hundred passengers, thus making certain the comfort of all. The boat has four decks, one of which will be reserved for music and dancing.

Start will be made from the pier at the foot of West Forty-second Street early in the afternoon of Wednesday, July 22nd. The boat in its passage up the Hudson will make it possible for all to see and appreciate the many and great beauties of the Rhine of America. Before passing under the new "Eighth Wonder of the World", the George Washington Bridge, those on the boat will have an opportunity to observe nearly the whole shoreline of Manhattan Island, not forgetting that skyline which has been completely rearranged since the last convention of the American Osteopathic Association was held in New York in 1923.

The trip up the river will include views of the famous Palisades, many points of historic interest, Sleepy Hollow, Major Andre's house, Ossington and the famous Sing Sing Prison and Bear Mountain.

West Point, the objective of the trip will be open to your inspection of the many features of interest from early Revolutionary times up to the present.

The start on the return trip will be made at an hour which will permit all of the beauties of the Hudson River to be seen at their best at night. Supper will be served on the boat, and, as has been said, one deck will be reserved for moonlight music and dancing.

ing and expectoration began to diminish and the patient began to gain weight.

This was continued twice a week until the end of five weeks (ten treatments). The patient has increased his weight from 123 pounds to 135 pounds. All coughing, expectoration and other symptoms were gone. He has been working outdoors for one week with no dyspnea or exhaustion. No rales present on either side. It was recommended that Osteopathic treatments be continued over a period of time, due to the chronicity of the disease. This advice was followed and the patient continues to gain weight, being 144 pounds on November 5, 1935.

DeWitt V. Goode,
(Student Physician).

I. O. A. Bulletin

The Spring Circuit and the May Convention. Plans for each under way, but at this writing nothing definite can be stated, except after much difficulty the dates of the May Convention have been set as May 14 and 15. Dr. W. C. Chappell, program chairman, has had much to contend with this year and has had to start over, due to the fact there will be no other states on the Iowa Circuit this year. Our program talent will be Iowa's alone and with at least two speakers new to Iowa, we will be insured of a fine program, one from the sunny south and one from the wild and woolly west.

Mrs. Burl D. Elliott of Oskaloosa is chairman of the department of Public Health and Education of the Women's Auxiliary and informs us she now has on hand material on the subject of "Posture" that will be available for women to use in their local organizations — such as P.T.A. Any women writing Mrs. Elliott may secure this material for their use.

A convenient remittance card for Auxiliary dues was recently sent out by the Auxiliary Treasurer and it is hoped all wives and others entitled to membership will make early remittance of dues. Dues in the Auxiliary are fifty cents a year and should be forwarded to Mrs. F. A. Gordon, Marshalltown, Iowa.

It was only upon sending out the last form letter to the Iowa membership within the past month that we learned of the death, December 18, of Dr. J. S. Baughman of Burlington. Dr. Baughman, in his 76th year, was one of the oldest practitioners in Iowa and one who will be missed from conventions, few of which he ever missed.

Dr. Baughman, we are informed, suffered a stroke in November.

Paul O. French, D. O.,
Secretary-Treasurer.

Dr. Ella Still—

now residing in Des Moines with her son-in-law and daughter, Mr. and Mrs. Guy Brunk, enjoyed her 80th birthday February 8. Her daughter, Mrs. Brunk, invited ten of her old friends in for dinner. A special birthday cake was cut according to custom, following the meal. The extreme cold of the winter in Des Moines has kept Dr. Ella in most of the time but she is to be congratulated in arriving at the eightieth milestone in such good health. Her many friends in the profession extend their best wishes and hopes for many more happy occasions of this kind.

Drs. W. C. Brenholtz, R. P. Perdue and E. J. Cunningham—will officiate over the group in and around Flint, Mich., for the next year.

Senior Banquet

Each term the trustees of the college entertain the graduating class at a banquet. Younkers, with music in the background and sweet cinnamon rolls in the foreground, makes a convenient, comfortable and pleasing setting for such an affair. With the exception of the president of the class, the group attended in toto, the president being detained at home with threatened flu. The faculty and wives filled the remaining places at the long table.

Dr. Arthur D. Becker, president of the college, officiated and, after announcing Freddy Hecker as having won the distinction of valedictorian and the privilege of having his name engraved on the Psi Sigma Alpha Honor Roll, called upon several members of the faculty for short impromptu talks. Dr. J. P. Schwartz, Dean of the college, reminded the graduates of their obligation to their Alma Mater. Dr. Becker took as his theme the opportunity offered to qualified graduates of our science. Freddy Hecker, acting for the absent president, responded in behalf of the class.

Not only were the rolls appreciated but the entire menu, including the several talks, left the group with the remembrance of a most pleasant evening.

Faculty Assembly Jan. 31

The first assembly of the semester is always given over to the faculty. The group being aware of this usually make it a point to have extremely important business elsewhere, so it is always with considerable difficulty that we are able to get more than half of the teaching staff on the platform at that time.

Dr. Halladay opened the assembly with a number by the orchestra and then introduced President Arthur D. Becker.

Dr. Becker welcomed the new students and congratulated them on selecting Still College for their four years of work in Osteopathic training. He also spoke of the progress of the college during the past six months and emphasized the fact that the board and faculty are continually working to improve each department.

Following Dr. Becker, Drs. Facto, Woods, Fagen, Gordon, Callison, and Fisher were each given a few minutes. Considerable merriment ensued when Drs. Facto and Callison clashed on the subject of extending the assembly hour in order to avoid meeting classes afterward. It would be unfair to tell which side each took on the question.

The assembly closed with a number by the orchestra.

Dr. C. Stanley Green—has opened offices at 52 Jefferson, Road, Princeton, N. J.

On Foot

Dr. John H. Styles of Kansas City and former member of the faculty of Still College, honored us with a visit January 21st. Dr. Styles explained the principles of foot technic in a very clear and concise manner and contributed greatly towards clarifying the complexities of the foot mechanism. We sincerely hope that Dr. Styles will make frequent visits to Des Moines and that he will not be too busy to come up and see us again some time.

Mark Twain Said . . .

"Everybody talks about the weather, but no one does anything about it", and that has been the situation in Des Moines for over a month. We suppose you have read the papers or maybe you have been having some of the same product from the storehouse of Old Man Winter. So far, even with an acute coal shortage in the city, we have been able to keep the institution going and altho the first class is not always started on the bell, the lecture work soon gets under way and the day progresses as usual.

The boys out on OB and acute cases have had some harrowing experiences and since many of these cases are among the needy class in the city, they have lived thru scenes that will be retold many times thru their years of practice.

At present we are all in favor of moving the college to some city nearer the Gulf. But when Spring comes (if it ever does) we will change our minds—for Spring in Des Moines is something altogether different.

. . . Flash! . . .

The coal shortage finally has us by the neck. We will be compelled to run on a part time schedule for a few days until more roads are cleared so the miners can get to work and the coal can be taken out. . . . Dr. J. E. Rogers, the official inspector for the A.O.A. will be with us this week, accompanied by Dr. Blauch. The visit originally planned for the first of the week was postponed due to rerouting and storms. We will be happy to show these gentlemen the improvements made in the college since the last visit. . . . Dr. Q. W. Wilson of Wichita, Kansas, will be the guest of the Polk County Society, Friday the 14th. He will meet with the student body at assembly and we are looking forward to his discussion of the endocrins.

Drs. Richardson—of Austin, Minn., report the arrival of Margaret Elizabeth on Jan. 20th.

Dr. M. G. Hunter—has a new address in Leesburg, Fla. He is in the Cragor Bldg.

Dr. Becker At Detroit

It is always a pleasure and an inspiration to meet with a group of osteopathic physicians, to greet old friends of many years standing and to have the opportunity to make new ones. On Saturday, January 18th, I went to Detroit, Michigan, and talked to the Detroit City Association on the subject "Osteopathy in the Field of Prophylaxis". A sumptuous dinner was served in Detroit's beautiful hotel, the Book-Cadillac, where later in the evening the meeting was held. In spite of a stormy evening and the fact that the date of meeting was changed to suit my convenience, more than fifty physicians were in attendance.

I heard splendid reports of progress regarding the Detroit Osteopathic Hospital. More than one hundred and thirty osteopathic physicians patronized the hospital during 1935, which is a fine indication. Osteopathy in Detroit is making real progress as a result of live-wire initiative and active cooperation. On the way going and returning I took occasion to look in at the A. O. A. offices in Chicago, where I found a most wholesome and organized activity.

—Arthur D. Becker, D. O.

Dr. H. V. Halladay—

is driving a new Buick Coupe but with the snow two feet deep in Des Moines, he is not making any new speed records.

Dr. Larry Boatman—

of Santa Fe, N. Mex., is getting out a very interesting state newspaper. That bunch is coming to life.

Dr. Paul V. Wynn—

of Albuquerque, New Mexico, is giving weekly health talks over the radio. Those of you who know Paul will be glad to hear of his improvement in health.

Dr. Leo Sturmer—

of Shenandoah, Ia., broke into the news with the statement that this winter, an obstetrician needs a shovel also.

Dr. Orville E. Rose—

of Des Moines made the front page with an OB case that was delivered at the Savary Hotel. The Register carried an eight inch single column item and a two-column photo.

Dr. R. P. Ogden—

of Kennard, Nebr., was listed in both the Omaha Bee and the World-Herald for his heroism in fighting the elements. He successfully brought a case of appendicitis from a snowbound farm home to the hospital, using a sled to the main road, where an ambulance was waiting.

Dr. R. B. Kale—

recently entertained the bridge club of the Kiwanis. Over 40 members of the organization enjoyed an evening at Ray's new home.

Dr. H. J. Johnson

of Waverly, Kans., announces the birth of Marcia Lou on Jan. 26th.

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 13

MARCH, 1936

Number 3

Drs. Rogers and Bauch

February 12th and 13th, the days planned for our annual inspection dawned, but not warm and bright. Threatened with a coal shortage the boiler at the college developed a fistula in its maze of pipes and necessitated a shut-down of the plant for one day. Plans were hastily changed for the 12th but enjoyed by all.

The faculty relished the opportunity of an informal luncheon with Drs. Rogers and Bauch held at the Ft. Des Moines Hotel. Good humor prevailed at the table and miraculous as it may seem the few talks were short and to the point. The inspectors spent the day at the hotel receiving the members of the faculty at stated hours and going over with them the work of the past year and changes anticipated in the near future.

Altho the temperature outside continued at the same low reading the boiler was fixed and the college opened for the second day of inspection. Classes were on as usual and Drs. Rogers and Bauch made their rounds viewing them at work, and meeting the instructors on more familiar ground.

We were glad indeed to have
(Continued on Page 3)

Atlas Bulletins to A.O.A.

For the past several years Dr. Halladay, acting for the Executive Council of the Atlas Club, has been collecting copies of the Atlas Bulletin. Thru contributions from many in the field a complete set was finally assembled, bound and sent to the A.O.A. Dr. R. C. McCaughan, secretary of the association, has acknowledged the set with many thanks from the association and the assurance that this file of the Bulletin of the Atlas Club will take its place among the archives of the association.

The Atlas Club being the oldest of the osteopathic organizations contributed largely to association work and was especially active in the beginning of osteopathic organization. Its Bulletin at one time approached the official organ of the association in size and circulation. As the association grew and developed the Atlas club dropped the publication of a bulletin carrying technical articles, freeing its writers for a greater service to the profession as a whole.

The set is made up into six finely bound books that would grace any osteopathic library.

Post Graduate Week, June 15 to 20

* * *

A week of practical lectures and clinic presentations in Osteopathy, Surgery, Diagnosis, Proctology, Eye, Ear, Nose and Throat, Obstetrics, and Gynecology.

No Charge to Attending Physicians

Open only to Osteopathic Physicians and Surgeons. Begin to plan now for a week of real interest and value. The Faculty of the College and the Hospital Staff wish in this way to show their appreciation to the profession for many courtesies. More detailed announcements later.

Des Moines Still College of Osteopathy

... Introducing ...

Dr. J. P. Schwartz



The Dean of our college is not only known for the duties that accompany that title but perhaps better known as Surgeon-in-Chief of the Des Moines General Hospital. During the seventeen years since his graduation Dr. Schwartz has not wasted much time. His introduction to Des Moines was as an intern in the hospital and as a member of the faculty of the college. His continuous service since that time has greatly enlarged his scope of work in both institutions. For the past ten years he has been the main driving force in the achievement of both institutions. His present executive duties list him as president of the board of trustees of the Des Moines General Hospital, and Dean of the faculty of the Des Moines Still College of Osteo-

(Continued on Page 4)

Dr. H. J. Marshall



Another member of the faculty that needs no introduction. For the past twenty years Dr. Marshall has been active in some form of osteopathic service outside of his office practice. Affiliating himself early with other members of his chosen specialty he has progressed thru the entire list of official positions offered by the Eye, Ear, Nose and Throat Society of the profession. Not satisfied with this activity with a selected group he has served as president of the state association and as a member of the state board of osteopathic examiners. In national fraternity affairs he has occupied the chair of Grand Noble Skull of the Atlas Club and retains membership in the Executive Council of the organization.

Locally Dr. Marshall is active

(Continued on Page 4)

Dr. Quintis W. Wilson Speaks in Des Moines

Dr. Quintis W. Wilson of Wichita, Kansas, brought to the Polk County Society on February 14, a program on Endocrinology of outstanding merit. Speaking to the assembled group both in the afternoon and evening, he discussed the endocrine system in relation to the child as well as the adult.

Well qualified by his years of study and research into the field of Endocrinology, Dr. Wilson presented facts of advanced scientific findings known only to the osteopathic physician thru X-Ray work done by Dr. Wilson. The initial work has covered a period of years that place it in the field of scientific facts as demonstrated by slides taken during, before and after treatment, to show actual results.

The program was of special interest because of the original information presented by Dr. Wilson in what proved to be one of the most well rounded programs ever presented before a Polk County Osteopathic group. Dealing with problems that baffle the average physician he very clearly illustrated the dynamic possibilities of Osteopathy as a superior science in the treatment of specific and varied Endocrine disturbances.

The physician of tomorrow must be keenly awake to the possibilities of hereditary conditions that effect the adult members of the family that they may no longer be transmitted thru oncoming generations. Endocrine conditions can also be recog-

(Continued on Page 3)

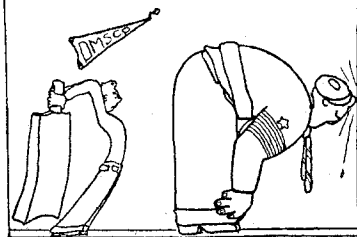
Program Progress

The group representing Des Moines Still College of Osteopathy on the National Convention Program at New York City next July is hard at work and making good progress. Their subject for discussion is one of general interest, namely, "The Various Menstrual Disturbances." Dr. Lonnie Facto, Dr. John Woods, Dr. Robert Backman and Dr. Arthur D. Becker will discuss etiology, pathology diagnosis and therapeutics in the symposium.

The exhibit material for the scientific exhibit is in process of preparation. We are not only willing but intensely interested and happy in doing all within our capacity to help make this the best osteopathic convention to date.

Hear These Men In New York At The National Meeting In July

FRATERNITY NOTES



IOTA TAU SIGMA

Orchids to Bob Gerow for pulling down one of the appointments to an internship at the Detroit Osteopathic Hospital—at least we will know where to find him for a year.

It isn't the sleeping with Dresser's laboratory animals that Beghtol minds so much—its furnishing the "pesky critters" wearing apparel for food.

Happel was one of the boys who couldn't take it any longer—left for the wide place in the road (Ohio to the citizens of the U. S.) for a visit with his folks(?) Hope they get farther than Ottumwa this trip.

Ever notice that Yukl is never in evidence outside of business hours—that is since his wife came to live with him. May it ever be thus, Fran—here's to many happy years.

McIntyre is the happy one—now that warm weather is here. Mac is the original tough luck fellow with overcoats and the substitute he finished the winter with was a trifle capacious—so capacious in fact that it took two of Mac's steps to get the darned thing moving.

Spring in the air and plans for a get-together rumored—details vague but who cares for details—for a get-together it's the big things in life that count.

Dr. and Mrs. C. G. Boston visited their son George, over the week-end, enroute home to Davenport from California. . . . Of course "Sport" didn't have anything to say about the weather they missed by not staying in Iowa . . . not much!

Bonnie Devine was called home from Hugo, Oklahoma, due to the illness and death of his father. Your fraternity brothers and all who had the privilege to know your father, extend their sympathies, Dr. Devine. We grieve at the passing of a fine man and a fraternity father to us all.

ATLAS CLUB

(Leigh Beamer)

With the ending of the first six weeks and an occasional touch of Spring, we find the boys' fancies turning to other things.

Another successful basketball season has ended. This being the third consecutive season the Atlas Club has been undefeated.

Brothers Anderson, Ennis and Ashmore were recent visitors at the house. Dr. Barry of Council Bluffs recently was a house guest.

The Axis Chapter of the Atlas Club from Kirksville, will be our guests the week-end of

March 20. The annual basketball game between the two chapters will be played at this time. We are expecting about 20 guests.

Brothers Ford and Beamer, and Pledge Hagy, recently visited their respective homes in Ke-wanee, Illinois.

An open house party was held Saturday night, February 29. Refreshments and dancing were enjoyed by all.

Several of the Detroit boys are planning a visit to their homes in the near future.

Brother Goode still continues to make his week-end trips to Bloomfield. What's the big attraction, Goodie?

The Chapter was recently honored by Dr. J. P. Schwartz, when he gave his talk, "Abnormalities of the Spine." Several alumni and members of the faculty also enjoyed his lecture.

We wish to congratulate Bro. Porter on receiving an appointment for internship in the Detroit Osteopathic Hospital.

Congratulation to Bro. Wyman on his pledging Sigma Sigma Phi.

We are glad to see Dr. Halladay back in school after his recent illness.

PHI SIGMA GAMMA

(J. J. Herrin)

Delta Chapter is glad to welcome into full membership Arley Edgerton, Donald Leigh, Gordon Fischer, Clifford Millard, Joseph Robertson and Bernard Howland. Formal initiation services for our new brothers were held Sunday afternoon, March 8 under the direction of Archon W. S. Irvin and Exetastase J. E. Dunham. The day's activities were concluded with a seven o'clock dinner in honor of our new members. Guests were, Dr. J. R. Shaffer and Dr. S. H. Klein, who are alumni members of the chapter. They gave brief talks on fraternalism, its value and meaning.

During a recent accident in front of the house, the electric wires were knocked down. Several of our members, donning bath-robes and using flashlights directed traffic for nearly an hour until the tangle was again straightened out. The next evening Phi Sigma Gamma received tribute in form of a News Flash over radio station WHO for its services in time of emergency. Those who were mentioned on the broadcast were Leigh, Millard, Edgerton and Corey. Thank you, WHO.

Sigma Sigma Phi has pledged Brothers Howland and Braunschweig. Congratulations, fellows!

Dr. F. E. Hecker, '36, underwent an appendectomy at the Des Moines General Hospital, March 4. Tough luck, Doctor, but we are glad that you are improving!

Dr. John E. Rogers, Vice-president of the A.O.A., Examiner of the Associated Colleges, and an alumnus of Delta Chapter, visited us February 13. After inspecting the house, Dr. Rogers congratulated the Chapter on its

progressive spirit and ability to maintain its home and membership during the depression days. He also explained the rules and ideas of the newly created National Board of Examiners, of which he is a member. We enjoyed your visit, Doctor Rogers, and will expect you again next year.

PSI SIGMA ALPHA

The regular monthly banquet was held at O'Malley's Tearoom on February 24. Dr. C. W. Johnson was the speaker of the evening and delivered a lengthy and very interesting discourse on "Professional Ethics." The talk was highly educational and greatly appreciated by every member present.

February 15 at the regular Friday morning assembly, Psi Sigma Alpha announced to the student body its Freshman Essay Contest. Awards to be given to the best freshman essay entitled, "Why I Choose Osteopathy As A Career."

We wish to extend our hopes for a rapid recovery to Dr. Hecker, who has recently undergone an operation for acute appendicitis.

Frat Night in New York

Tuesday night, July 21st, has been designated by the New York Committee as Frat and Sorority night. It is not too early for you who merely pay your fee, eat, talk, laugh and depart to know what has been going on and what is yet to be done for your benefit.

The several members of the New York Committee have been helping to get this night made into a smooth working success. The A.O.A., for the first time, has given the Interfraternity Council a specified desk space for your registration. This is the service we and you have wanted in order to facilitate your registration and get you out of the way of those coming on down the line.

The majority of our osteopathic organizations have appointed their New York representatives. If these have been appointed they have been notified of their duties. If not, there is much yet to be done by some of our organizations before you as a member will find it easy to attend your annual reunion.

The Interfraternity Council has cards prepared for your registration; has provided help to take care of your registration and will have available the information you wish about your organization, IF your frat or sorority answers our questions in time.

We are just about ready for the convention and we want it to be the smoothest working registration we have ever put on and we want to see every frat, club and sorority there with the largest alumni group recorded.

H. V. Halladay, Sec'y.-Treas, Osteopathic Interfraternity Council.

Assemblies

February 14

The faculty and student body had looked forward for some time to this planned meeting with Dr. Wilson of Wichita, but Ole Man Winter laid a detaining finger on methods of transportation and we waited in vain. The time was not altogether lost, however, for the orchestra used most of the time for a rehearsal which was thoroly enjoyed by all.

Dr. Becker offered some timely advice and Dr. Facto sensing a possible slow minute, incited the co-eds to appear in a group on the stage. This we think was more to show off the Winter costume of two of the girls. Reese, a new student from Seattle, Washington, was also introduced.

Hoose excused himself from the assembly and in the corridor proceeded to cough loud and long. He failed to cough up Dr. Wilson, so the orchestra closed the morning meeting.

* * *

February 21

One of our favorite assemblies is to attend a movie. Sometimes this is in the form of a comic but more often something of scientific interest to the student body. This week the students were given a chance to see one of the many operations performed to improve facial form. Thru the kindness of Davis and Geck of New York, we saw their film on the removal of a hump nose. This was fully appreciated by the entire student body and was so realistic that one member of the Freshman class passed out cold.

The orchestra, as usual, opened and closed the assembly.

* * *

February 28

Once each year it is safe to turn over an assembly to each organization in the college. The Spring semester is usually planned for this since most of the frats are better acquainted with themselves by that time and know what they can and cannot do. February 28th was allotted to the Atlas Club.

Mark Gerlach, assuming the role of Master of Ceremonies, led the band and introduced the featured acts. Mark had gathered his talent from two of our business colleges that may be said to be rivals. The A.I.B. offered first a singer and one that will be remembered for her low, torchy contralto voice. This was followed by a banjo and accordian act that moved fast and got the hands. The 4C bid for popularity was thru a fine playlet depicting common office conditions and a singer with an excellent tenor voice. Interspersed thru the outside talent were bursts of song and melody under the leadership of Mark and with the assistance of the boys of the Club. Altogether it was highly entertaining and we will look forward to the frat assemblies that are to come.

We hear that the girls will do a black-face stunt when their time comes.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President Arthur D. Becker

Faculty Advisor, H. V. Halladay

Editor..... E. Harwood

Osteopathy Without Limitation

Spring Fancies

The younger fellows seem to have their line of that already cut out for them in the Spring. It is therefore, no use for us to try to divert their attention from the well known subject. Our appeal must go to the old birds. But, who at this age of youth will admit of being in that class and perhaps our case is hopeless. What we started out to write about was this:

Now is the time for all good osteopaths to come to the aid of their profession. In a few short weeks thousands of high school graduates will be turned out of thousands of high schools all over the world. I wonder if you have been instrumental in any way in helping one or more of these fine young people come to a definite decision as to their choice of vocation.

At our conventions, district, state and national, we see many members of our profession who at the time seem to be filled with C. P. Elan. You would think when they get home that they would send half the available population to some college of osteopathy. Some do and some don't. Let's get together on this and show a higher percentage of enthusiasm for strengthening our profession. Here is what you should do right now and not a month from now:

Make an opportunity in your high school or several of them in your community and give the Seniors a vocational talk on your profession. Many of these students are going to school with no definite idea of what the future may hold for them in our work. If you can meet Junior College students the same way do so, for many of our states require one or two years pre-osteopathic training.

Make it a point to contact the ones who show an interest and have literature available that they can take home and study.

Send their names to the college of your choice, or better still, to the six recognized colleges and let them hear the story each has to tell. Each of our colleges can take care of more students than they have at present on the roll and we need many more osteopaths in the field than can be supplied by these colleges at the present rate for the next twenty-five years.

If we are handicapped now on account of numbers to put something over for our benefit, it is because we failed to respond fifteen years ago to the need for

Looking At Ourselves

Those who practice osteopathy become impressed with its many advantages as a powerful agency in therapeutics. The more closely we study into basic osteopathic principles and the better we understand them, the deeper becomes our appreciation of the scope of applicability of these principles in practice. We begin to recognize that we are indeed among those fortunate individuals who have been granted an opportunity to serve in a useful way.

What are we doing to improve our ability to serve? Are we reading our osteopathic literature? Are we attending the various available osteopathic meetings? Are we doing any special study and research in our own fields?

Being richly endowed in opportunities, what are we putting back into our profession? Are we taking part on programs when asked to do so by the program chairman? Are we writing our cases and experiences so that others of our profession may benefit? Do we belong to the local, state and national organizations and pay our dues promptly? Are we sending students to osteopathic colleges, thus assuring the growth and development of the osteopathic profession? Are we publicizing osteopathy by the judicious use of high class osteopathic literature?

Sometimes I think it does no harm to take stock of ourselves and see how the books balance. One must not just check out all the time. We must keep putting something back. Are we takers only or are we also contributors?

—Arthur D. Becker, D. O.

Dr. Quintis W. Wilson

(Continued from Page 1)
nized by a more complete history of the case and in children by the use of the X-Ray of the wrists, which when properly interpreted, according to Dr. Wilson, prove to be of unlimited value to the modern physician.

Dr. Wilson is to be highly complimented on his advance thought along lines that are so truly Osteopathic.—(R. K.)

more osteopaths. If we are handicapped more at the end of another fifteen years, it will be because we fail now to gather into our profession the undecided young men and women who would add the strength we need for the future.

You honor yourself and your profession when you send us a new student. You strengthen your own position in the community and add to the prestige of osteopathy when this is known among your acquaintances.

Start now or it will be too late with the group of young folks who will soon start their college career.

—E. Harwood.

What Price Experience

"Listen, my children, and you shall hear
Of the midnight ride of Paul Revere" . . .

When Longfellow wrote those words the daring ride of Paul Revere was the epitome of courage. Would that we had a Longfellow in Des Moines Still College of Osteopathy to immortalize some of the midnight rides we of the obstetrical department are called upon to make. Our rides may not be as dramatic as Paul Revere's, but who will deny that a certain amount of courage and fortitude are necessary to get out of a warm bed in the wee small hours of the morning and ride forth in a raging blizzard to deliver a baby under circumstances far removed from the conveniences of a hospital.

For example let me cite the experience of a group of students who fared forth one night during the coldest winter Des Moines has seen for 117 years. It was on a frigid, below zero night in early February when the telephones in the students' homes rang with the dire message, "There's a case on out on East 36th. Hurry and get out there." Regrettably the students dragged themselves from the protection of their warm beds, hastily donned all their winter clothing, and started out.

The snow was deep and a high wind was causing it to drift deeper and deeper across the exposed side streets over which they had to travel. Finally the group reached the right street and turned into it, but before they had progressed more than a block a vista of unbroken drifts stretched before them in the road. A car could never traverse that street, so the students took the only alternative and, laden with kits, started to wade through the drifts. The wind whipped around their exposed ears and faces and the deep snow made progress arduous and slow. After an age of time and an interminable distance—really about half a mile—they reached their destination.

Fortunately the house was warm, and as soon as they thawed out sufficiently to move, the equipment was set up and the delivery made. When all was over the weary crew started the long trek back to the parked cars. The night's ordeal was not yet complete, however. One of the cars managed to hang itself in a deep drift and refused to move until patient and strenuous effort was expended in shoving it out. Finally, however, the return trip was accomplished successfully and the students arrived at home in time to snatch a few short hours of sleep before the inexorable alarm rang, calling them to an eight o'clock class.

Alan R. Becker.

New York Convention— Diagnostic Clinic

Dr. Stanley G. Bandeen of Louisville, Ky., has accepted appointment as Director of the Diagnostic Clinic which will be made a feature of the Fortieth Annual Convention of the American Osteopathic Association, to be held in the Waldorf-Astoria Hotel, New York City, beginning Monday, July 20th. This will be a repetition of the Clinic which was featured for the first time at last year's Convention in Cleveland, and which was received with great enthusiasm by the physicians in attendance. So successful was the Clinic last year that careful thought is being given to the plan to make it an annual feature of future conventions.

Close co-operation has been assured to Dr. Bandeen by Dr. Roland S. Coryell, Chairman of Clinics, and Dr. Eugene R. Kraus, Chairman of Facilities. To make certain the best execution of the plan to be directed by Dr. Bandeen, it is earnestly called to the attention of the individual Osteopathic physician who may now or when Convention time approaches have a problem case within his practice, that physicians are urged to act promptly and request registration blanks from Dr. Roland S. Coryell, 795 Ocean Avenue, Brooklyn, N. Y.

Patients will not be accepted after July 1st, 1936.

Preliminary announcements of the Diagnostic Clinic Staff includes the following physicians: A. G. Reed, A. B. Crites, J. L. Fuller, T. J. Meyers, Mabel Anderson, K. A. Bush, Paul Blakeslee, F. L. Kellogg, May L. Walstrom, O. C. Robertson, Ruth E. Tinley, E. D. Elsea, R. C. Kistler and H. B. Herdeg.

Drs. Rogers and Blaich

(Continued from Page 1)

these men with us for the two days and hope thru their report to show an improvement this year as in the ones past. The college feels that this work being sponsored by the A.O.A. is a real incentive not only to keep up the standard of our plant and teaching staff but to inspire each individual of our unit from the head of the department to the newest assistant. We invite criticism from those who are sincere in wishing to contribute constructive ideas that are feasible, but we cannot destroy unless we have a replacement already at hand that will strengthen our institution.

Dr. Ray Kale—

recently delivered a face presentation. Ray says it is the most precocious babe he ever heard of. Before he had the shoulders delivered the youngster looked up at Ray, smiled, winked and said, "How am I doin' doc?"

I. O. A. Bulletin

The Spring Circuit may be in progress by the time of publication of the Log Book, with the profession informed from this office as well as by the respective District officials as to the time and place of the meetings.

We in Iowa are very fortunate and I may say very proud to have Dr. Arthur D. Becker as one of our members. He has kindly consented to accompany President Gordon on this, the last circuit of this Society year. Meetings are as follows: Fourth District at Hampton, March 16; First District at Clinton, March 17; Third District at Ottumwa, March 18; Sixth District at Ames, March 23; Fifth District at Sioux City, March 24; Second District at Council Bluffs, March 25th. In addition to these two speakers each district has been requested to present one local speaker and at the time of writing, we haven't been definitely informed as to these speakers, except in the Fourth, where Dr. W. D. Andrews of Algona will appear on the program.

* * *

State Convention

After the spring circuit the next "show" will be the state convention at Des Moines, May 14 and 15. While we haven't heard just lately from Dr. W. C. Chappell, Mason City, Chairman of the Program Committee, we can call to mind three headlines which will insure any convention of a good attendance. One of these, a specialist in his line, has never appeared in Iowa, to our knowledge, is from the South and appeared on the A.O.A. program at Cleveland. Non-member — you have a bargain in membership, as dues paid now give you full membership until June 1, 1937. This entitles you to two state conventions for a registration fee of four dollars for both conventions. Non-membership registration fees for both conventions is ten dollars. Pay your dues now and save the six dollars!

Paul O. French, D. O.,
Secretary-Treasurer.

* * *

We have been requested to have the enclosed letter published. It is self-explanatory, and was received by Dr. Hannan, from Dr. E. A. Benbrook, Secretary of the Board of Examiners in the Basic Sciences in Iowa.

February 19, 1936.

Dr. D. E. Hannan, D. O. Sec'y.
Iowa Board of Osteopathic Examiners,

Perry Iowa.
Dear Doctor Hannan:

This is to inform you that today this Board received a letter from Baillie and Edson, Lawyers, Park Bldg., Storm Lake, enclosing a copy of a temporary injunction writ entered in the District Court of Woodbury County, Iowa, February 15, 1936, by

Judge E. T. Rice, in the case entitled, "Don C. White, Plaintiff vs. Board of Examiners in the Basic Sciences, et al."

This action enjoins and restrains the Board and the individual members of the Board, from issuing a certificate of proficiency in the basic sciences to any person or persons without such person or persons having first passed an examination before the Board showing the required proficiency in the basic sciences; and the Board is ordered to require in all cases the issuance of a certificate of proficiency in any of the subjects described in the basic science law.

Will it be possible for you to inform the members of your profession in this state?

Thanking you, I am,

Very truly yours,

(Signed) E. A. Benbrook,
Secretary.

Dr. Becker Discusses the Heart

A year ago Dr. Arthur D. Becker, president of Des Moines Still College of Osteopathy, discussed and classified heart disease as a clinical basis. It has continued of value to every member of the Polk County Society who heard this splendid paper.

Dr. Becker was again guest speaker of the Polk County program, continuing the discussion of heart conditions. Data of General Cardiac Examination and its related value to the Osteopathic physician and his findings was ably presented by the speaker, who has spent years in study and teaching of this so important phase of human anatomy, physiology and pathology.

Valuable information gained by practical experience and scientific research covering the cycle, murmurs and a thorough examination of the chest was some of the information gained by each attending physician.

Following the discussion of the evening the meeting adjourned, having had a delightful dinner, a profitable talk and a truer concept of the value of osteopathic normalization in heart abnormalities.

Thursday Noon Meetings

The regular Thursday Noon Luncheon group is continuing the discussion of endocrine study as started this year. Linking with the valuable work as presented by Dr. Wilson, a keener interest has arisen that makes possible a practice of increased value to the patients of every doctor who attends these meetings.

Dr. John Woods has led the two meetings, discussing the pituitary from an anatomical and physiological basis and presenting to the group the latest facts which have become a val-

ued post-graduate course. A general discussion later added information from the readings of the various doctors.

Dr. Arthur D. Becker presented the Osteopathic study of the endocrine system and its treatment. A modern and well formulated idea of the interrelation of the system was stressed and provoked advanced thought that will eventually become a fact. The relation between the nervous system and the endocrine system has an inherited quality which is based on the intelligence of the cell, and can be treated as a structural unit. —(R. K.)

Visitors

It is gratifying to have our graduates and others drop in for a chat when they are in the city. This past month the following have visited with us for a few minutes and we were glad to see them: Drs. Jack Ennis, Bennie Devine, Gene Winslow, Maurice Schwartz, Lou Carleton and Cuthbert Smith.

Interesting and friendly letters were received by the office from Drs. P. W. Wasner, B. Wayland, Sherwood Nye, H. G. Withrow, W. E. Lawrence, Virginia Gay-King, George Folkman, R. T. Lustig, Olga Gross, and J. A. Johnson.

Dr. H. J. Marshall

(Continued from Page 1)

in the Kiawanis, Shrine and the Chamber of Commerce and finds time to assume the duties of a devoted husband and father to a fine family consisting of the wife, two girls and one boy.

At the college he teaches his specialty, which is the diagnosis and treatment of diseases of the Eye, Ear, Nose and Throat, and each week conducts the clinic in that department. As a member of the staff of the Des Moines General Hospital he is busy each morning in the clinic in this same department. His administrative talents have elected him as a member of the board of trustees of both the college and hospital.

Would you like to hear some tall stories of big game hunting? Each fall Dr. Marshall sneaks away for a time into the wilds of the far northwest and has each time brought back coveted trophies. Mountain sheep, bear, elk and moose are his meat and the meat of his friends in Des Moines, following one of these expeditions. Life is full of living for Dr. Marshall.

Dr. Lee Lindbloom—of Wichita Falls, Texas, was recently married to Miss Ester Wilson of McPherson, Kansas. Lee expects to open an office soon.

Drs. Fred McAllister, Glen Bigsby and Wayne Enderby—are taking P.G. work this semester. It looks good to see these recent graduates around the halls again.

Dr. J. P. Schwartz

(Continued from Page 1)

pathy, which carried with it membership in the board of trustees of the institution also.

His skill in surgery was recognized in 1933 by the American College of Osteopathic Surgeons and he was awarded the degree Fellow in Surgery by that organization. Dr. Schwartz' careful and methodical work has won for him the admiration and confidence of a clientele that extends thruout the middle west and he is in constant demand as a speaker at osteopathic meetings over the country.

Dr. Schwartz is active in all legal and legislative affairs that influence the practice of Osteopathy and Surgery in the state and extends his interest to the national association in behalf of the college and his specialty.

His mornings are devoted to his work in surgery at the hospital and college, offering for the benefit of the student body an extensive clinic in both major and minor surgical clinics. In the afternoon he may usually be found in his down-town office where his services as a diagnostician are in demand.

A wife, two sons and a daughter make certain demands on his time and with them he occasionally disappears for a few days of much needed rest.

Illinois State Meeting

Plans are practically complete for what is expected to be one of the largest state meetings in the history of the Illinois Association. Announcement is being made early, as the committee feels that many in adjacent states will want to attend. A glance at the program convinces the reader that the three days will be filled with instructive talks and meetings.

Reserve May 17, 18 and 19, at the LaSalle Hotel, Chicago.

Suggestions

Here are some suggestions for success:

There are no man-written rules that will make you a success.

First, avoid toxic states, and this includes temper and temperament.

Second, think success, act success for all you are worth—mental, moral and material success.

Third, recognize yourself as part skin, bones, flesh, blood and the other part brains.

Fourth, do not depend on medicine to cure any derangement that you have caused by your own carelessness. Stop being careless.

Fifth, when you greet others be sincere, friendly, cheerful, courageous — and others will meet you in a way that will help.

Sixth, be tolerant, truthful, and tote square with the world.

Seventh, rub elbows with the doers and avoid the dubs.

—The Business Philosopher

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THE LOG BOOK

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Volume 13

APRIL 15, 1936

Number 4

Boys Meet Boys

The recent coverage of state athletic events by the Seniors is certainly deserving of space, since it was complete and carried out to the satisfaction of all parties. The three major events of the past month were the Girls' State Basketball Tournament, the Boys' State Basketball Tournament, and the State High School Wrestling Tournament. In each case students were sent out to take care of the various teams and with the report of the girls meet in another item, we append the report on the care of the boys.

Basketball.

Joe Peterson, Bernard Howland, Don Evans, C. W. Hammond and Hal Walters were sent out to the Drake Fieldhouse to take care of the boys at the Basketball meet. Teams from Wellsburg, Webster City, Williamsburg, Logan, Van Meter, Ames, Creston, and Bronson were taken care of together with a number of players who dropped in for treatment without stating their connection. In a state meet the boys are usually in good condition to begin with, so that the treatment consists mainly of keeping them that way. General treatment, care of floor burns, Charlie horses, sprains to knee and ankle and shoe pinches are the main items on the list of services rendered. The boys from the college feel that they earned a great deal, made some

(Continued on Page 4)

Official Visitors

On Wednesday, April 8, the college was honored by the presence of Drs. McCaughan, Clark and Gordon. This visit was an official one and for the purpose of acquainting the student body with the services offered by the Central Office. The Senior class was dignified by a special meeting, the remaining classes met together and were given the "first degree" in association work.

It is always a pleasure to have members of the official family as visitors. We are busy and hope that they note that we are but we can take time off for such important events. These men brought something to the student body that comes only thru contact with men of such calibre and with the ability to do the work they are doing.

We hope that Drs. McCaughan, Clark and Gordon will visit us again.

... Introducing ...

Dr. Mary E. Golden

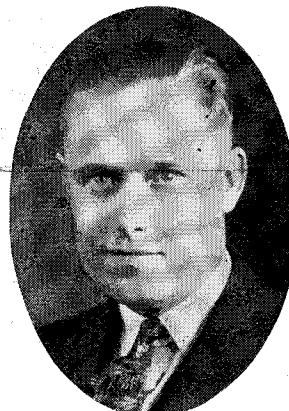


Perpetual motion would suffice for a thumbnail description of Dr. Mary Golden. Busy from morning until late at night and with more varied interests than two other people. Dr. Golden has an extensive practice. She is active in several local professional women's clubs. She frequently talks before professional and lay groups and is always on hand to take care of her duties as a member of the faculty of the college.

Dr. Golden is deeply interested in her profession. She is a member of the local, state and national societies and attends. Her motor trips to the various parts of the country to attend the national conventions are planned each year in advance and you will see her as busy there as when at home.

Her specialty of Pediatrics offers her the thrills of bringing little loved ones back to health and brings her into an intimacy with the family that can be gained in no other way.

Dr. Glen E. Fisher



One of the younger members of the faculty but filling an important position on the faculty and board of trustees. Dr. Fisher came to the college having had two years work at the University of Iowa in the medical department, finishing his education in Osteopathy. His work is in the department of chemistry and comparative therapeutics and is not an easy task, since these subjects seem to have always been difficult for the average student. He is also responsible for the subject of Laboratory Diagnosis and supervises the laboratory work in connection with the clinic of the college.

Locally he is active in the professional organizations and is chairman of arrangements for the state society. He enjoys motoring and will be seen at the national convention this summer, taking his vacation in the East immediately afterward.

Girls Meet Girls

Thursday, Friday and Saturday, March 19, 20 and 21, the girls' basketball tournament took place at the Drake Fieldhouse with four of our girls, Dorothea Failing, Marybeth Ziegler, Clarise Kieft, and Helen Butcher as physicians under the supervision of Dr. H. V. Halladay. These teams, champions of the various state areas, entered the tournament to compete for the Girls' State High School Championship. Two of the teams brought their own trainers and doctors, but most of the sixteen teams were under our Osteopathic care.

The first morning started very well with a knee to tape, a first degree charley horse, and no serious injuries. During the afternoon there was one badly sprained thumb taped, several blistered feet and floor burns treated, and some pulled muscles worked out.

During the course of the meet, no one was injured enough during play to prevent her finishing the game, although teeth were loosened, ankles sprained, knees twisted, and one very severe sacro-iliac lesion was produced. The latter happened in a fall so severe that it was doubtful if the girl would be able to return to play for the remainder of the tournament. However, by

(Continued on Page 4)

Local Visitors

Recently the college has enjoyed an epidemic of groups of local visitors. Two science classes from North High, together with their teacher, spent an afternoon visiting the classes and laboratories. Guided by a member of the staff they went thru the building examining specimens in Biology, Pathology, etc., and finally were landed in the dissection room, which seems to be the goal of all visitors.

A group of nurses from one of the local medical hospitals also made the trip thru the labs and seemed to enjoy the contacts with students who could talk their language.

The college is always glad to take time to explain to interested groups, what we are trying to do. We find many who are truly interested in expanding their knowledge of what is going on in the community and few who are not really serious about matters pertaining to their own health.

Hear and See These In New York At the National Meeting In July

Post Graduate Week, June 15 to 20

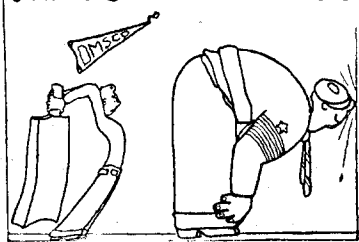
* * *

No Charge to Attending Physicians

Des Moines Still College of Osteopathy

Send A Student for Our September Class

FRATERNITY NOTES

ATLAS CLUB
(Leigh Beamer)

Children wait impatiently for Santa Claus, the aged for the inactment of the Townsend Plan—but the Atlas Club looks forward with joyous anticipation to the annual reunion of the Axis - Xiphoid Chapters. The Kirksville brothers arrived on March 20 for our 1936 reunion. Friday night the traditional basketball game was played with the Axis Chapter being on the long end of the score. Forty couples attended the house party Saturday night and a most enjoyable time was had by all. A banquet followed Sunday noon, after which we departed, looking forward to our visit in Kirksville next year.

Brother Northrup spent the week following the Kirksville reunion in bed but now, after an uneventful convalescence, the brother seems to be in excellent health.

Our famous Wahoo boy paid another visit to his home in Nebraska.

George Bock and Larry Moore, students at the Kirksville College, were recently visitors at the house.

Brothers -Beamer and Ford, and Pledge Hagy, spent the Easter holidays in their respective homes in Kewanee, Illinois.

Springtime is house-cleaning time and the pledges had a most enjoyable week.

Dr. Lester Barry recently visited his brother, Pledge Barry. Brother Bridenstine says he spent Easter at his home—but where is Winterset?

WIGITS . . . LOST — One slightly battered derby, somewhere between Detroit and Des Moines. . . . Every group has its notorious personages—we have 'Slash Eddy.' . . . Evans used his own car once last month.

PHI SIGMA GAMMA

(J. J. Herrin)

Dinner guests the past month included Dr. H. V. Halladay and son, Morrie, Miss Ava Johnson, Dr. and Mrs. I. C. Gordon, and Dr. and Mrs. Glen Fisher.

Plans are being made for a Phi Sig reunion during the state convention in May. Plan to visit your fraternity house, 2141 Grand Avenue, and meet the fellows. If you would like to stay at the house, let us know in advance. Send us your name and address so that we can correspond with you.

We were indeed pleased to have Miss Ava Johnson as our guest recently. Her impressions of Washington, where she is employed by the government, were

quite interesting. Thank you, Miss Johnson.

Our suspicions were confirmed Sunday, April 5, when Brother Bob Gibson passed the cigars, announcing his marriage to Miss Eloise Cornell, Massena, Iowa. The ceremony took place November 29, 1935, at Rockport, Mo.

The Delta Chapter Amateur Hour with Don Leigh as master of ceremonies, was broadcast over the White and Blue hook-up to the college students and faculty members, Friday, March 13. Our theme song, "A Beautiful Lady in Blue", introduced the program. Featured numbers included Myron Bos and his impersonation of a college professor; Vater Vindshield and his news flashes, by Jim Dunham; Bernie Howland, concert pianist of stage and screen; "Pipsqueek" Blanding and "Tex" Sharp, the harmony boys; and Virge Halladay and his Still College Orchestra in a spirited march, "On Wisconsin." The program was concluded by Don the Magician, who baffled the audience with several of his famous tricks.

DELTA OMEGA

(B. M.)

A business meeting was held at Murial Wilson's, March 16. The evening was spent in discussion of sorority problems, plans for the Sorority Assembly, and vacation plans. A delicious lunch was served by the hostess.

A very interesting work meeting was held March 23 at Evelyn Ketman's at which a noted traveler and lecturer, Rev. Nichols, spoke on the wonders of South America. If it were not for the distance I am sure all the sorority girls would hike right down there to start up a practice.

Friday, March 27 was Sorority Assembly. Dora McKay, a colored singer of radio note, entertained us with a short program of blues songs. Members of the Rose Adler Dance Studio ranging from little tiny folks to 'teen age girls, presented a diversified program of singing and dancing. Perhaps the most outstanding performance was that of the little girl who toe-tap danced with a swinging rope.

Beryl Freeman was formally initiated into Delta Omega Beta Sorority, Monday, March 30, at the home of Velma Gehman. Prior to the initiation a delicious roast rabbit dinner was served by the hostess and following the ceremonies the girls attended a theatre party at the Orpheum. "The Life of Louis Pasteur" proved of more than passing interest to the girls; it is of value as a tribute to a great scientist.

The first steak fry of the spring season was heartily enjoyed by the girls on Wednesday, April 8. After considerable trouble in finding a park that was open, they settled down in Union Park. The prize of the whole affair was a twelve-inch angel-food cake topped with marshmallow Easter rabbits. Dr. Lilian Peterson was an honored guest.

Assemblies

March 13

Following the custom of the spring assembly plan, the Phi Sigma Gamma took over the hour with honor to themselves and much to the amusement of the student body. The college orchestra assisted in the program, which was planned after Major Bowes' Amateur program. It is needless to report that the acts were fully up to the expectations of the crowd and all went into the spirit of the affair with gusto. We had no idea that so much talent (?) could be found in one organization. Don Leigh, acting as master of ceremonies, finished the program with some magical tricks. The script of the broadcast ends as follows:

"We have been broadcasting by authority of the S. C. O. with a frequency of 722 appendectomies, 2141 tonsilectomies, and one-half a cardio-cycle. At the end of the theme song you will next hear coming over the air the voices of your respective teachers in our class rooms."

The program was good and we congratulate the Phi Sigma Gamma.

March 20

Following music by the orchestra the student body viewed another scientific film through the courtesy of Davis and Geck of New York. The film, showing the Latzko Extraperitoneal Cesarean Section, was exceptionally clear and with full explanatory captions, gave the students twenty minutes of highly instructive visual teaching. No one fainted, which was very disappointing to several who were ready with appropriate restoratives.

The new high power projector was used to advantage and marks a real advance in our interesting movie shows.

The orchestra closed the session.

March 27

The Deltas, not to be outdone by any organizations for men, staged a real show for the assemblage this week. Miss Dora McKay from the studio of KSO entertained first with Blue Songs in Rhythm, the old favorite, St. Louis Blues, winning the most applause. This was followed by several numbers from the studio of Rose Adler in Des Moines. Miss Adler is training dancers from the tender age of two or three years up to the 'teens and provided a program varied with members from most of her classes. A twelve year old young lady proved her talent by dancing tap style and jumping rope, all on her toes.

Before the program closed Ruth Paul announced that the organization had subscribed to several magazines of a scientific nature that would soon be available for the students in the library. This is certainly a commendable contribution from the girls.

April 3

Another movie day but to vary the program we took a trip to

Mt. Rainier National Park. The Department of Interior is kind enough to furnish films of most of our national parks and each makes a well worth half hour of instruction and entertainment. The trips are always too brief for many of us have not visited such far away places, but the fleeting glimpses are sufficient to whet our desire for travel and we all say that some day we will be there in person.

The college orchestra opened and closed the assembly, as usual.

POST GRADUATE WEEK—
JUNE 15 to 20.

Looking Around

It was my very real pleasure during the month of March to make a circuit of the six district meetings in Iowa in the company of the President of the State Osteopathic Association, Dr. F. A. Gordon of Marshalltown. If one is ever inclined to get tired, or run down, or "weary in well doing", I have discovered a first class panacea. Just get out in a group of osteopathic physicians and surgeons and have some good visits and some live discussions. Find out what others are doing and planning. Learn of their problems and how they meet them. Catch some of their enthusiasm. Hear them tell of their successes and endeavor to help them in the solution of their more trying cases.

It is a genuine inspiration to find that osteopathic physicians are assuming an important place in their several communities and that the public gives tangible evidence of confidence in submitting the more difficult cases to our physicians for diagnosis treatment and care. Responsibility demands growth and development. We instinctively measure up to what is expected of us. It makes those of us who are in osteopathic educational institutions appreciate our responsibility and obligation. It makes us realize the worthwhileness of our efforts to qualify competent osteopathic physicians.

It is a serious error to miss the uplift, the pleasure and the profit gained in contact with your fellow worker. From the meeting of minds and the conflict of ideas, sparks are emitted which light the way and reveal new truths and new ideas.

I am looking forward at this writing to a joint meeting the 16th of this month at Iola, Kansas, of the Eastern Kansas and the Verdegris Valley Osteopathic Associations; and on May 1st at Minneapolis with the Minnesota Osteopathic Association. Then on May 14 and 15 the Iowa State Osteopathic Association meets here in Des Moines. Meet, mix, visit and discuss, and capture the good which results from acquaintance with your neighbor.

—Arthur D. Becker, D. O.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentArthur D. Becker

Faculty Advisor, H. V. Halladay

Editor..... E. Harwood

Osteopathy Without Limitation

What Is Your Wattage?

Not long ago I had occasion to see the difference in projectors used for home movies. Together with a couple of other fellows who were also interested we saw a film of the ordinary amateur make projected in an ordinary sized room and by a machine that used a 100-watt lamp. It looked fine, the images were distinct and the picture interesting and the projector cost only about \$85.00. We then saw the same projector used in a larger room where the image had to be thrown about 50 feet and we had to strain our eyes to see what it was all about. It did not register. The lamp was too weak and the impression was altogether negative. But the demonstrator substituted a much stronger projector. One of the 500-Watts and what a difference! The picture was clear and even at a greater distance could easily be enjoyed. The reaction was positive and we went away pleased.

I thought on the way back to the office that we have a lot of 100-Watt people in this world. They are trying just 100 Watts worth and no more. They seem to be satisfied to throw a faint shadow on the screen and it is so dim that everyone around them turns away to something else that is clear and distinct. These same people have within them a dynamo that can develop 500 Watts if they wished it. If a little more power was put behind their work, if they radiated a little more enthusiasm and if they felt the urge to project themselves beyond the range of their own living-room, what a lot of real good they could do and what a lot of enjoyment they could give to those around them.

What Wattage are you putting into your work in Osteopathy? Whatever it is, you may be sure that you are rated accurately by all that come in contact with you. If you shine with a dim light there is something wrong. Your affiliation with Osteopathy obligates you in many ways. You must keep up with the newer ideas of the profession; you must modernize your office and equipment; you should be extending your practice into new homes and you should be so radiant that you will influence some of the young people in your community to enter your profession. Don't let your dynamo die down. See that your own machinery is kept in perfect

Faculty Fails to Agree

Waving arms, clinched fists smacked violently into cupped hands, beetled brows corrugated over unflinching visages from the center of which spouts a cadence of vicious but unconvincing words and phrases. The basses have it. Now the tenors reign. The sopranos take up the theme. The baritones stretch the recitative. The ensemble is more like the booing of an angry mob. The chief signals for silence.

This is not a rehearsal of a highly dramatic scene from an opera. It is not taken from a G-Man film. Wouldst know the truth? It is the short interval between Board meeting and Faculty meeting at Still College and someone started to brag about his car.

The faculty may be united on Osteopathy and kindred subjects but it fails to agree on the subject of motor transportation. True, most of the standard makes have two supporters but no one has three admirers in the group. Three cars have only one friend each, hence in the argument the singles soon lose out, more on account of numbers than the rated quality of the car. Noise from the motor spells disaster but when it comes from the motorman it may mean success or at least fidelity.

Let's look at statistics. They are always good to look at anyway. Probably the reason for all the trouble is that there are thirteen makes of cars represented on the faculty. In order that no one may be offended, we will list them alphabetically—and of course, we are glad to start with Buick, 2; Chevy, 2; Dodge, 2; Ford, 2; Hudson, 2; Lafayette, 1; LaSalle, 1; Olds, 2; Plymouth, 2; Pontiac, 2; Reo, 2; Studebaker, 2; and Terraplane, 1.

Wonder if we could get thirteen salesmen to meet with the faculty some night and let each tell why the others should be out of business. Maybe we could get down to some sort of a sensible agreement and cut out all of this nerve racking argument that doesn't get mileage at all, but does add to the smilage!

working order so that you can be rated as a 500-Watter!

A. T. Still designed a dynamo that the longer it is used the more brilliant its effect becomes. But, it has to be used. If you neglect this dynamic science of Osteopathy and if you fail to reflect its power, you are losing something. You are not enjoying a thrill that can come only by using this light whose rays extend just as far as the Wattage you put behind them.

Take stock of your brilliance. Are you illuminating an area comparable to the latent power within you? Are you projecting like the 100-Watt machine, or do you reach out with the radiance of 500 or more Watts?

—E. Harwood.

AT NEW YORK

Scientific

One of the most important and interesting features at the Annual Convention in New York City next July will be that one devoted to the display of the Scientific Exhibits. It has already been announced that each of the six Approved Osteopathic Colleges is to take part as a unit in the Professional Program. In the Scientific Exhibits each college will parallel that which it presents on the floor of the general assembly, amplifying it so that it may serve in the same sense as a laboratory course in the college curriculum.

Each of the Scientific Exhibits will contain visual demonstrations by charts, models, mounted specimens, tables, and the like, exemplifying embryology, anatomy, physiology, pathology, diagnosis and therapeutics. Dr. Otterbein Dressler of Philadelphia, National Chairman of Scientific Exhibits, in a report made to the convention executive committee, expressed the opinion that this feature of the Convention will far outrank anything of the kind ever before attempted. In addition to the displays made by the six approved colleges, Dr. Dressler states that there will be a general museum display, and as well exhibits by the Public Health Service of Washington, the Federal Food and Drug department, and the Hospital Association. There will also be an exhibit of anatomical models loaned by the Clay-Adams Company.

Golf

Golf enthusiasts among osteopathic physicians and their friends who will attend the 40th Annual Convention of the American Osteopathic Association in New York City next July, will be wise to take with them their best bags and their favorite clubs. Opportunity has been made that they may be able to play the celebrated "Winged Foot Course" which the New York Athletic Club maintains at Mamaroneck, one of the most attractive of the metropolitan suburban communities. The New York Athletic Club is thought to be the oldest organization of its kind in America. For many decades it has had potent influence upon all matters relating to amateur athletics and has furnished champions in all branches of athletic sports. The "Winged Foot Course", which has been the scene of many championship tournaments, is so located as to practically overlook the Sound, its settings, as well as its clubhouse and other buildings, being among the most beautiful and picturesque in the country. It may be said that about almost every one of its eighteen holes' history and tradition have stories to tell or prodigies of golf valor.

Thirty prizes will be awarded in the tournament next July. Entries will be accepted for "Low Gross", "Low Net", "Kickers' Handicap", "Seniors" (men

Kiwanis Club Hears Dr. Becker

Dr. Arthur D. Becker spoke to the Des Moines Kiwanis Club on April 4 at the Hotel Fort Des Moines, on the subject "What Are You Worth?" Preceding his remarks with some history of the Des Moines Still College of Osteopathy, he ably compared the greatness of such organizations in the final analysis to the greatness of their objectives. That the Des Moines Still College of Osteopathy has a great humanitarian spirit of service in its underprivileged family work far beyond the clinical treatments and care was expressed by Dr. Becker.

He presented his talk in a manner understood by the layman, yet appreciated by every doctor present. He characterized phases of a great list of "silent diseases" that if diagnosed early would not terminate with the enormous loss of men in their best years. He explained the necessity of water in circulation, deep breathing for oxidation, exercise as a vital every-day need, and finally diet and relaxation of which we hear much but do little about. Our mental and physical condition depends largely on how we take care of our bodies from day to day and what we are worth to society on such factors.

Dr. Russell C. McCaughan, executive secretary, and Dr. Clayton N. Clark, business manager from the Chicago office, and Dr. F. A. Gordon, trustee of the A. O. A. and President of the Iowa Association, were guests at the luncheon.

Dr. Harry J. Marshall, Arthur D. Becker, and Raymond Kale, are members of the Des Moines Kiwanis Club.

POST GRADUATE WEEK— JUNE 15 to 20.

Dr. William E. Rees—

of Martins Ferry, Ohio, recently passed the West Virginia State Board. Bill decided to settle down. Rented a home but waited a few days to move in. The wait was a life saver for Bill and family, for during the flood the house was under water.

Dr. Lou Carleton—

of Brooklyn, Iowa, was recently elected president of the Poweshiek County Osteopathic Association.

fifty years of age or older) "Ladies—Net and Gross", "Driving Contest", and "Putting Contest". It will be well for those who will take their bag of golf clubs with them to the Convention, to get into early communication with Dr. A. Bowman Clark, 77 Park Avenue, New York City, Golf Chairman of the Entertainment Committee. With Dr. Clark on that committee are Drs. John A. DeTienne, George S. Van Riper, D. Webb Granberry, Harris Maxfield, and Lucius M. Bush.

I. O. A. Bulletin

Whether by good fortune or luck, the spring Circuit missed winter, the floods and the second spasm of cold weather. Drs. Arthur D. Becker and President F. A. Gordon spoke in all six districts. The reception given Dr. Becker and the profession's support of Des Moines Still College was, we feel, an inspiration to the new president of that institution. Resolutions of support for the college were passed in every district, we understand.

We trust the weather man will be in good humor May 14 and 15, as that is when the Osteopathic clan of Iowa gather at Hotel Savery, Des Moines, for their annual convention. Mark the dates now. When this is being written, we haven't received the final approved outline of the program, so will deal in only a small way with the good things in store for us.

Representatives from three of our six osteopathic colleges will appear on the program. With two college presidents, Dr. Geo. Laughlin and Dr. Arthur D. Becker, and a faculty member from the Kansas City College, we can rest assured of a real OSTEOPATHIC program. Dr. Mabel Anderson of the latter institution, will discuss "Rectal Diseases and Practical Gynecology." Dr. Anderson, we believe, has never appeared before an Iowa audience, but rest assured she will have plenty for us to take home. If you have read her articles in the College Journal you know she has something to say, and is not filling space to help out the editor.

Another new face to an Iowa convention is that of Dr. G. H. Meyers of Tulsa, Oklahoma. Dr. Meyers' particular hobby, or shall we say specialty, is ear, eye, nose and throat. Dr. Chapell chose wisely when he selected Dr. Meyers for the Iowa program.

We have heard much the past year about Osteopathy in Industrial Accident cases. Dr. Malone of Miami, Oklahoma, was featured in the August, 1935 issue of the American Federation of Labor publication, the American Federationist. That, coupled with the efficient work of the Bureau of Industrial and Institutional Service of the AOA have made both the profession and Labor realize the importance of such types of work.

Mr. W. M. Endsley, President of the Corn Processing Council, will discuss "Osteopathy and Industry." Mr. Endsley as president of this Council which has representatives from various plants over the country in the corn processing industry, has a hundred thousand potential workmen he can in some manner influence. He already has discussed this matter of Osteopathy before the Council and the representative from an Ohio

plant are now starting their request for Osteopathic services.

"Importance of X-Ray" is a practical matter and the men to discuss it need no introduction to an Iowa audience—both Drs. D. E. Hannon and B. L. Cash will have much of importance and interest.

The Memorial Services for departed members will be in charge of Dr. S. B. Miller of Cedar Rapids. Dr. Miller will later review the history of the Iowa Society and being a young "old timer" you may rest assured it will be most interesting. We of the younger generation feel we have problems to meet, but listen to some of the "battles of yester year." Dr. Miller's message will be interesting and inspiring.

The banquet, in charge of Toastmaster Rolla Hook, promises to be an outstanding one. We understand Dr. C. C. Jackson will again sing, and with Dr. Strummer of Shenandoah with the violin, we know the musical features of the program will be well taken care of. Dr. Hook has not as yet announced his speaker of the evening, but we know the talent he has in mind will be well worth hearing, as they are outstanding in their field of endeavor and whichever is chosen will do us honor to be present with us for the evening.

There are several other speakers and features we are not able to comment upon more fully at this time, since we have no definite word as yet as to the exact program, but complete program and information will reach you by mail.

Paul O. French, D. O.,
Secretary-Treasurer.

Prospective Students

The Polk County Association was hosts to a group of prospective students of Osteopathy at its regular monthly meeting in March. Many members of the association who have friends and patients that are worthy material as future osteopathic physicians, decided that it would add interest in the lives of these young students to attend such a meeting. They were well rewarded and the enthusiasm of those present was related at many and various intervals.

Those attending were Margaret Jean Miller, Robert Smith, Jack Hansen, Jack Yarham, Ronald Woods, Leslie Gordon and Bertha Ness. John Mattern, a senior student, Prof. Edward Owen of the college, Dr. Lillian Peterson, and Dr. Bennie Devine practicing physicians, were also guests.

Mrs. Clara B. Byerly—of Guelph, Ontario, mother of Dr. A. E. Byerly, passed away February 11. She will be remembered by the class of 1919 for her active part in class affairs while her son was in college.

**POST GRADUATE WEEK—
JUNE 15 to 20.**

The Osteopathic Armamentarian

Dr. John Woods presented to the Polk County Osteopathic Society the most comprehensive view of the resourcefulness of the Osteopathic armamentation in a most impressive and practical manner. This talk will merit the attention of every osteopath in practice today and the sincere appreciation of his study was evident by the outstanding comment of those present.

Covering the entire field of Osteopathic therapy of the human body he discussed the various factors that prove and have proven the superiority of its claims. The basic foundation of the foot and its proper normalization and prevention of physiological and anatomical unbalance due to variation in the length of the legs. Further that good posture is an essential to the body mechanics and is truly an osteopathic concept. That relaxed abdominal walls interfere with the action of the diaphragm that is so important in venous circulation. Divulsion of the external rectal sphincter and manipulation of other pelvic and abdominal visera under proper conditions is of unlimited value.

Continuing his discussion he established the contention that surgery is truly a mechanical method of aiding nature following pelvic tears and other displacements that effect the blood supply of these and surrounding tissues. Stimulation and inhibition through nerves has its place in relation to blood vessels, glands and smooth muscle and is especially valuable in relief of painful conditions that need immediate attention.

Discussing the various and remote effects of the "lymphatic pump", the formation of antibodies and the control of toxins and their distribution by circulation of the fluids of the body. He then concluded this valuable discussion with newer thoughts of endocrines, cranial pressure, and finger surgery and how all are connected and related to the osteopathic lesion.

Normalization of the structural integrity in all its phases is the fundamental factor of the osteopathic physician that years of scientific research will reveal. This merits the clinical study by every physician of the osteopathic school that a collection of data may place the concepts of Dr. A. T. Still where such credit belongs.

Program chairman, Dr. R. B. Kale, asked that following the splendid presentation of the last two programs that Dr. Arthur D. Becker and Dr. John Woods conduct a clinical examination at the concluding program in May.

Dr. Jud L. Koch—of Mount Vernon, Ohio, was a recent visitor at the college.

Boys Meet Boys

(Continued from Page 1)
valuable contacts and were instrumental in keeping the players in good condition for the finals. The coaches were grateful for the service and mentioned it several times to the students. Bernard Howland is all puffed up over the fact that he worked with the winning team from Ames through the entire meet.

Wrestling

The state wrestling meet was held at the Y.M.C.A. on April 3 and 4 and attended by about 200 high school boys. Mr. Conrad of the "Y" was anxious for the boys to have someone there to take care of the possible injuries, and Austin Brill, Jack Eddy, Harry Stimson and Joe Guerrero were sent.

Injuries in wrestling consist of mat burns, Charlie horses, and severe sprains to most of the joints. The boys report that they handled cases almost continuously, many asking for treatment and care before and after the match. All express their appreciation for the opportunity and Mr. Conrad of the "Y" was especially pleased with the work done by the students.

Dr. H. V. Halladay is in charge of the Athletic Clinic of the college and supervises all work of this type not only for visiting teams at the occasional events, but also during the entire school year in connection with the local public and parochial high schools.

Girls Meet Girls

(Continued from Page 1)
carefully working out the muscles, by rest, hot and cold applications, and another work-out before she went on the floor, she was able to play the entire game that same evening.

Most of the girls played with their ankles taped, but very few knee protectors were used unless there was an actual injury.

We feel as though we benefited the teams, which co-operated and responded so splendidly—and we know we ourselves learned much and feel amply repaid for our time and effort.

—Helen M. Butcher.

National Board of Examiners

Notice has been received at the office that the National Board of Examiners will hold examinations in Parts I and II of the examination in each of the six approved colleges on Friday and Saturday, May 15 and 16.

Application blanks must be secured from Dr. Asa Williard of Missoula, Montana. These blanks must be certified by Dr. Williard and allocated to the proper preceptor.

Part III of the examination will be given in New York City during the week of the national convention.

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

THE LOG BOOK

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

PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 13

MAY 15, 1936

Number 5

POST GRADUATE SCHEDULE

The Des Moines Still College of Osteopathy cordially invites members of the OSTEOPATHIC PROFESSION to join with us in six days of intensive study and demonstration.

NO TUITION CHARGE

Your only expense will be your usual expenses, which should not be much more than if you were staying at home.

GRADUATE OSTEOPATHIC PHYSICIANS ONLY

The course is not open to the public nor to any physician other than a graduate of our own science.

CLASSES BEGIN AT 8:00 A. M. MONDAY

This does not mean 9 nor 10. Our schedule must run as planned as our teachers are busy. If you arrive late you miss something.

REGISTER AT THE COLLEGE OFFICE

The office is on the second floor of the college building, which is located at 722 Sixth Avenue.

JUNE 15 TO 20 INCLUSIVE

From Monday through to and including Saturday. Every day for the week and the whole week crowded. Evening sessions also.

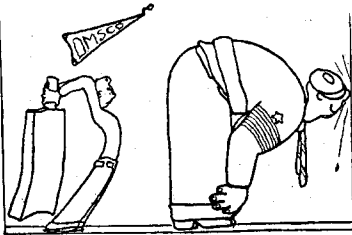
CERTIFICATE OF ATTENDANCE GIVEN

Many wish a record of Post-Graduate work. You will be given an official certificate for your full attendance. No extra charge.

HRS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 A. M.	Dr. Robt. Bachman Obstetrics	Dr. Robt. Bachman Obstetrics	Dr. Robt. Bachman Obstetrics	Dr. Robt. Bachman Gynecology	Dr. Robt. Bachman Gynecology	Dr. Robt. Bachman Gynecology
9:00 A. M.	Dr. A. D. Becker Osteopathic Principles	Dr. A. D. Becker Osteopathic Principles	Dr. A. D. Becker Osteopathic Principles	Dr. A. D. Becker Cardiac Diagnosis	Dr. A. D. Becker Cardiac Diagnosis	Dr. A. D. Becker Cardiac Diagnosis
10:00 A. M.	Dr. J. L. Schwartz Ambulant Proctology	Dr. J. L. Schwartz Ambulant Proctology	Dr. J. L. Schwartz Ambulant Proctology	Dr. J. L. Schwartz Ambulant Proctology	Dr. J. L. Schwartz Ambulant Proctology	Dr. J. L. Schwartz Ambulant Proctology
11:00 A. M.	Dr. J. P. Schwartz Surgical Diagnosis	Dr. J. P. Schwartz Surgical Diagnosis	Dr. J. P. Schwartz Surgical Diagnosis	Dr. J. P. Schwartz Surgical Diagnosis	Dr. J. P. Schwartz Surgical Diagnosis	Dr. J. P. Schwartz Surgical Diagnosis
1:30 P. M.	Dr. H. J. Marshall Eye, Ear, Nose and Throat	Dr. H. J. Marshall Eye, Ear, Nose and Throat	Dr. H. J. Marshall Eye, Ear, Nose and Throat	Dr. John M. Woods Skin Diseases	Dr. John M. Woods Skin Diseases	Dr. John M. Woods Skin Diseases
2:30 P. M.	Dr. Lonnie Facto Neurology	Dr. Lonnie Facto Neurology	Dr. Lonnie Facto Neurology	Dr. Lonnie Facto Physical Diagnosis	Dr. Lonnie Facto Physical Diagnosis	Dr. Lonnie Facto Physical Diagnosis
3:30 P. M.	Dr. B. L. Cash X-Ray	Dr. B. L. Cash X-Ray	Mr. O. E. Owens Bio Chemistry	Dr. C. P. Callison Dietetics	Dr. Glenn Fisher Laboratory Diagnosis	Dr. Glenn Fisher Laboratory Diagnosis
4:30 P. M.	Dr. H. V. Halladay Athletic Injuries	Dr. H. V. Halladay Athletic Injuries	Dr. H. V. Halladay Athletic Injuries	Dr. H. V. Halladay Applied Anatomy	Dr. H. V. Halladay Applied Anatomy	Dr. H. V. Halladay Applied Anatomy
7:00 P. M.	Dr. C. Ira Gordon Foot Technic	Dr. C. Ira Gordon Physio Therapy	Round Table on Osteopathic Technic	6:30 Class Dinner	Round Table on Osteopathic Technic	

Clinic Presentations As Available in Various Classes.

FRATERNITY NOTES



SIGMA SIGMA PHI

The Beta Chapter of Sigma Sigma Phi, national honorary fraternity, wishes to extend to its graduating Seniors, Brothers George K. Niehouse, John Q. A. Mattern, F. Leroy Buchacker, Fred C. Green, Ernest O. Bauman, Sol Siegle, and Joe B. Bartram, success as they enter the field as Osteopathic physicians. Good luck, Brothers. The fraternity and school will miss you.

The newly elected officers for the ensuing semester are: President, J. E. Dunham; Vice-President, W. E. Ryan; Treasurer, D. J. Evans; Secretary, H. J. Ketman; Corresponding Secretary, H. P. Stimson; Sergeant-at-Arms, G. H. Beghton; Trustees, Dr. J. R. Shaffer, J. B. Miller, and W. E. Ryan.

The following recently elected pledges are to be congratulated—C. W. Wyman, E. Braunschweiger, H. E. Dresser, G. W. Stewart, and B. D. Howland.

The baseball tournament sponsored by the fraternity this season is still under way. The Freshmen are quite confident, but the Seniors still challenge all comers.

We wish to thank the student body for the co-operation they have given us throughout the school year.

PSI SIGMA ALPHA

The monthly meeting was held at the Jewish Community Center, Thursday evening, May 7th. The new officers for the coming semester are:

Joe Peterson, president; Harold Morgan, vice-President; Ivan Penquite, secretary; Joe Geurrera, treasurer; Allen Becker, corresponding secretary.

The Psi Sigma Alpha assembly was held Friday, May 8th. We were very fortunate in having the Hon. Mayor Allen as speaker. Mayor Allen is an old friend of Osteopathy and also a booster. Dr. Arthur D. Becker presented the freshman essay awards to Elmer Hansen, Gordon Fischer, and A. S. Barnes. These men wrote on "Why I Chose Osteopathy As A Career." The contest was judged by Dr. Mary Golden and Dr. Gordon. Many fine papers were turned in and we congratulate all those taking part.

The banquet in honor of our graduating brothers will be held at Younkers Tearoom, Tuesday, May 12th. We wish to extend congratulations to Walter Irwin, John Wilkes, Dale Crews, Ralph Deger, and De Witt Goode.

We also wish to welcome our new member, Robert Fagen.

The New Catalog

For the past several weeks the catalog committee has been at work making over a complete new catalog of the college. We know you will want a copy, for many changes have been made.

The text has been entirely rewritten in each department and all changes in schedule of class work and laboratory are completely rearranged for your convenience. The departments are outlined in a most convenient manner with full explanation as to what will be accomplished in the semester's work in each subject. A complete list of standard text books as used by the various teachers has been added.

The college is proud of its faculty and in this issue has given you a short sketch of each member so you may be better acquainted with each and know what his osteopathic training has been.

Several new pictures have been added and an application blank will be found inserted in the back of the text.

An attractive cover design adds to the appearance and we know you will want one or more of these new catalogs for your waiting room table. Drop a line to the Secretary and they will be in the mail by the first of the month. At the time of going to press the new catalog was printed but not bound.

Don't forget to include in your request the names of several students who will also wish a copy.

ATLAS CLUB

With heavy hearts we think of the loss of three of our members, due to graduation. Harry Porter, bound for his internship in the Detroit Osteopathic Hospital, De Witt Goode, who will practice here in Iowa, and Donald Hickey, who will also remain in this state. However, our number has been substantially increased by the initiation of six men, all potential leaders in the Chapter. Paul O'Shana has also been welcomed back as an active member. Erwin Iverson, John Hagy, Clifford Barry, Paris Munroe, Eugene Young, and Edward Callahan, after satisfactorily completing their term of pledgeship, were formally initiated Thursday evening, April 23rd. Following initiation, the new members were the guests of honor at a midnight banquet held at Mrs. Doty's Tearoom.

Memorable to both the Axis and Xiphoid Chapters was the recent Interfraternity Dance in Kirksville, Missouri. Following the dance was the Atlas Club party, at which Barry, Paris, and Gus vociferously contributed to the entertainment.

Election of officers was held Monday, May 4th, and the following men were installed for the coming term: Donald J. Evans, Noble Skull; Brenton Schiffer, Occipital; Erwin Iverson, Sacrum; Robert W. Dawe, Stylus; Harry P. Stimson, Pylorus; Henry Leslie, Receptaculum.

Westward Ho!

The tires on Dr. Halladay's new Buick coupe have the itch. A recent examination by an expert tire doctor revealed the astounding fact that he must start a trip soon into another climate. Dr. Halladay, of course, objects very much to this plan, for he does not want to leave the delightful climate of Iowa, but of course if it is necessary for the good of the tires on his car, he will make all sorts of sacrifices and drive to Arizona.

Incidental to his trip for the benefit of the health of his new car, he will be in Tucson, Arizona the 27th of May, attending the graduation of his daughter, Frances. On the 30th of May he will meet with the Arizona State Osteopathic Association at Tucson. Sandwiched in between, if the health of the car will permit, he plans a side trip to Nogales, Sonora and to Casa Grande Ruins. On the return, if the tires show improvement, he will stop at Carlsbad Cavern and then head for Dallas, Texas, where he will meet one day with the Texas State Association.

By this time it is hoped that the car will be in excellent health, for he will have to be back in Des Moines for the big Post Graduate Week at the college, beginning June 15th.

Athletics

Drake Relays

For the past ten years the college has taken an active part in the care of athletes sent to the Drake Relays. Through the Athletic Clinic, which is under the supervision of Dr. Halladay, seven of the upper classmen were sent out for the two big days, April 24 and 25.

Jurgensen, Dresser, Jolly, Ryan, Juhlin, Buchacker and Niehouse devoted most of the time of the two days taking care of the usual run of injuries at such a meet. In addition to the expected injuries, two suspected fractures were taken to the hospital for X-Ray examination and a severe scalp wound was dressed at the stadium.

The boys sent out in the mornings spent most of their time working with the high school teams, the afternoon work being with the college and university class. Terry, who broke the record for javelin throw and many other champions were very grateful for the service rendered.

Western League Base Ball

According to our usual custom, two of the boys staying over during the summer have been assigned to take care of the "Demons." Manager Abbott of the team, has had them out preparatory to the opening, May 12, and the boys already have had plenty to do. Gus Porter, who graduates this year, took the new appointees out to show them the layout. Don Evans and Henry Ketman will be the regular members of the team's training staff.

Assemblies

April 15

The college was honored on Tuesday, April 15, by the presence of Dr. W. B. Goodfellow of Los Angeles, Calif. Following a number by the orchestra, Dr. Arthur D. Becker, president of the college, introduced Dr. Goodfellow and the response was highly gratifying. In his talk Dr. Goodfellow brought out the essential fact that as osteopaths we had something that the other fellow did not have, the records of the hospital in Los Angeles and in other places easily proving this point. The sincerity and forcefulness of his talk made a deep impression on the student body and we will welcome his return at some convenient time.

April 24

Through the Department of Visual Education of the A.O.A. we were able to secure the movie of Dorsal Technic as demonstrated by Drs. Webster and Rice. The film is an excellent one from the standpoint of photography and editing. It is exceptionally well done throughout and we were glad to show it to the student body. There is some doubt in the minds of some members of the faculty as to the scientific application of the tripod principles but we believe the best policy is to see these various types of technic and let each judge for himself the practicability of the method.

May 8th

Following the usual introductory number by the orchestra the assembly was given to the Psi Sigma Alpha fraternity. John Wilkes being in charge. Mr. Wilkes introduced the Honorable Joseph Allen, Mayor of the City of Des Moines. Mayor Allen's talk was an inspiration to every one within hearing of his voice. He first dwelt on the need for education and concentration on the work of our profession. Then from his own personal experiences he told of several cases that had been benefited by Osteopathy where medicine had failed, making the climax of his talk one to be remembered by every student.

Following the Mayor's address, Dr. Becker, in the name of the Psi Sigma Alpha presented the awards for the best essay on "Why I Studied Osteopathy," these being offered by the fraternity earlier in the semester.

Mr. Hansen of the Freshman B. class won the first prize, it being a copy of Dr. Downing's new book on Principles and Technic.

Mr. Fisher of the Freshman A. class won the stethoscope for second prize, and Mr. Barnes of the Freshman A. class the third prize, a thermometer. The organization is to be commended for its contribution in increasing the interest in Osteopathy. Joe Peterson, speaking for the fraternity, announced that the contest would be made annual. The assembly closed with a number by the orchestra.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentArthur D. Becker

Faculty Advisor, H. V. Halladay

Editor..... E. Harwood

Osteopathy Without Limitation

Bon Voyage!

We cannot pass up this opportunity to say a word or two to the graduating class, to you and to the students in our college who will return next fall.

This marks the end of a college year. We wonder if we have accomplished all this year that we had planned at the beginning. There is more to the management of a college than the routine of the lecture work of so many lectures covering so much of a subject. There is that **something** that is indescribable that has to be put into the day's work in the way of inspiration, application and interpretation of each subject. Twenty-four of our boys are leaving us. We hesitate and wonder if we were able to put that extra something across to them and if they are leaving us with that extra touch of preparation that is so essential in the making of a physician? We hope it is there. From the hard-working president of the college down to the newest of laboratory assistants, all have put their best into this class and we are proud of them. We hope they will go out and reflect our work. We are not ashamed of any one of them and know that they can carry on in the name of the Des Moines Still College of Osteopathy with pride.

Seniors, we congratulate you and wish for you every success that should come to a sincere worker in osteopathy.

To those of you who will return next year, we urge you to live, talk and eat osteopathy all through the vacation period. We hope you are leaving with the enthusiasm of a good year's work; with knowledge that you have acquired and a determination to spread the news of Des Moines Still College and Osteopathy wherever you go.

Next year will be bigger and better.

With twenty-four fine Seniors going out to represent us and with you lower classmen on the firing line, we are sure that the natives in many parts of the country will be better informed on the subject of Osteopathy before it is time to return.

We will make the usual bet of any reasonable amount, that in less than a month you will be counting the days until the 8:00 o'clock bell rings.

A fine, restful, happy vacation to all of you.

—E. Harwood and Staff.

Board and Faculty

April 6

The usual monthly meeting of the Board was held this month on Monday the 6th. Matters of considerable importance were before the body at this meeting for the time is rapidly approaching when a decision must be made as to who will receive diplomas the last of May. The Seniors, if there be any, are finally aware at this writing just what has to be done in the few short weeks left to erase any deficiencies that may be standing like a prison wall barring them from freedom. Lower classmen—take heed of what you are building.

At the Faculty meeting Dr. J. P. Schwartz offered the latest in formula for the prediction of the metabolic rate as explained in a recent issue of *Archives of Internal Medicine*. This new schedule is worked out in considerable detail and, as Dr. Schwartz explained, is a very definite check on the laboratory method.

Drs. Read and Barnett have been experimenting for many years on this type of schedule and are accepted authorities. No one should hesitate to use such a comprehensive table.

May 4

In addition to the routine business of the Board at its meeting the fourth of May, time was taken to complete the arrangements for the Post Graduate Week, the program for which is given on the first page. Reports already coming in from the field indicate that the attendance will be above our expectations and we know you will meet many old friends.

Reports concerning the team from the college that will appear on the program of the New York Convention, were gratifying. The Des Moines Still College of Osteopathy was the first of the colleges to have its part of the program ready.

Dr. Glenn Fisher of the faculty spoke to the faculty group on the development of a new Anogen and its use in treatment. His report was exceedingly interesting and although this new Anogen has not had extensive trials in the city, the few cases treated show that it may prove very useful in certain cases.

In closing the faculty meetings for the year, Dr. Arthur D. Becker expressed his appreciation for the fine spirit of co-operation within the group and assured them that the program plan would be continued next year with more of the fine inspirational talks that have been so thoroughly enjoyed this past college year.

Dr. Bayard Twadell—of Iola, Kansas, proudly announces the birth of Judith Anne, March 20th.

Dr. P. J. Gephart—of Waterville, Maine, writes that Charles David arrived April 14, weighing seven pounds and ten ounces.

From You

Recently a questionnaire was sent out to several members of the profession requesting them to state their opinions on the editorial policy of the Log Book and the matter contained therein.

The answers that were returned showed us that a scientific article should be run in every issue and the favorite subjects were Cardio-Vascular and Eye, Ear, Nose and Throat diseases. The question that was almost unanimously answered in the affirmative was whether it would be to the reader's choice to have a question and answer column. This column would be included in the Log Book every month and would answer all sensible questions that were sent in to the editor. In this way it would help others in diagnosing their own cases.

Another of the most important question asked dealt with the publishing of the periodical. Only five of the doctors preferred quarterly issues and the remainder answered that they much preferred the monthly publication, because it kept them better informed on what was going on at the school and the latest developments in the profession.

The last question asked was for suggestions on how to improve the paper. There were only five doctors that had any suggestions to make. Two of these thought that the Log Book should be doubled in size and that more technical material should be run instead of so much news about what people out in the profession were doing.

The Log Book is always open to suggestions from its readers and would greatly appreciate hearing their ideas as to how to improve the paper.—(M. H.)

(The questionnaire referred to above was sent out by a student of Drake University, not a member of the staff of the college. The ideas offered will be considered seriously by the board and as opportunity offers the changes asked for by the majority will be made.—Editor.)

Just One of the Bishop Boys

Not long ago a member of the faculty sat on the balcony of the New Bishop Cafeteria and during the consumption of the meal was greeted twenty-one times by twenty-one different students of the college. Hurrying back and forth with food, taking out used dishes and trays, and filling cups and glasses with drinks, he observed too many of our students to make an accurate count.

Miss Cook, the hostess of the cafeteria, furnished the information that twenty-one of our boys work there for their meals.

Just how independent are we? Can Bishops get along without us and can we get along so well without Bishops? It looks like a perfect example of a mutual benefit society.

Senior Class Program

The Seniors are already near the gate. Time is rapidly plodding along to the hour that they thought would never come but has arrived too soon. The several functions that officially are dated for the class follow:

Senior Class Day—Friday Assembly, May 22.

Senior Banquet — Younkers, Thursday, May 28, at 6:30 p. m.

Senior Graduation — College Auditorium, Friday, May 29, at 8:00 p. m.

The college awards for superior work will be given at the class day program at which time the class will offer their own personal program.

The banquet given to the class by the trustees will precede graduation night and will be in charge of Dr. Arthur D. Becker, president of the college.

Dr. Russell C. McCaughan, secretary of the A.O.A., will address the class at its graduation on the 29th.

What Happens to Them?

So many times the request comes through the mail to send an Osteopath to some town or city, the reason being that there is none in the immediate vicinity. Not long ago at a state convention it was mentioned that one hundred more Osteopaths were needed in the state, yet we haven't a graduate from that section of the country. Here is where they go, according to a list taken just before going to press. Our twenty-four Seniors seem to know just about what they will do and none are going into the state we refer to.

Name	From	Will Take State Bd.
Jos. Bartram,	Ohio—	Ia.-W. Va.
Ernest Bauman,	Idaho—	Ia.-Utah
F. LeRoy Buchacker,		
	Iowa—	Iowa-W. Va.
T. D. Crews,	Iowa—	Ia. - Wash.
Ralph Deger,	Ohio —	Ohio
R. T. Gerow,	Michigan—	Mich.
R. H. Gibson,	Ohio—	Ia.-Ohio.
DeWitt V. Goode,	Iowa—	Iowa
Fred Green,	Kansas—	Oklahoma
R. F. Happle,	Ohio—	Mich.-Ohio
Don Hickey,	Iowa —	Iowa
R. F. Hoefer,	Ohio —	W. Va.
John Hoose,	Michigan —	Mich.
W. S. Irvin,	Pennsylvania—	Iowa
H. B. Juhlin,	Michigan —	Mich.
J. Q. A. Mattern,	Iowa —	Iowa
W. J. Morrison,	Iowa —	Iowa
Geo. Niehouse,	Iowa—	Ia.-Colo.
V. C. Pohl,	Ohio —	Ohio
H. G. Porter,	Michigan —	Mich.
R. K. Richardson,	Minn.,	Ia.-Okla
Saul Siegle,	Iowa —	Iowa
L. Spalter,	Michigan—	Ia.-Mich.
John Wilkes,	Mich.—	Iowa-Mich.

George Niehouse—of the Senior Class, received official notification of his appointment as an interne at the Rocky Mountain Hospital in Denver. Congratulations!

Dr. E. J. Remington—of Burlington, Colorado, passed through the city last week and stopped long enough to say "Hello."

I. O. A. Bulletin

(Des Moines Register, May 10)

OSTEOPATHS PLAN MEETING

Leaders Prepare For State Gathering.

The thirty-eighth annual convention of the Iowa Society of Osteopathic Physicians and Surgeons will be held Thursday and Friday at Hotel Savery.

Nationally known and state and Des Moines osteopaths will appear on the program.

Dr. George Laughlin, president of Kirksville College of Osteopathy and Surgery at Kirksville, Mo., will speak on "The Future of Osteopathy" and will be guest speaker at a luncheon Thursday.

Consider Labor

Dr. George J. Conley of Lakeside hospital at Kansas City, Mo. president of Kansas City College of Osteopathy and Surgery and past president of the American Osteopathic Association, will be luncheon speaker Friday, and will also address the convention.

Dr. Mabel Anderson of Kansas City hospital and Dr. H. M. Husted of Denver, Colo., also are among out-of-state speakers who will appear before the convention.

A talk on "Osteopathy and Organized Labor" will be given by W. M. Endsley of Cedar Rapids, Iowa, president of the Corn Processing Council.

State Leaders

Dr. S. R. Miller, also of Cedar Rapids, will speak on the early history of Osteopathy in Iowa, and Dr. F. A. Gordon of Marshalltown, Iowa, state president, and Dr. D. E. Hannan of Perry, Iowa, will appear on the program.

Des Moines osteopathic physicians who will speak are Dr. Arthur D. Becker, president of Des Moines Still College of Osteopathy; Dr. J. P. Schwartz, chief-of-staff of Des Moines General hospital; Dr. H. J. Marshall, Dr. Byron Cash, and Dr. Mary Golden.

Prof. O. E. Owen of Still College will discuss the value of laboratory reports to the physician.

Dr. Leone McNeff—

of Kansas City, Mo., was a recent visitor at the college. Dr. McNeff was drafted to talk to several of the classes and made a deep impression on the girls when she told of many of her osteopathic experiences.

Dr. M. J. Schwartz—

of Muskogee, Okla., visited in the city recently. Morrie is editor of the state publication and showed us a copy of "This Week in Tulsa" that contains some exceedingly neat osteopathic publicity. He reports that the recent convention in Tulsa went over big.

... Introducing ...

Dr. J. L. Schwartz

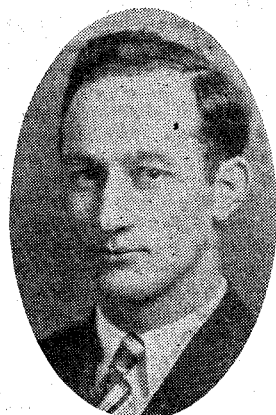


Although occupied largely with his practice and surgical work at the hospital, Dr. J. L. finds time to teach his specialty at the college. The teaching of Proctology was assumed by him seven years ago and in that time he has taken special courses in Springfield, Ohio, and Berlin Germany, and Vienna.

Dr. Schwartz is a member of the several local organizations, taking an active part in the association work. He expects to attend the special meeting of the Proctologists at the New York Convention and will tour the East for his vacation.

Following his graduation from the A.S.O. in 1919 he came to Des Moines, served his internship at the Des Moines General Hospital, and finished one year of Post Graduate work at the college. Since that time he has been associated with the Taylor Clinic and the Hospital.

Dr. James E. Shaffer



One of the newer members of the faculty but one that has proved his worth on many an occasion. As chief assistant in the Obstetrical department, Dr. Shaffer has no office hours. Cases of this type do not respect either the day of the week or the hour and usually wait for stormy weather to put in the hurry call. Dr. Shaffer is always on the job and is busy, as the clinical record of the college will show.

Following his graduation he took one year of post graduate study and served an internship at the Des Moines General Hospital. He is a licensed surgeon in the state of Iowa.

Just to prove that a busy doctor can do a little more, he assumed charge of the gynecological clinic at the college recently. You will see him at the New York Convention.

Hear and See These In New York At the National Meeting In July

Minnesota State Meeting

Dr. and Mrs. Arthur D. Becker motored recently to Minneapolis to attend the state convention of our sister state, Minnesota. The weather was fine, the roads good and it was not only a pleasure to meet old friends but to enjoy the privilege of participating in the program. From Dr. Becker's report of the meeting it was exceptionally well attended and he was kept busy. Following his assigned subject, "Cardiac Diagnosis," he assisted with the clinical presentations and spoke at the banquet.

"Minnesota is one of our homes," Dr. Becker said, "and you know it was a real pleasure for both of us to greet so many members of our profession with whom we have worked intimately in the past."

**POST GRADUATE WEEK—
JUNE 15 to 20.**

State Boards

Missouri

The State Board of Osteopathic Registration and Examination of Missouri will hold its regular examinations at Kirksville and Kansas City, Missouri, May 27, 28 and 29, 1936. For applications and additional information address the Secretary, Dr. J. L. Allen, 1002 Chamber Building, Kansas City, Missouri.

West Virginia

The next meeting of the West Virginia Board of Osteopathy will be held in Huntington, June 15 and 16, 1936, at the offices of Dr. Robert B. Thomas, 613 West Virginia Building. Application blanks may be secured by writing the Secretary, Dr. Guy E. Morris, 542 Empire Bank Bldg., Clarksburg, W. Va.

Applications should be filed with the Secretary not later than June 8, 1936.

At New York

If you expect New York to do things on just a little bigger scale than some other borough you will not be disappointed. The things you hear of and read about seem to largely radiate from the Big Town.

Five of the most famous clergymen of New York City will attend this convention, each offering an invocation at the opening of one of the morning sessions. They are Dr. Harry Emerson Fosdick, Dr. Ralph Washington Sockman, Dr. Alexander Lyon, Dr. Daniel A. Poling, and the Right Reverend Monsignor Michael J. Lavelle. These men are known internationally through radio and the press and you will want to be there to see them and to know that they are interested in our science.

A meeting that will be of considerable interest to all will be held Thursday afternoon, July 23rd. Dr. George Rothmeyer will direct a "Conference on the Osteopathic Care of Athletes." In addition to well known speakers from our profession on subjects of interest, plans are being made to draft Dr. Buck Weaver of the Cardinals, who will be in New York City with the team during the week of our convention. Maybe you will get a chance to meet Dizzy and Daffy.

Reunions At New York

At the time of going to press we do not have the complete report of the arrangement for fraternity and sorority banquets, but please note—

Your organization as listed below will have a banquet; there will be a meeting of the officials for the conduction of your business and you will enjoy a big get-together meeting that will be one of the features of your trip to the convention and New York.

The Interfraternity Council of the Osteopathic Organizations will register the following at the end of the registration line:

Atlas Club—Banquet Tuesday night, July 21st.

Axis Club—Banquet Tuesday night, July 21st.

Delta Omega—Banquet Tuesday night, July 21st.

Iota Tau Sigma — Banquet Tuesday night, July 21st.

Alpha Tau Sigma — Banquet Tuesday night, July 21st.

Phi Sigma Gamma — Banquet Tuesday night, July 21st.

Theta Psi—Banquet Tuesday night, July 21st.

Kappa Psi Delta — Banquet Tuesday night, July 21st.

Sigma Sigma Phi—Luncheon at noon, July 21st.

Psi Sigma Alpha — Luncheon at noon, July 21st.

—H. V. Halladay, Sec'y.,
Interfraternity Council.

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THE LOG BOOK

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Volume 13

JUNE 15, 1936

Number 6

Dr. C. W. Johnson Dead



The many friends and students of Dr. C. W. Johnson were shocked to learn of his sudden death, June second. For the past several years he has not been in the best of health but his condition was not considered acutely serious. Following a short illness he developed an acute abdomen and failed to rally.

Dr. Johnson was sixty-seven years old and had been a resident of Des Moines for more than thirty years. He had been associated with the Des Moines Still College of Osteopathy since 1905 during which time he had served as teacher, dean and for nine years as president of the college.

He was born in Monroe, Wisconsin and came to Iowa with his parents when a small child to settle near Ames. Following his graduation from the Ames public schools he graduated from the Iowa State College and served afterwards as superintendent of public schools at Exira, Iowa. Following his graduation from Still College he practiced in Charles City, Iowa, and came to Des Moines in 1905 to accept a position on the faculty of the college.

His immediate family surviving him consist of his widow, a son Dana, and daughter Ava.

Private services were conducted June 3rd at Dunn's Funeral Home, followed by burial at Ontario, Iowa.

The osteopathic profession has lost another of its great educators. His lectures will be recalled by many who have had the privilege of sitting in his classes. He built for himself a monument in the hearts of his students that will be more lasting than the granite marking his last resting place.

The officers and trustees of
(Continued on Page 4)

Resume of the Year

It has been a source of real satisfaction to come to the close of the school year 1935-1936 and to realize that we have achieved a high mark for Des Moines Still College of Osteopathy, both scholastically and financially.

This has been a most constructive year. A definite program of development and expansion is well under way and is in considerable part completed. The morale of the student body and of the entire faculty is at high par. Work in the class rooms and in the laboratories has been distinctly of a superior type, which is in keeping with the determination to constantly raise the character of the work presented and required under the new school policy. Two students were requested to discontinue at the mid-year because of lack of capacity to do the character of work which we had set as our standard in scholastic requirements.

Considerable equipment has been added in the various departments throughout the college and this, too, is but the beginning of our policy to have all of the equipment in the institution completely adequate and of first quality.

Activities along the line of publicity have been greatly extended during the year and will be even more extended during the coming year.

More than \$4,000 worth of pathological, histological and embryological slides were added to the microscopy laboratories during the year. A good beginning has been made in the establishment of a gross pathological museum and it is planned to make these gross pathological specimens a part of the teaching unit in laboratory work.

The library and reading room have been ideally placed on the fourth floor and we anticipate a marked increase in library facilities for the coming year. We plan to add many new books and professional magazines for the use of students.

We are particularly proud of our new catalog recently off the press. We have tried to make it an accurate and true representative of the college and its facilities.

We have been particularly interested in the increasing interest evident in things osteopathic. We are, in every logical way, endeavoring to teach the osteopathic concept and to bring out the importance of osteopathic

Commencement

The final awarding of degrees to the class of May, 1936, took place in the college auditorium the evening of May 29th. The following program was presented to a large crowd, there being present many parents of the members of the graduating class. Mr. Donato's musical selections were exceptionally well rendered and highly appreciated.

Processional
.....Mrs. Carolyn Scott Donato
Invocation
.....Dr. Robert B. Bachman
Selection, Mr. Anthony Donato
Address
.....Dr. Russell C. McCaughan
Selection, Mr. Anthony Donato
Presentation of Class
.....Dr. John P. Schwartz
Conferring of Degrees
.....Dr. Arthur D. Becker
Recessional
.....Mrs. Carolyn Scott Donato

Dr. Russell C. McCaughan of the central office delivered the address and in his inimitable way brought out the several pitfalls to be met with in Socialized Medicine. Dr. McCaughan is in a position to know about such things and his warnings were given at a time when they should make the greatest impression. The college feels honored in having Dr. McCaughan at this time and is deeply grateful for the fine words of advice to our graduates.

Following the recessional the class received the good wishes of its many friends in the reception room.

Another year has closed . . . another class graduated . . . and with the few short weeks of vacation quickly spanned we will soon be back in harness again with a new group to start on its four year journey.

All of our good wishes go with this fine class. We know they are prepared to meet the demands of the public and have no fear for their success in Osteopathy.

thinking and osteopathic therapy throughout every department in the college. The success of the clinic during the past year has been a constant joy. We are constantly confronted with more clinic material than we have capacity to care for. During the year 430 babies were delivered in the obstetrical department and 410 of these were delivered in

(Continued on Page 4)

Annual Corporate Board Meeting

The annual meeting of the Corporate Board of the Des Moines Still College of Osteopathy was held at the college building June 9, 1936, at 8:00 p. m. Dr. Arthur D. Becker, president of the college, called the meeting to order and the roll was called by the secretary. A quorum being present the business of the board proceeded.

The report of the secretary this year was flattering in spite of the small size of the student body. Operating with a limited income the college has been able to maintain its faculty complete and add many improvements and yet end the year with a small profit. This is highly gratifying and encouraging, and plainly shows perfect cooperation on the part of all concerned in the administration of the college's affairs.

The president offered a report a resume of which will be found under a special heading. This was also a matter of pride, for many good things have been accomplished during the past year. The alumni of the college have every reason to be proud of the school and with the progress made this last year should feel a greater degree of confidence in the institution and we are sure will make a greater effort to show their appreciation of the work done by the officers of the board.

The assembled group, feeling that the officials for the past year were deserving of a continuation of their regime, voted unanimously to reelect the board

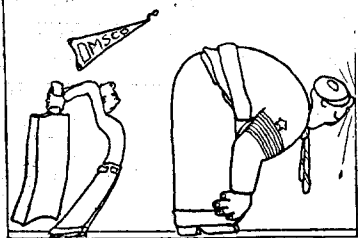
(Continued on Page 4)

The Band Banquet

As is the usual custom in the spring, the band got together for their annual banquet. The good food at the Chamberlain and the good company of a group that is really close harmoniously and harmonically, made for an evening that will be long remembered. Those present were: Wicke, Gerlach, Gnau, Sharp, Green, Simpson, Ayers, Jeransen, O'Berski, Young, Richardson, Templeton, and Dr. Halladay.

Green and Richardson graduated with the May class, and Gnau will graduate in January, 1937. The graduating members received their certificates for this service at the Senior assembly, Friday, May 22nd.

FRATERNITY NOTES



The Phi Sigma Gamma announces that its annual reunion in New York will be held in the Lincoln Room of Hotel Lincoln at 44th and 8th Ave., at 7:00 p. m. Tuesday July 21st. There will be a banquet, entertainment and the annual grand chapter meeting.

The Atlas Club will hold its annual reunion in the Sert Room (air-conditioned) at the Waldorf on Tuesday, July 21st at 7:00 p. m. Dinner first, short business session and then fun, according to the New York chairman, Harry L. Chiles.

The Delta Omega Sorority will hold its annual reunion in the Shell Room at Radio City, Tuesday, July 21st at 6:30 p. m. Following the banquet and business meeting a tour thru Radio City will be offered at a small additional charge.

At New York

Faculty Members to Speak

Eight members of the faculty of the college will appear on the program of the New York Convention and in addition will take an active part as officials in several of the divisional departments.

Dr. Arthur D. Becker, president of the college, is a member of the board of trustees of the A.O.A. He will therefore, be compelled to do double duty. On Wednesday of the week of the convention he will meet with the college group and on Friday with the Past Presidents' Program. He is also listed as a reserve speaker in the Acute Diseases Section.

Dr. R. B. Bachman, member of the board of trustees and treasurer of the college, will also be a member of the college team appearing Wednesday, and on Thursday speaks before the section on Obstetrics and Gynecology. Dr. Bachman is Vice-President of the American College of Obstetricians.

Dr. L. L. Facto will be one of the team sent from the college to appear on the program Wednesday and also speaks before the section on Acute Diseases, Wednesday morning.

Dr. Mary Golden is program chairman of the O.W.N.A. Conference on Tuesday and speaks before the section on Obstetrics and Gynecology on Thursday morning.

Dr. H. V. Halladay is Secretary of the Interfraternity Council and will be at the registration desk for this purpose from Saturday morning until Tuesday at 5:30 p. m. He will also appear

on the program of the section on Athletic and Acute Traumatic Injuries.

Dr. H. J. Marshall is Secretary-Treasurer of the International Society of Osteopathic Ophthalmology and Otolaryngology and will appear Monday morning with that group in Clinical Examinations.

Mrs. K. M. Robinson, secretary of the college, will be in the college booth to welcome all of you.

Professor O. E. Owen will be in charge of the Exhibit from the college.

Dr. J. E. Shaffer is listed as a reserve speaker with the section on Obstetrics and Gynecology.

Dr. J. M. Woods appears with the group from the college Wednesday morning and will also speak Monday before the section on Acute Diseases.

Drs. Fisher and J. L. Schwartz also expect to attend the New York meeting, attending lectures and meeting old friends.

Registration at the Convention

Dr. Alexander Levitt, chairman of the committee on finances and treasurer of the local executive committee of the Fortieth Annual Convention of the American Osteopathic Association, announces the following schedule of local registration fees which will be in force for the Convention opening in the Waldorf-Astoria Hotel, New York City, July 20th:

Members of the A.O.A.	\$5.00
Non-Members (after A.O.A. registration)	5.00
Adult Guests	5.00
Students, including May and June, 1936, graduates	2.50
Junior Guests	2.50
Exhibitors	No Fees

Registration fees paid will entitle the registrant to a strip of tickets for admission to all social functions, and admission to social functions will be only by proper entry ticket.

Admission to the Convention proper will be by badge, which must be conspicuously displayed. Exhibitors after registration will be entitled to admission to social functions but only upon payment of the established special admission fee.

The registration desks will open at the Waldorf-Astoria on Saturday, July 18th, (two days previous to the opening of the Convention) at nine o'clock in the morning and registration will continue until five o'clock that afternoon. The desk will be open the next day, Sunday, July 19, from nine o'clock in the morning until five o'clock in the afternoon. Monday, July 20, the registration desks will open at seven-thirty a. m. and will remain open until late afternoon. Similar registration hours will be observed Tuesday and Wednesday, and the registration desks will be open Thursday and Friday according to the amount of work to be done.

Dr. Halladay Returns

Dr. H. V. Halladay returned from his trip to the Southwest on schedule. He reports a fine trip, although part of the route was through considerable mud in Texas. Following the scheduled affairs as a part of the graduation of his daughter, they drove down into Old Mexico and to Casa Grande Ruins in Arizona.

On May 30th, Dr. Halladay met with the Arizona State Osteopathic Society. The afternoon was devoted to the examination of clinics and the evening to a banquet, followed by speakers. The local papers carried several items about the meeting.

On the return trip Dr. Halladay and daughter visited the White Sands in New Mexico and Carlsbad Cavern and then on to Dallas, Texas, to meet with the Texas State Osteopathic Association. On Wednesday, June 3, he addressed the Exchange Club of Dallas and on Thursday met with the group at a student recruiting luncheon. The banquet in the evening of June 4th was attended by about two hundred and was followed by a dance.

A unique feature of the program was the awarding of several certificates of Ambassadorship of Good Will from the president of the Centennial, Dr. Halladay being the recipient of one of these. A visit to the Centennial proved very interesting although it was not quite ready to open. Dr. Halladay states that it shows the influence of the Chicago Fair in a number of spots but Spanish and Indian architecture prevails. It will be a big show and well worth driving many miles to see. Most of the buildings are air-conditioned.

On the return trip from Texas Dr. Halladay and daughter missed a tornado in Oklahoma by the small margin of about an hour.

During his absence from Des Moines an uncle of Dr. Halladay's had died, which made it necessary for him to leave immediately to complete funeral arrangements.

"Fine trip all the way thru, except for the mud between Brownfield, Texas and the New Mexico line," was his final report.

Post Graduate Course

At the time of going to press it is impossible to make any estimate on the number who will be with us this coming week, attending the P. G. Course. Correspondence indicates a large crowd from all parts of the country and Canada. Several have written in to say that if certain cases are disposed of before the week begins they will be on hand. We hope the week preceding the course is filled with those OB cases that usually pick the wrong time but rule us nevertheless. A complete report of the course will be given in the next issue.

Assemblies

May 15

The college was honored at this assembly by the presence of Dr. George Laughlin of Kirksville being in the city to attend the Iowa State Convention. Following music by the orchestra, Dr. Arthur D. Becker introduced the speaker, who throughout his talk urged strict adherence to osteopathic principles and loyalty to the college. Dr. Laughlin was accompanied by Mrs. Laughlin, daughter of the Old Doctor, who was introduced also to the student body. The assembly closed with music.

May 22

According to the usual custom the final assembly of the year is given over to the Senior Class for their day.

Following the opening number by the orchestra, John Mattern of the class took charge and expressed for the class their regret at leaving, yet their pleasure at having finished the four years work. The class history and will followed, each of which incited considerable laughter. A number by the orchestra followed, the major theme being based on the whirling baton of Gordon Fisher.

The Seniors next offered a sketch which in the opinion of every one present was the best entertainment given throughout the year. Jack Wilkes portrayed the part of Dr. Facto and others of the class aping members of the faculty, took a clinic (Buchacker) thru a most thorough examination. Each member of the faculty was put on the spot and his outstanding idiosyncrasy was played up to the limit. The laughs followed so closely that there was never a dull moment during the entire time the players were on the stage. The class is to be congratulated highly for this fine bit of satire and humor.

Dr. J. P. Schwartz, dean of the college, awarded the honor certificates as follows:

Obstetrical Assistants: Joseph Bartram, LeRoy Buchacker, Dale Crews, Robert Gibson, John Wilkes.

Extra Time in Obstetrics: John Hoose and Warren Morrison.

Anatomy: Dale Crews, Victor Pohl, Robert Gibson, Saul Siegel, John Hoose, Ralph Deger, George Niehouse, John Wilkes.

General Clinic: John Hoose, Harold Juhlin, John Mattern, Warren Morrison, George Niehouse, Saul Siegel, John Wilkes.

Band: Fred Green and R. K. Richardson.

Dr. Marshall's Trophy to Harold Juhlin.

Sigma Sigma Phi Awards: DeWitt Goode for Service to the College.

George Niehouse for Service to Osteopathy.

Interne at the Des Moines General Hospital: Victor Pohl.

"A Little Bit Independent" by the orchestra closed the final assembly of the year.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President Arthur D. Becker
Faculty Advisor, H. V. Halladay
Editor..... E. Harwood

Osteopathy Without Limitation

Problem of Technic in Osteopathic Colleges

The problem of teaching technic to students in osteopathic colleges is one that constantly confronts the educational director.

The first logical step is obviously the preparation of the student for such study by building a solid foundation and a suitable background for this technical work. Osteopathic treatment is the practical application of anatomy, physiology and pathology. It is imperative, then, that students be thoroughly trained in these fundamental subjects and in those allied subjects which help toward a complete understanding of them. Osteopathic technic is not a series of routine manipulations, but is the intelligent application of an understanding mind based upon the ability to recognize and appreciate abnormalities in structure and function, and to contrive such manipulative procedure as will be well calculated to restore the integrity of the parts involved. After learning the fundamental principles of such manipulative procedures, it then becomes necessary to apply this knowledge to the sick and ailing in the light of a thorough and comprehensive understanding of disease processes and manifestations.

Osteopathic treatment, to be really osteopathic, must be suited to the patient for the condition and at the time. Osteopathic treatment, to be scientific, must be carefully prescribed, skillfully administered and accurately dosed.

In order that the student while in college shall become skillful in the administration of osteopathic treatments, it is necessary that they have a wide range of experience in the treatment clinic where practical application and accurate measure of results are possible. To develop osteopathic physicians who are competent and skillful in the giving of osteopathic treatments, is the constant and continued problem of the osteopathic college throughout the entire four years of the student's training. Osteopathic students should very early in their course begin the training of tactual sensibility so that not only the detection of anatomical abnormalities may be possible, but that the careful evaluation of tissue reactions in such lesion areas may be determined. These requirements in developing competent osteopathic technicians are a

Dr. Arthur D. Becker



Dr. Becker, president of the college, will be on hand at the New York Convention, not only to take part in the working of the official family of the A.O.A. but also to meet the many friends of the college. He will preside at the Still College Breakfast and will be happy to tell you of the work of the past year and the plans that have been made for the future of the college.

O.W.C.C. Organized

On the evening of May 21st, Doctor and Mrs. Becker entertained a group of students' wives at dinner at their home.

This meeting was of special significance due to the fact that a new organization was formed which will undoubtedly play an important part in the life of the college hereafter.

This new club, which has been named "The Osteopathic Women's College Club", O.W.C.C. for short, while having as its main objective the development and training of its members along cultural lines most suitable for physicians' wives, will not neglect the lighter social side, nor cultivation of friendships.

The enthusiastic charter list of members elected as their first officers, Mrs. B. A. Storey, president; Dorothy Augenstein, vice-president; and Mrs. W. F. Moore, Secretary-Treasurer.

On the evening of June 1st, the new organization entertained their husbands at a picnic supper honoring especially Mrs. Fred Green and Mrs. R. K. Richardson, wives of graduating seniors, and Mrs. Glen Bigsby, wife of Dr. Glen Bigsby, who has been doing post-graduate work the past year. Mrs. Storey, from Cedar Rapids, mother of Mr. B. A. Storey, was also a guest.

Several meetings will be held during the summer, and plans are being made for a pleasant and profitable year when college re-opens in the fall.

constant challenge in osteopathic education and are properly receiving the concentrated attention which they insistently demand. It really means something to be a competent osteopathic physician.

—Arthur D. Becker, D. O.

Senior Banquet

On Thursday evening, May 28, the trustees of the college entertained the graduating class at Younkers Tea Room with a banquet in their honor. Fifty-seven attended. It is reported that the food was good, the talks the right length and the evening suitable. Dr. Arthur D. Becker and Dr. Schwartz spoke for the college, the responses in behalf of the class being from the class president, J. Q. A. Mattern.

Dr. Halladay having sojourned to Mexico, sent a telegram to the class in Spanish. Our report is that Dr. J. P. Schwartz in translating it proved his linguistic ability beyond the expectations of the assembled seniors and faculty.

Mrs. K. M. Robinson



Mrs. Robinson will officially represent the college in the college booth. At the present writing we do not know just what booth it will be but the A.O.A. has promised us one that will not be hard to find and your efficient secretary will be there to show you the new catalog and to hear of your successes in the field. Don't fail to visit the booth and register.

The Symposium Team

The symposium team representing Des Moines Still College of Osteopathy on the New York Convention program has been busy during the past few weeks putting the finishing touches on their technic demonstration.

This team is composed of Drs. Facto, Woods, Bachman and Becker.

The symposium is complete and deals with the subject "Various Menstrual Abnormalities." This symposium and technic demonstration is scheduled for Wednesday forenoon of convention week on the general program, and we sincerely believe that it will prove not only interesting, but a valuable contribution.

It has been a most interesting and worthwhile study and the members composing the team feel more than repaid for the energy and time necessary in preparation.

The Breakfast

No fooling, we are going to have another Still College Breakfast at the convention. Save Wednesday morning. You will want to be up bright and early anyway to get a good start for the big day of serious convention program in the morning, and the enjoyable trip up the Hudson in the afternoon. Wednesday is Still College Day for the breakfast will be over in time for you to attend the general program, the speakers and demonstrators being from our own faculty. The time will be seven-thirty but the exact place has not been determined. It will be at the Waldorf, so you will not have to go out of the building and come back again, and you will not get lost. Watch the daily program at the convention for the place and also get this information at the college booth from the secretary.

Remember to save Wednesday morning for the Still College Breakfast. Be one of the many who will start Still College Day at the New York Meeting with the true Still College spirit.

Professor O. E. Owen



Professor Owen has been working hard to get the Still College Exhibit in shape to ship and display at the New York Convention. He will be there to offer explanations and will be glad to hear your suggestions for exhibits which will be put on in years to come. We want you to learn something of the work being done at the college and we want you to see specimens that you have wanted to see some time in the past.

Dr. Orville Rose—

of Des Moines was called recently to treat one of the smallest midgets in the country. The least of the Del Rio group that recently appeared at a circus and at Younkers in the city, suffered an attack of asthma. Dr. Rose reports that he convinced these little people that Osteopathy was a real therapy. It was their first introduction to the science and they were highly gratified with the results.

Dr. George H. Basore—

of Franklin, Ohio, announces the birth of Georgia Suzanne, a nine-pound daughter, on May 23.

I. O. A. Bulletin

The thirty-eighth annual convention of the Iowa Society of Osteopathic Physicians and Surgeons was held at the Hotel Savery, May 14 and 15. Dr. W. C. Chappell, the program chairman, engineered a very worthwhile meeting, and deserves a vote of thanks for his untiring efforts.

Among the speakers from out of the state were Dr. Mabel Anderson, Kansas City Mo.; Dr. George Conley, Kansas City; Dr. H. M. Husted, Denver, Colo.; and Dr. George Laughlin, Kirksville, Mo. Iowa talent, who always have some practical work for us, included Dr. Arthur D. Becker, and the technic team: Drs. L. L. Facto, John M. Woods and R. B. Bachman; Drs. H. J. Marshall, F. A. Gordon, S. H. Miller, Mary Golden, D. E. Hannan, J. P. Schwartz, and Prof. O. E. Owen. A man from outside our profession who had a message for us was Mr. W. Endsley of Cedar Rapids, talking on "Osteopathy and Organized Labor."

The officers for the coming year, elected at this regular meeting are: Pres. John M. Woods, Des Moines; V.-Pres. W. C. Chappell, Mason City; Sec.-Treas. P. O. French, Cedar Rapids; and the five year term on the legislative committee, Rolla Hook, Logan.

Appointments of committee chairmen have been made and approved:

Professional Affairs, Rolla Hook, Logan.
Convention Program, Laura Miller, Adel.
Education & Development, L. L. Facto, Des Moines.
Ethics, Censorship, Martin Biddison, Nevada.
Membership, Zoia M. Munger, Cedar Rapids.
Convention Arrangements, Paul L. Park, Des Moines.
Hospitals, W. D. Andrews, Algona.
Student Recruiting, C. H. Potter, Forest City.
Public Affairs, D. E. Hannan, Perry.
Legislation, R. P. Westfall, Boone, (elected)
Public Education, J. J. Henderson, Toledo.
Adult Health Clinic, Della B. Caldwell, Des Moines.
Industrial & Institutional, B. D. Elliott, Oskaloosa.
Publicity, R. B. Kale, Des Moines.

Convention Exhibits, Oscar Campbell, Clarinda.
Special Committees:

By-laws, Bert H. Rice, Cedar Rapids.
Economics, J. A. Hirschman, Cherokee.

The next circuit meeting is planned for the fourth week in June. The speaker will be Dr. Yale Castlio of Kansas City. He is speaking on "Posture" and illustrating his talk with X-Ray films, as proof. At time of going

to press, the routing is not definite, but notices will go out in the near future.

The Iowa Society of Osteopathic Physicians and Surgeons has a four point objective during the coming year. We wish to increase the number of osteopaths within the state; to protect our profession from unfair restrictions and limitations; to help raise their professional ability to an even higher level and to secure increased public recognition of the therapeutic value of osteopathy. As we do these things through our society we aim to make the organization so valuable to the profession that no member can afford not to belong. The society has made a remarkable record in these respects during the past year and this constitutes a friendly challenge to the present administration.

We must encourage worthwhile young men and women to prepare themselves for the practice of osteopathy within our state, and add their youthful enthusiasm to the mature experience of the rest of our profession. Our committee on Student Recruiting has great plans for sending increasing numbers of students to our osteopathic colleges and we hope a goodly number of them will settle within our state.

This is a legislative year in Iowa and we should all unite in safeguarding our interests and those of a public desirous of osteopathic care. Our Legislative committee aims to favor legislation which will encourage osteopaths to practice within our state, while still insisting upon a high, yet practical, degree of professional knowledge and training.

Another situation which requires constant watchfulness is the safeguarding of the right of our patients to receive osteopathic care at all times and places if they so desire; even though financial stress has made them dependent upon public aid.

Any worthwhile program for increasing our professional ability must be persistent and we desire to continue the district circuit meetings. These meetings together with our state convention program, bring a wealth of worth-while information to all those attending as well as acting as a stimulant to our osteopathic enthusiasm.

Another thing we wish to encourage is a more widespread dissemination of the practical knowledge possessed by the rank and file of our profession. If we could, through our committee on Education and Development, get this information in an available and systematized form it would be of the utmost value to the entire profession.

However, just as a doctor without patients can not prosper no matter how great his skill, the increasing of our professional ability is sterile without public recognition of that

ability. For example, many workmen in industrial plants are disabled by low back injuries, while many employers pay high rates to cover prolonged periods of disability. Both sides of this problem could be largely solved by competent osteopathic care and our Industrial and Institutional committee plans to present these facts to both employers and laborers.

The Adult Health Clinic has for several years endeavored quite successfully to educate the people of this state to the scope of osteopathy both in the fields of diagnosis and treatment. More and more authorities are stressing the importance of mechanical abnormalities of the body as a most important etiological factor in chronic metabolic and degenerative diseases. Improper posture and osteopathic lesions head the list of structural disturbances and the public is recognizing to an ever greater degree our pre-eminence in body normalization.

Many people agree with the above paragraph but still require enlightenment as to the success of osteopathic physicians and surgeons in acute infections, obstetrics and surgery. Our members as individuals and our committee on Public Education can do a great deal of work along these lines to the benefit of both the public and our profession.

These are some of our main objectives for the coming year and we are looking for the co-operation of the profession in striving toward them. By all working together we build up our ability and practice, we benefit an ever increasing number of our fellow men and more than justify the existence of osteopathy as a separate system of therapy. We believe in osteopathy, we are enthusiastic, yet not fanatical, about the results of osteopathic treatment and only ask a fair chance to demonstrate and develop our therapy. Through co-operation and organization this can be accomplished.

—John M Woods, D. O.

Dr. C. W. Johnson

(Continued from Page 1)
the Des Moines Still College of Osteopathy at their regular meeting on June 4, 1936, passed the following resolutions:

Resolved: That we, the officers and trustees of the Des Moines Still College of Osteopathy, express our sorrow at the loss on June 2, 1936, of Dr. C. W. Johnson, who for many years was intimately associated with this college and for nine years its president, and

Be it further resolved: That we convey to Mrs. C. W. Johnson and family our sincere sympathy in the loss of a loving husband and a kindly father.

Resolved: That a copy of these resolutions be spread upon the minutes of the board and that a copy be sent to Mrs. C. W. Johnson.

Resume of the Year

(Continued from Page 1)

the homes of patients with not more than five students on each case and each student required to scrub up and assist. The general clinic, both chronic diseases and acute diseases, as well as the various clinics in fields of special domain, have over-taxed our capacity throughout the year.

We are making every effort to deserve this splendid evidence of confidence on the part of the citizens of Des Moines by giving these clinic patients the very finest professional service possible and so we feel a keen sense of satisfaction in having made a splendid start in our program of development and expansion.

We are looking forward to a fine class in September. Our plans for a post-graduate week June 15-20 inclusive are completed. It is too early to report on that activity in this issue of the Log Book. It is our continued policy to conscientiously deserve the fine spirit of co-operation and support among our many friends in osteopathic practice, so constantly evident throughout the year.

—Arthur D. Becker, D. O.

Annual Corporate Board Meeting

(Continued from Page 1)

of trustees, the president, secretary and treasurer.

This is a compliment to the work of the board of trustees and with the program already outlined by Dr. Arthur D. Becker, we feel confident that the coming year will be another successful one for the administration.

The officers and trustees elected are as follows:

President, Arthur D. Becker.
Secretary, Mrs. K. M. Robinson.
Treasurer, R. B. Bachman.
Trustees: J. P. Schwartz,
H. V. Halladay, G. E. Fisher,
H. J. Marshall.

Dr. J. Ellen Gildersleeve—

writes us that she is back in her office, having recovered sufficiently from a serious accident so that she can work part time. Dr. Gildersleeve practices in Waco, Texas.

Dr. Kathryn Van Velzer—

of the class of 1901 of Still College died May 26th at the home of her sister in Worthington, Minn. Dr. Van Velzer was injured in the earthquake in California two years ago and did not fully recover.

Flash!!

Members of the Acacia and L.O.G. please note that they are also to register with the Interfraternity Council at New York. These two organizations have joined just as we go to press.

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

THE LOG BOOK

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

PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 13

JULY 15, 1936

Number 7

"Colossal"

We do not like to reach into the superlatives used so frequently by the ad writers for the movies, but we need this word to express the unbounded enthusiasm for the recent Post Graduate Course given at the college. When the physicians both giving and attending express themselves in terms of highest praise for each other we have to find a word that conveys surprised gratification.

Before the first lecture was finished on the first morning sixty-seven physicians had registered and before the end of the week ninety-six graduate osteopathic practitioners had their names on the list of those attending. It was a grand and glorious week for all. The members of the faculty complimented the group highly for their attention and interest and the class expressed their appreciation in words of praise and in a very material gesture by a contribution to the college library.

In checking over the list we find Iowa leading in numbers but twelve other states were represented and two provinces of Canada. Dr. Gordon Campbell of Calgary, Canada, traveled the greatest distance but Dr. A. P. Meador of Hinton, W. Va. was a close second.

Early in the course the class was organized with the following
(Continued on Page 4)

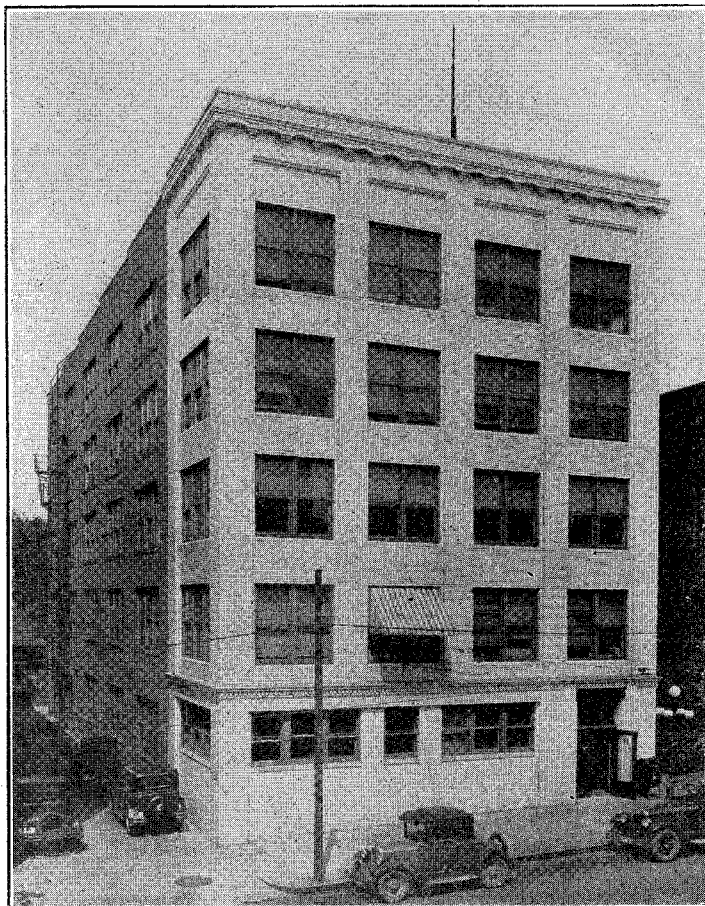
Be Certain . . .

—to see the following faculty members of the Des Moines Still College of Osteopathy in New York and ask them about the college. The majority of these will appear on the program; some will attend the sessions of their chosen specialty; all of us will be at the college breakfast to tell you of our past progress and future aspirations.

Arthur D. Becker.
Robert B. Bachman.
Lonnie L. Facto.
Glen E. Fisher.
Mary E. Golden.
H. V. Halladay.
Harry J. Marshall.
O. E. Owen.
Katherine M. Robinson.
Joseph L. Schwartz.
James E. Shaffer.
John M. Woods.

—to visit the college booth. Mrs. Robinson will be in charge and wants to see you.

—to attend the college breakfast. Keep this hour for it. Wednesday morning at 7:30 at the Waldorf.



THE DES MOINES STILL COLLEGE of OSTEOPATHY

The Five Star College

- ★—**OSTEOPATHY**—Taught in every subject. Applied at every opportunity and practiced by every student.
- ★—**FACULTY**—Internationally recognized as authorities in their respective subjects.
- ★—**EQUIPMENT**—A five-story fireproof building used exclusively by the college and completely equipped.
- ★—**LABORATORIES**—Over two thousand clock hours of laboratory work synchronized with the lectures.
- ★—**CLINIC**—The great quantity and variety of cases applying for treatment guarantees our graduates the unusual opportunity of actual personal contact with conditions that will be met with in practice.

Write for a Catalog and Supplementary Literature

CALENDAR

Registration September 8
Roll Call September 9

722 Sixth Avenue
Des Moines, Iowa, U. S. A.

Double Yourself

If the osteopathic profession is to reach the high place in the world of therapeutics that is possible for it, it must continue to grow, both in quality and in numbers. The character and ability of its representatives in practice, logically, is of first consideration. Scholastic standards are constantly being raised and with a more careful scrutiny of those who make application to enter colleges, this factor is being met. We should increase our numbers in practice and thereby increase public contacts; add to our prestige, giving increased legislative weight, and extend the scope of osteopathic service to those who need such service. Osteopathic treatment must be made increasingly available for the many thousands who want it, need it and demand it.

Every osteopathic physician has a responsibility in helping to secure these evident needs. Why not **double your own influence** by sending a qualified student to osteopathic college. We feel that in Des Moines Still College of Osteopathy, the word "opportunity" looms invitingly. With a strong faculty of well-trained, enthusiastic men in the basic sciences, with an outstanding and experienced group of teachers in the clinical subjects and with clinical facilities most comprehensive and abundant, we are prepared to properly train candidates for the osteopathic profession.

Let us help you in securing the interest of your selections.

Double your sphere of influence.

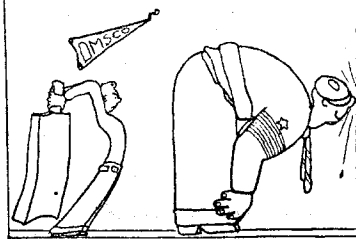
—Arthur D. Becker, D. O.

The Invasion of the East

Following the convention the Des Moines caravan seems for the most part to be headed up New England Way, and from there, on into Canada and back by Callendar. Never having heard of the place, we must ask, "Why?" Only two seem to have planned a western tour. One of these is an old chronic on the subject and the other is just finding out what is west of the Iowa state line.

When you Yankees see the Iowa plates with the figures 77—leading the number—remember that we warned you that we were coming. The 77— means Polk County, which is largely populated by the citizens of Des Moines.

FRATERNITY NOTES



Four social and two honorary organizations are represented at the Des Moines Still College of Osteopathy. All of these are national and in excellent standing. With this number of fraternities and sororities the student body is given the opportunity to associate with groups that are established firmly not only in our college but in the other recognized colleges of Osteopathy. The proximity of three other colleges of Osteopathy makes it possible for members in the various chapters to visit and to compete in basketball, tennis, golf and other games.

We present our organizations in the order of their origin:

* * *

ATLAS CLUB

Founded in 1898 at Kirksville, Mo. The club began expanding in 1914 and in 1916 took over the Calumet Club of the college here in Des Moines, making it the Xyphoid Chapter of the Atlas Club. The boys in Des Moines maintain a house convenient to the college and are always glad to welcome alumni, visiting brothers and others interested in osteopathy.

* * *

ITS

Founded in Kirksville, Mo. in 1902. The Beta Chapter in Des Moines was chartered in 1903. The fraternity has expanded to seven chapters, all active except the one chartered in one of our colleges that is not officially recognized. The fraternity house is well located and extends an invitation to all members and new students.

* * *

△Ω

Founded in Kirksville, Mo. in 1904. The Beta Chapter in Des Moines was chartered in 1912. Chapters are also active in Los Angeles and Chicago. The girls do not have a house in Des Moines, but all the privileges of a sorority home are found among the local alumni membership. Girls interested in osteopathy should get in touch with the members of the Delta Omega. The sorority is prepared to assist new students and is anxious to help them in any way possible.

* * *

ΦΣΓ

Founded in 1915 by the union of Phi Sigma Beta and Phi Omicron Gamma. Chapters extend throughout the list of recognized colleges. The fraternity maintains a house in Des Moines

where the Delta Chapter welcomes its membership and new students. The chapter in Des Moines was one of the original group forming the Phi Sigma Gamma.

* * *

ΣΣΦ

Founded in Kirksville, Mo. in 1921. Organized as the first honorary fraternity of the profession yet not based upon high scholastic standing altogether. The several chapters of the fraternity attempt to bridge the gap between the student body and the officials of the college; to initiate students' activities and to inspire higher attainments in osteopathy. The chapter in Des Moines was chartered in 1925.

* * *

ΨΣΑ

Founded in Kirksville, Mo. in 1924. Organized to give recognition to upper classmen who have made exceptional records in scholastic attainment. The chapter in Des Moines was chartered in 1932.

* * *

Each of the above organizations offer their facilities to the new student. The membership stands ready to assist them in finding suitable rooms and will endeavor in every way to make them feel at home.

These fraternal groups are the beginning of co-operation, which in itself is the basis of our success.

Those of you in the field who are alumni of these organizations and are sending new students to our college, make it a point to acquaint the officers of the local chapter with the name of this student. He will be met at the train and will be given every assistance during the first few days of the getting-acquainted period.

Anatomy

Anatomy is a basic subject in the study of osteopathy. Our founder, Dr. A. T. Still, stressed the subject in the organization of the first college and its importance has not only been maintained but extended. The course at the present time consists of five semesters didactic accompanied by demonstrations and two hundred fifty hours of laboratory work in the dissection room.

Anatomy should not be memorized. A knowledge of the subject is essential for the proper appreciation of several other courses but the basis idea that we attempt to teach is in the practical application of the knowledge rather than in the quantity of terms that may be repeated by the student. We must know the normal to fully appreciate the abnormal and so the study of the subject brings in for practical purposes considerable comparison which is necessary in osteopathic diagnosis.

—H. V. Halladay, F. A., D. O.

Pathology

Each department head is of course expected to emphasize his own department, and due to his depth of study see the other studies thru "glasses darkly". We will have to grant to the department of pathology this fact: that unless we know the pathology of the part under consideration we cannot plan a course of treatment. Most of the errors in treatment have been made thru lack of an understanding of the pathology of the disease. We must have a knowledge of the normal in order to appreciate the abnormal, but we must be able to see the abnormal in both function and structure before a plan can be devised for the relief of the patient.

The Des Moines Still College of Osteopathy has arranged its schedule so as to include a thorough study of Pathology. Beginning in the Sophomore year and continuing thru the Junior year, the student is given two hundred seventy hours of lectures plus one hundred forty hours of laboratory work.

From the beginning in the study of the fundamentals of pathology on thru the systems of the body and into the special pathology of the Junior year, the application of this study in osteopathic diagnosis and practice is stressed.

The study of slides and gross specimens from the college museum and the observance of the processes of disease in the various clinics is an important part of the course and aids in fixing in the student's mind the effects of disease, its progress and its successful termination.

—John M. Woods, D. O.

Principles

It has always been our judgment that it is the first duty of an instructor to inspire students under his direction with a keen sense of the worthwhileness of the subject under his consideration and with the desire to study and make such subject material their own. Learning is not mere memory training or covering so many pages in a text book. Useful learning must always be thoroughly mixed with enthusiasm and a conviction of the worthwhileness of the subject material under consideration.

We feel that it is imperative that students in osteopathic colleges should be thoroughly informed regarding the basic principles in the osteopathic concept and in a broad grasp of the application of those principles in practice. It is to this end that we plan and conduct the department of Osteopathic Principles. Osteopathic students must not only know the scientific facts in osteopathy, but must be thoroughly drilled in osteopathic reasoning and osteopathic thinking so that they may, of their own initiative, see the application of osteopathic principles in a given case.

The known and accepted facts in anatomy, physiology and pathology strongly support the osteopathic basic principles. It is our ambition in this department to make this scientific background apparent and to assist the student in his endeavors to learn the practical application.

—Arthur D. Becker, B.S., D.O.

Osteopathy

Members of the osteopathic profession are interested in the osteopathic colleges. They are interested in everything that is being taught in the colleges, and they are particularly interested in the emphasis given the osteopathic principles in the teaching of the different subjects.

As instructor in physical diagnosis, nervous physiology, communicable diseases, technic, and as director of clinics, I try to stress the Osteopathic Principles and explain their practical value to the students.

It is easy to see the importance of physical diagnosis in relation to the osteopathic lesion; and the effects of the lesion upon the function of the central and vegetative nervous systems as emphasized in the teaching of nervous physiology. No osteopathic physician can understand and appreciate the importance of the osteopathic treatment unless he thoroughly understands the vegetative nervous system and its relation to the endocrine glands.

There is no place that the Principles of Osteopathy should be stressed more than in the discussion of the acute infectious diseases. The effects of osteopathic lesions as they lower the resistance of the body to disease conditions, and Osteopathic treatments as a prophylactic measure against the acute infections, have been proven in the research laboratory and by Osteopathic physicians in general practice. In technic the different methods used in the correction of lesions are demonstrated, but more important is the discussion of the principles upon which the technic is founded. All of these things are necessary in preparing the student for his clinical work.

For the practical work in the clinics, the student not only has the benefits of the general clinic, but the special departments, such as: Eye, Ear, Nose and Throat; Gynecologic; Obstetric; Proctological, Orthopedic, Athletic, Surgical, and Out-Patient. The X-Ray, Basil Metabolism and Electrocardiographic examinations are made at the Des Moines General Hospital. All of these aid in the making of a better general practitioner.

It is only by stressing the Principles of Osteopathy in the teaching of the different subjects including all clinical departments, that the students are able to appreciate to the fullest extent the far-reaching effects of the Osteopathic Treatment.

—L. L. Facto, D.O.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President Arthur D. Becker
Faculty Advisor, H. V. Halladay
Editor..... E. Harwood

Osteopathy Without Limitation

Our Plea

Maybe you haven't gone to the convention . . . Maybe you are not going . . . Maybe you have returned. Regardless of the time or place now is the time and this is the place for you to put forth your last effort this season to keep Osteopathy going. During the last few years our science has picked up some speed and you want to be one of the many who have their good foot on the accelerator and are sending students to our colleges.

If you are going to the convention do not fail to see that a notice of your departure is in your local paper. This will attract the eye of some young person who has not thought seriously about what he or she is going to do this fall. You have time yet to talk to one of these prospects, so when you see us at the convention you can speak up with pride and tell us that you have a student ready for the fall class.

If you are not going to the convention you are sure to miss something, but there will be work for you to do at home. Don't lag in your enthusiasm for your science. Keep after the eligible prospects in your community and if it is impossible for you to attend the national meeting make your contribution by adding to the numbers enrolled in our colleges this fall.

If you are back from the national meeting we know that you are filled with new ideas. You are all ready to go out and do something big, and the biggest thing you can do is to talk osteopathy to every possible student that you meet. Tell them of the good things you saw and heard and make them want to become a part of our profession. Display your pride and pep and spread some of that renewed force you acquired in New York.

The eleventh hour approaches.
—E. Harwood.

Laboratory Diagnosis

Our method of presentation and teaching of Laboratory Diagnosis is based on the follow-up method of clinical material. Our Laboratories are fully equipped for all laboratory work, including complete Urine analysis, blood work, microscopic and chemical, fecal analysis, stomach analysis, the taking of Wasserman and staining of slides for G. C. and tuberculosis.

When a patient is examined for the general clinic, all lab-

oratory work that is indicated is run immediately the first day. Then follow-up laboratory tests are run each week during the course of treatment as the case demands. In this way the progress of the patient under Osteopathic treatment can be thoroughly checked. Careful study of all patients that come under our care are taken care of in this manner. This gives the student a thorough knowledge of the patient from both a clinical and laboratory standpoint in diagnosis and treatment.

All students come in direct professional contact with the patient and laboratory work is done by the student under the direct supervision of the professor in charge. Each student, therefore, is required to do personally all laboratory work on the patient before he is graduated from the Laboratory Diagnosis Class. This not only gives the student confidence required by a physician but a thorough and practical knowledge of all modern laboratory work. This fully equips him to meet the public either as an experienced laboratory technician in his own office or meet the demands of the hospital staff to do their laboratory work in the year of his intern.

—Glenn E. Fisher,
A.B., B.S., D.O.

Physiology

Physiology is undoubtedly one of the key subjects to be mastered in the proper appreciation and understanding of osteopathic therapy. Physiology tells us the "How" and "Why" of proper body functioning, and also makes clear the reasons for abnormal performance of vital processes. These abnormal activities of the organs and systems of the body are known as pathologic states, and the symptomatic manifestations of such pathology are called disease. Disease being the stimulus which brings the patient to seek therapeutic relief, it then behooves the physician to think backward, as it were, from results to causes and try to determine the pathologic reasons for the symptoms; and then back of that still further and attempt to find the causes for the pathology.

We believe that a normal body mechanism operating properly under the physiologic laws of nature will remain in what we call a state of health, and disease begins only when such functioning is disturbed, whether it be by invasion of bacteria, injury, improper diet, excessive exposure and fatigue, or what not.

In the Des Moines Still College of Osteopathy we attempt to teach physiology with the above points in mind. In discussing the normal functioning of the body we always consider the effects of a disturbance of function, and in this way prepare the minds of the students for that logical line of reasoning which is such a very necessary requirement for the proper understand-

ing of disease. We find that a thorough knowledge of physiology points the way to a clearer understanding of osteopathic principles. It removes the veil of mystery from the results that are obtained by osteopathic treatment, for since Osteopathy merely attempts to normalize body structure and function, then it follows that with normal functioning disease cannot exist and health will be the result.

—C. P. Callison, B.S., D.O.

Dr. W. C. Andreen

and Miss Betty Curtis of Des Moines were married July 3 at the home of the bride's parents. Dr. and Mrs. Andreen will be at home in Alma, Mich., after a short honeymoon.

Dr. L. C. Scatterday

of Worthington, Ohio, announces the arrival of Carylton Sue, June 24th. Weight nine pounds.

Dr. G. S. Greiner

of Pemberville, Ohio, announces the arrival of Carlene Gretchen, June 17th. Weight six pounds.

Dr. Rolla Hook

of Logan, Iowa, reports the birth of a son, James Thorburn, June 15th.

Osteopathic Pathology

(Dr. Woods got wound up the other day about pathology and we insisted that he write some of his statements down. They sound good to us and so we have passed them on to you. He was not satisfied with the mere statement that we were teaching Pathology here but wants to tell the world more than we wanted for the review of the various departments. If you like this sort of stuff maybe we could get some of the other teachers to blow off a little steam now and then.—Editor.)

Pathology has been defined as that science which deals with the nature of diseases. To a certain degree it answers those eternal questions: why, when, where, and what; which must be asked in every abnormal condition of the body before an intelligent diagnosis and course of treatment can be reached. In some cases, as cancer, we cannot answer the "why" fully and therefore are greatly handicapped in our efforts to prevent and treat this condition. The osteopathic profession strives to answer these riddles by using the well proven pathological observations and experiments viewed in the light of osteopathic experience and research. When approached in this way many obscure conditions are more fully understood and the way paved for better treatment.

The "why" of disease is a problem which presents many angles. One factor in many cases is the successful invasion of the body by disease producing microorganisms. However, even here we must consider not only the virulence of the invading organism but also the resistance of the individual patient. Many conditions lower this resistance; malnutrition, fatigue, dissipation, poor body mechanics and osteo-

pathic lesions. The osteopathic lesion is especially prone to produce abnormal changes in the portions of the body receiving their nerve supply from the lesioned area. This lowers the resistance to or actually produces disease in these parts. By normalization of these lesions many pathological changes are prevented or, if present, partially or completely restored to normal.

The "when" does not seem so important at the first glance but as we look deeper we find certain periods of life are subject to certain diseases. Young people are prone to suffer from errors of development and infections, while the major problem in the later portion of life is preventing or delaying the various degenerative conditions, Arterio-sclerosis or hardening of the arteries is a common example.

We find that maintaining good body alignment and body relationship is the most potent factor in preventing degenerative conditions while it certainly is of marked value in promoting normal growth and increasing the resistance of the patient to infection.

The fact that certain diseases have a marked tendency to affect definite portions of the body can be better understood when we add the osteopathic view to the well known principles of pathology. For example, the tendency for the peculiar type of ulcer known as peptic ulcer to affect the pyloric end of the stomach and first portion of the duodenum is well known. Probably all people have less resistance to chronic ulceration at these points than elsewhere in the gastro-intestinal tract, but osteopathic lesions of the mid-dorsal portion of the spine seem to be the most important determining factor in their development.

As to the "what" of pathology there are many ways of viewing the conditions. We may study the body after death with the naked eye, and take sections to study with the microscope. We may test the physiological changes in the body while the patient is still alive and endeavor to determine changes in body chemistry. We may find faulty development, circulatory changes interfering with normal circulation, inflammation and incomplete repair, degenerative changes or new growths known as tumors. We may study the changes occurring in a spinal lesion and note the pathology in related portions of the body.

However, osteopathy's greatest contribution to pathology is not so much in answering the "what", as the why." From the practical viewpoint this is most important since it helps us primarily in preventing or curing disease. Understanding what changes have occurred helps more in diagnosis and, while diagnosis is important, restoring health to the patient is much better than discovering upon the post mortem table what has occurred.

—John M. Woods, D. O.

I. O. A. Bulletin

The Society is certainly indebted to President Dr. John M. Woods and Dr. Yale Castello of the Kansas City College for the splendid circuit meetings just closed. The writer attended the First District meeting at Davenport and was surprised at the publicity accorded by the Tri-City papers. One carried about a half column news item and a large picture of the banquet table at which some close to fifty osteopathic physicians gathered for the evening meal to be entertained afterward by talent provided for and paid by the Tri-City Society. Truly such group meetings are not only a source of inspiration and profit to those attending, but are of real news value as well.

Dr. Woods in his talks at each meeting on "Society Affairs" outlined the year's work and achievements to date.

We would especially stress sending in Industrial Reports to our state chairman, Dr. B. D. Elliott of Oskaloosa, as well as sending a duplicate to Dr. J. J. McCormack, Sheboygan, Wisc. Industrial accidents are not confined to the cities and large plants. Compulsory liability insurance is required of those hiring workers, and such work is open in every community. Contact your labor leaders and others and gain their interest and keep it. Send in such reports as you have to the two above mentioned chairmen. Dr. McCormack is Vice-Chairman of the Bureau of Industrial and Industrial Service of the AOA and is in direct charge of Industrial Reports.

Let's plan already for the next May Convention. Write your suggestions to Program Chairman Dr. Laura Miller of Adel. She will value your suggestions and wishes, and while, of course, her program will in some means depend upon the finances available, yet she will appreciate your desires.

Will all veterans of the World War communicate with the undersigned at once. No, we have no scheme as to how to spend your money—we have no bonus to give you—but would appreciate very sincerely this information so that we may pass it along to Dr. Warren Custis, Dayton, Ohio, Chairman, Veterans' Affairs Committee of the AOA. Please drop us a post card with the information as to your name and address, and whether you are active in any of the veteran's organizations. It will just take two minutes of your time to drop a postal card in the mail, and one cent expense. Do it now!

Paul O. French, D. O.
410-11 C. R. Sav. Bank,
Cedar Rapids, Iowa.

We'll see you in New York.

O. B. and Gynecology

The study of the physiological and pathological processes peculiar to the female had its beginning with the advent of the race of man. The care of the expectant mother has been on a truly scientific basis for only a few decades. Previous to this time the large number of fatalities in both mother and child were taken somewhat as a matter of course.

The principles of osteopathy as pronounced in 1874 by Dr. A. T. Still fitted so closely with the mechanics of labor that early in the practice of the science, osteopaths were soon known by their superior work as expert obstetricians.

The study of Gynecology is closely associated and based upon the same principles.

Students at the Des Moines Still College of Osteopathy are given a most extraordinary opportunity to contact cases of this type. With a clinic numbering over four hundred cases each year in Obstetrics alone, the graduates of this college are thoroly trained in every detail of the examination, diagnosis, delivery and after-care of the patients.

The lecture course in the two subjects covers two hundred seventy hours, with one hundred ninety-eight hours of laboratory as a minimum.

Confidence in practice is only obtained by actual contacts and personal attention to patients of this type during the training period. Statistics taken from our Obstetrical department covering the past thirty-eight years prove the efficiency of Osteopathy in this class of practice.

—R. B. Bachman, D. O.

Eye, Ear, Nose and Throat

The Eye, Ear, Nose and Throat department instructs the student so that as general practitioners they can leave the college qualified to handle all eye, ear, nose and throat cases that will come to the family doctor.

They take the case history, see the examination made, and the treatment outlined. The patient is re-examined from time to time to see what progress is being made.

The eye, ear, nose and throat room is available to the student at any time so that he may examine and treat his patient. When surgery is required, all types of head surgery are performed at the Des Moines General Hospital, every Tuesday, Thursday and Saturday.

The ninety hour lecture course is followed by fifty-four hours of demonstrations on clinical patients. Many students, due to the quantity of cases, spend a great deal more than the indicated time in this type of specialty.

—H. J. Marshall, D.O.

(Continued from Page 1)

officials in charge: Harold E. Clybourne of Columbus, O., president; Raymond Staples of Jackson, Mich., sec'y.-treas.; W. R. Marlow of Elgin, Ill., was delegated to act as chairman of the entertainment committee; and Louis Kuchera of Albert Lea, Minn., headed the resolutions committee.

The list of those attending is too long to print and there were many who contributed of their time and talent to make the banquet a success, all of whom want to come back next year for another review week and we want them, and you, too.

With lectures and demonstrations planned for every day of the week with evening sessions, the one evening of relaxation was indeed a respite from the strenuous study.

Dr. Clybourne officiated at the banquet held in Bishop's private dining room and after opening the ceremonies for the evening announced that \$75.00 had been donated by the class for the use of the library at the college. This is a fine gift and greatly appreciated by the trustees of the college.

The resolutions committee offered complimentary resolutions for the work given which were unanimously voted by the class. Resolutions were also voted on the unexpected death of Dr. C. W. Johnson.

Dr. Arthur D. Becker, president of the college, responded to the call of the chairman, thanking the class for its generous gift to the library and expressing the pleasure of the college at the attendance.

Dr. J. P. Schwartz, dean of the college, also expressed his gratification for the enthusiasm of the class and reviewed for them the work of the past year at the college. He closed with a gentle reminder that a new class starts in September and we will be ready for them.

Dr. Glenn Murphy of Winnipeg was called upon to tell of his interesting work in ballistics and held the audience spell-bound with tales of the thrilling detective work he is doing with a microscope. Dr. Murphy for several years has been working with the Mounties and other organizations of the Crown in successfully tracing criminals.

The class was awarded certificates by the college for their attendance for the week and with one accord the group asked for a repetition of the Review Week next year.

The faculty giving the work reports with just as much enthusiasm and is anxious to make these contacts from year to year. It was a great pleasure and privilege to see this group of interested physicians and we all felt "glad all over."

In closing, may we append the resolutions passed by the group and quote from a few of the letters received since the course closed.

Resolutions

Be It Resolved, that the members of the 1936 Post Graduate Class being held at Des Moines Still College of Osteopathy do most thoroughly appreciate the splendid course made available by the college. The comprehensive scope of the work presented, the large number of actual clinic cases demonstrated, and the eminently practical nature of such work makes a course of greatest usefulness.

Be It Further Resolved, that we extend to the various members of the faculty our thanks for their fine evidence of co-operation and the excellent character of their work.

Be It Further Resolved, that we extend to the fraternities our appreciation of their cooperation in helping to make this an enjoyable week.

Be It Further Resolved, that we request the officers of Des Moines Still College of Osteopathy to continue these Post Graduate Classes as annual events.

Be It Further Resolved, that a copy of these resolutions be sent to the Des Moines Still College of Osteopathy and to A. O. A. Headquarters, and that they be spread upon the minutes of the permanent records of the class.

Respectfully submitted,
Louis H. Kuchera,
D. A. Richardson,
D. H. Grau.

From Letters

"I am now starting to plan and I certainly hope that it will be possible for me to attend a similar course next year."

"I wish to commend the faculty and those in charge of the school for the many constructive changes which I was able to observe and also some changes I was told about in and around the college."

"I am certain that there is more of an osteopathic atmosphere in the school now than there was at any time during the four years that I spent in Des Moines."

"It was a wonderful course. It was practical. Nothing but what we all needed. Hoping that I may see you again next year, and thanking you very much."

"I wish to express my appreciation for the very helpful and interesting instruction you presented in your June Post Graduate course. My time was well spent and I am sure I will be benefited for many months to come."

"The faculty were well trained men in their various fields, and gave us excellent lectures and demonstrations. The truly osteopathic atmosphere was indeed gratifying and a source of much pleasure to a practitioner of Osteopathy as taught by Dr. A. T. Still."

"Such service can only be rendered by men who love their work. An institution with such leadership will surely succeed." Again we thank you.

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 13

AUGUST 15, 1936

Number 8

Dr. John E. Rogers



(Some fine pictures of our new president of the A.O.A. have appeared in various publications. Going back a few years we found this photo reminiscent of his graduation here in 1912. We hope you like it as well as we do.)

We point with pride but do not view with alarm the election of Dr. Rogers to the presidency of our national association. Des Moines can look back a short twelve years and see Dr. Rogers walking down the line with the D.M.S.C.O. Class of 1924. We can look back of that year and see him as a student and an assistant on the faculty.

His association with the national organization started with his election to the board of trustees in 1930 and his re-election in 1933. Last year he was elevated to the office of First Vice President and this year assumed the gavel of our highest office. In twelve years Dr. Rogers (Continued on Page 2)

New A.O.A. Officers

Just in case you haven't heard who our new officers of the National Association are for the coming year, we are listing them.

President, John E. Rogers of Oshkosh, Wisc.

1st Vice Pres., E. A. Ward of Saginaw, Mich.

2nd Vice Pres., Gertrud Helmecke of Cincinnati, Ohio.

3rd Vice Pres., W. J. Douglas of Paris, France.

Trustees for three years:—Grace R. McMains of Baltimore, (reelected); Arthur D. Becker of Des Moines, (reelected); C. H. Morris of Chicago, (reelected); Frank F. Jones of Macon, Ga.; O. M. Walker of Bloomfield, N. J.

Trustees for one year:—Walter E. Bailey of St. Louis, Mo. (to fill the unexpired term of E. A. Ward, who was elected 1st Vice President.)

SCHEDULE OF CLASSES, 1936-1937

FRESHMAN B.

BIOLOGY	O. E. OWEN
BACTERIOLOGY	C. P. CALLISON
ANATOMY	H. V. HALLADAY
CHEMISTRY, INORGANIC	G. E. FISHER
HISTORY OF OSTEOPATHY	H. V. HALLADAY

FRESHMAN A.

EMBRYOLOGY	O. E. OWEN
HISTOLOGY	C. P. CALLISON
CHEMISTRY, ORGANIC	G. E. FISHER
PSYCHOLOGY	C. P. CALLISON
ANATOMY	H. V. HALLADAY
HISTORY OF OSTEOPATHY	H. V. HALLADAY

SOPHOMORE B.

ANATOMY	H. V. HALLADAY
CHEMISTRY, PHYS. & TOX.	I. C. GORDON
PATHOLOGY I	O. E. OWEN
PSYCHOLOGY	C. P. CALLISON
PRINCIPLES	A. D. BECKER

SOPHOMORE A.

NERVOUS PHYSIOLOGY	L. L. FACTO
OSTEOPATHIC MECHANICS	H. V. HALLADAY
ANATOMY	J. M. WOODS
PATHOLOGY II	I. C. GORDON
PEDIATRICS	M. E. GOLDEN

JUNIOR B.

LABORATORY DIAGNOSIS	G. E. FISHER
PHYSICAL DIAGNOSIS	L. L. FACTO
SPECIAL PATHOLOGY	I. C. GORDON
TECHNIC	L. L. FACTO
DIETETICS AND HYGIENE	C. P. CALLISON

JUNIOR A.

OBSTETRICS	R. B. BACHMAN
GYNECOLOGY	R. B. BACHMAN
COMMUNICABLE DISEASES	L. L. FACTO
OSTEOPATHIC THERAPEUTICS	J. M. WOODS
SUPPLEMENTARY THERAPEUTICS	G. E. FISHER
CLINIC—MONDAY, WEDNESDAY, FRIDAY.	

SENIOR B.

NERVOUS DISEASES	A. D. BECKER
OBSTETRICS II	R. B. BACHMAN
OSTEOPATHIC THERAPEUTICS	J. M. WOODS
SURGERY	J. P. SCHWARTZ
EYE, EAR, NOSE & THROAT	H. J. MARSHALL
CLINIC—MONDAY, WEDNESDAY, FRIDAY.	
X-RAY & PHYSIO-THERAPY—TUES. & THURS.	B. L. CASH

SENIOR A.

APPLIED ANATOMY	J. M. WOODS
DIFFERENTIAL DIAGNOSIS	A. D. BECKER
PROCTOLOGY & UROLOGY	J. P. SCHWARTZ
SURGERY	J. P. SCHWARTZ
EYE, EAR, NOSE & THROAT	H. J. MARSHALL
CLINIC—MONDAY, WEDNESDAY, FRIDAY.	
MEDICAL JURISPRUDENCE	H. E. SAMPSON

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.

1936-1937 Calendar

REGISTRATION SEPTEMBER 8

Roll Call	September 9
Final Freshman Registration	September 21
Armistice Recess	November 11
Thanksgiving Recess	November 26 to November 30
Christmas Vacation	December 18 to January 4
Graduation	January 22
Registration	January 23
Roll Call	January 25
Easter Recess	(Date to be Announced)
Graduation	May 28

Notice!

The Adult Health Clinic is being held at the State Fair grounds during the State Fair this year, as it was last year. This is an opportunity to serve your profession as well as a personal gain. Come prepared to spend at least a day examining patients or assisting in some way. Also tell the citizens of your community to visit the Osteopathic Adult Health Clinic at the Iowa State Fair.

Chicago Next

Since we have decided to go to Chicago in 1937, let's take the old weather man by the horns and have him plan a nice cool summer for 1938 and all of us go down to see where Coco Cola got its start. I'd like to take a walk down Peachtree to Five Corners and turn to the right and there is a hole in the wall there where you can get the best Brunswick Stew in the entire country. But to get back to Chicago.

The boys are already organized there and as the months roll along keep your eye open for what is blowing out of the Windy City. The sooner we start the better we will be prepared to attend and enjoy—and since all we have to do is to step across a little creek known as the Mississippi—you may be assured that we will be there.

Come on, Chet. Give us the news and we will do our part.

The Literary Digest

You should read the article on page 18 of the August 1st issue of the Literary Digest. Drs. Hurlburt and McCaughan of the Central Office are quoted and as a whole it exemplifies the policy of the publication in giving its readers an unbiased statement.

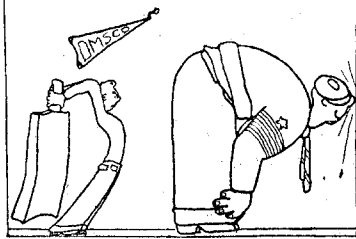
We hope you will secure a copy of this issue and leave it where your patients can see what our national publications say about us. The New York convention made it possible to contact this and others.

Thanks . . . H. M. S.

King Edward has just knighted his full-time osteopath, & Alf Landon has an osteopathic treatment every week. Take it from there, Democrats!

—From H. S. M.'s column—Des Moines Register, Sunday, August 9.

FRATERNITY NOTES



The Interfraternity Council

This year at New York, the dreams of the Interfraternity Council came nearer to realization than at any other time. In the beginning the council was organized to secure for our osteopathic organizations the proper position and rating in Baird's Manual; to concentrate the registration of the organizations at the national meeting and to raise the standard of all osteopathic fraternities and sororities. The first two of these plans have been accomplished. We now occupy a special section of the Manual with all recognized osteopathic organizations listed and although not in the detail that will follow, a very acceptable history of each. This is a decided improvement over the previous edition which scattered us through the book without any classification at all.

Through the kindness of the A.O.A. the Council was given space at the end of the registration line and during the four days previous to the major reunions we registered 465 members of the eleven organizations we represent. This is not the final total attending the several reunions. Many could not be certain of attending but at the last hour managed to find the time and bought tickets at the door. If space permitted a detailed report could be given showing the proportion of each. The service was given regardless of the number and beginning with Saturday, July 18th, it was a busy four days for us. We are assured that the same arrangements will prevail at Chicago so that this concentration will be continued with possible improvements in the service. \$1306.00 was handled by the Council at the New York reunion, which shows that this is an important part of our A.O.A. program, although not thought of as such.

The efficiency of the New York group together with the fine spirit of co-operation all down the line closed the most satisfactory year we have experienced so far. Let us hope that next year will top this one and that our attendance figures will increase. We thank all of you who contributed to our success this past year.

The Osteopathic Interfraternity Council,

H. V. Halladay,
Executive Chmn.

Grand Officers

At the hour of going to press, we do not have complete reports on the new grand officers for the several fraternities and sororities. The ones listed below will serve for the coming year: Atlas Club.

Grand Noble Skull—J. L. Jones, Kansas City, Mo.
Occipital—E. Jacobson, Philadelphia, Pa.
Stylus—C. R. Starks, Denver, Colo.

Phi Sigma Gamma.

President—P. T. Lloyd, Philadelphia, Pa.

Vice-President—J. R. Pike, Albany, N. Y.

Secretary—L. J. Grinnell, Providence, R. I.

Treasurer—M. C. Beilke, Chicago, Ill.

Axix Club.

President—Mary L. Heist, Kitchener, Ontario.

Secretary—Eunice L. Chapman, Waltham, Mass.

Treasurer—Mildred E. Greene, Waltham, Mass.

Theta Psi.

President—J. S. Denslow, Chicago, Ill.

Vice-President—A. S. Hulett, New York City.

Secy.-Treas.—C. H. Britton, E. Lansing, Mich.

Sigma Sigma Phi.

President—W. E. Bailey, St. Louis, Mo.

Secy.-Treas.—H. V. Halladay, Des Moines, Ia.

Trustees—H. Weber, Orange, N. J.; C. H. Britton, E. Lansing, Mich.; W. W. W. Pritchard, Los Angeles, Cal.

Alpha Tau Sigma.

President—F. A. Gordon, Marshalltown, Ia.

Vice-President—J. M. Shellenberger, York, Pa.

Secy.-Treas.—Byron Voorhees, Findley, Ohio.

Trustees—R. H. Peterson, Wichita Falls, Texas; N. A. Ulrich, Kent, Ohio; N. H. Murphy, Anderson, Ind.

Those of you who are officers in the grand chapter of your organization and find it not listed above, please report your officers to me at once.

H. V. Halladay,
Executive Chmn.,
Interfraternity Council.

Our Organizations

We occasionally get a letter asking for the officers of our local fraternities and sororities. For the benefit of those who are interested, we list below the organizations with the officers who will serve beginning September first. Clip this for your future reference, Brother or Sister.

ATLAS CLUB

Noble Skull—Don Evans.
Occipital—Brenton Schiffer.
Sacrum—E. Iverson.
Pylorus—H. P. Stimson.
Stylus—R. W. Dawe.
Receptaculum—H. J. Ketman.

ΦΣΓ

President—Hal Walters
Vice-President—Jerry O'Berski
Secretary—C. Millard
Treasurer—Jo Peterson
Sub-Treasurer—Ed Zyselewski
Pledge Master—G. Fisher
Sergeant-at-Arms—Myron Bos

ITS

President—Francis Yukl.
Vice President—George Boston.
Secretary—H. Jeransen.
Treasurer—Gene Bechtol.

ΔΩ

President—Ruth Paul.
Secretary—Bernie Moeller.
Treasurer—Helen Butcher.

ΨΣΑ

President—Jo Peterson
Vice-President—H. Morgan
Secretary—I. Penquite
Treasurer—Jo Guerrero

ΣΣΦ

President—J. Dunham.
Secretary—H. J. Ketman.
Treasurer—D. J. Evans.

Adult Health Clinic

The fifth annual Adult Health Clinic will be held in the east wing of the Exposition Building during the state fair, beginning August 28th.

These rooms are well arranged for the convenience of the patients and for the most efficient work by the staff. The chief-of-staff, Dr. H. J. Marshall, has an able corps of assistants who will give of their best to you and your patients.

This is your opportunity to have that case that has been a source of anxiety to you pass through the departments of this clinic. A record is made of all findings and these are submitted to the evaluation department where these are all summed up, diagnosis made and advice given.

With such men as Drs. Woods, Facto, Henderson, and Becker constituting the evaluation staff, no one need hesitate to submit their cases. Their ability and trustworthiness is well known to all.

Again, you can have that much needed examination for yourself, as well as to be able to follow many cases through the clinic.

Plan your time to be here. Interest others in your community in this splendid opportunity for health.

All the service and security this examination gives is to be had for the small registration fee of \$1.00. No one can afford to pass this up. This alone is worth a trip to the fair.

Reservations can be made now. Write the Secretary, Dr. Rachel Woods, 702 Equitable Bldg., Des Moines.

—Della B. Caldwell, D. O.
Chairman.

California Visitors

Drs. Merrill and Watson and Dick Wentworth, all of Los Angeles, halted their rush across the country long enough to sup with us Friday, July 31st. At the call of the president of the local association, we all met at Bishop's and, following a feed of our own selection, trekked to the reception room of the Taylor Clinic.

Dr. Shaffer called upon Dr. J. M. Watson and Dr. E. S. Merrill for remarks, and while we may not agree with them in everything they said, it was a real pleasure to know what these members of our profession are thinking about and what they are planning for the future.

Mr. Wentworth, who was one of the exhibitors at the recent convention, demonstrated his fever blanket and pointed out the many features of its usefulness.

Dr. Merrill is an old friend of Ding Darling of the Register, and spent some time visiting with him also.

The local group is always glad to see visitors who are doing things. It was a surprise to some to know the intensive detail work Dr. Watson is doing and to hear of the missionary work in behalf of osteopathy that Dr. Merrill is backing.

The Booth

Our secretary, Mrs. K. M. Robinson, reports a fine trip to New York and a most enjoyable time meeting many of you at the college booth. This year the weather and the arrangements were more nearly ideal and she returned with a much more flattering resume of the week than any previous.

More interest was shown in the college, more catalogs were given out, and more laymen took the time visit and enquire about the college and Osteopathy. Indeed, it was a success, and we hope to have the pleasure of seeing all of you again next year.

Dr. John E. Rogers

(Continued from Page 1)

ers has proved his worth to the profession and we hope there will be many more years of service ahead.

Since 1932 Dr. Rogers has been at the head of the committee of Professional Education and through this office has had the opportunity to watch the development of our colleges and the profession as a whole. He assumes office with an excellent background of contacts with the profession from its student days on. We predict a year of intense application to the principles of Osteopathy and we know we will have to accelerate to keep pace with him.

We congratulate our new president and assure him of our co-operation.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President Arthur D. Becker

Faculty Advisor, H. V. Halladay

Editor..... E. Harwood

Osteopathy Without Limitation

The Eleventh Hour

We do not want to bore you. We only wish to remind you. The eighth of September the bell rings. We will be here on the job, rested from the strenuous finish of last year and ready to arrange classes, assign new work and start off with a bang! The faculty of the college is on its mark. The college has been thoroughly overhauled during the summer. Everything is in readiness for the old students who will return and for those new students that our profession needs.

From all parts of the country we have had calls for members of our profession. Some of you in states that are weak in numbers have written and spoken to us personally at state meetings and at the recent convention. You know our answer: "Send us some of your boys and girls and in four years we will return them to you qualified to fill the vacancies you speak of."

In the rush of your practice have you taken the time off that you should to see one or more of these boys or girls that you want to come back to your state and work with you and for Osteopathy? The eleventh hour approaches for this year. Don't let it slip up again without you making the extra effort that is needed to give our profession the quantity and quality in membership that we must have for our own protection.

We do not like to admit it but as a profession we are numerically anemic. We need this new blood and plenty of it. But, like a major principle of Osteopathy itself, the cure is within and the increase of corpuscles depends on your activity. We hope that we will see living evidence of your efforts the eighth of September.—(E. Harwood.)

Visitors

Drs. Merrill, Watson and Abbott of Los Angeles.

Dr. and Mrs. P. F. Kani of Omaha.

Dr. M. J. Schwartz of Muskogee, Oklahoma.

Dr. Jack Ennis of Kewanee, Illinois.

Dr. James Cornelius of Hale, Missouri.

Dr. Ed. Lodish of Detroit, Michigan.

Dr. Jo Rader, Massillon, O.

New York Convention

The osteopathic profession again gave unmistakable evidence of its virility and soundness in holding a really great convention in its 40th annual meeting at the Waldorf Astoria Hotel the week of July 20th. The program chairman received and deserved unrestrained praise for his excellent judgment and superior executive ability. Osteopathy as a science, as a practice, and as a profession, were all given their full share of attention and careful consideration.

The plan of having each of the six recognized osteopathic colleges give a two-hour symposium with demonstrations of the technique discussed in their presentations were warmly received by an appreciative audience. Osteopathic thinking and osteopathic reasoning were stressed, and again we were made acutely conscious of the fact that there is a distinctive osteopathic concept peculiar to the osteopathic school of thought.

Entertainment for the visiting guests was varied and without stint. The boat trip up the beautiful Hudson river to West Point as an outing for the entire convention was an unmixed pleasure and a welcome break in a busy week.

Much of constructive value was accomplished by the House of Delegates, the Board of Trustees, the Associated Colleges, and many affiliated societies and committees too numerous to be mentioned in this brief article.

Certainly mention should be made of the splendid programs put on by the various sections. The interest exhibited in these sectional programs continues unabated and seems to increase from year to year. A whole book could be written on the splendid work of the Internists' Section, which was completely equipped with laboratories, X-ray, Basal Metabolism, Electrocardiograph and other modern diagnostic aids and many took advantage of the opportunity to have a complete diagnostic study made.

The scientific exhibit, open to the public, was by far superior to anything ever before attempted. It showed in no uncertain way the splendid progress we as a profession are making in the world of science. The displays were most interesting, and excited much favorable comment. The chairman of this department deserves the large amount of praise which he received on all sides.

The weather was fine, the hotel facilities and accommodations were most adequate, the publicity was splendid, the committee of arrangements left nothing to be desired, the various fraternal meetings were big successes.

It was big. It was of highest scientific character. It was of genuine professional interest. It was osteopathic.

—Arthur D. Becker, D. O.

Convention Impressions

As I think of the fortieth annual A. O. A. Convention, three phases stand out most prominently: the meetings of the Associated Colleges, the meetings of the House of Delegates, and the professional program.

It was an inspiration to attend the meetings where the educational policies of our profession are formulated and coordinated; to meet instructors from the various colleges, and to glimpse a bigger and better Osteopathy of the future. Scholastic provincialism vanishes in the friendly give and take of these gatherings, and one emerges with new enthusiasm for the work of the coming year.

In the House of Delegates one sees the business side of organized osteopathy. Committees report on plans to advance or protect our profession, criticism or suggestions are made, plans adopted, and again one glimpses something big and worth-while. You sense that the nomination, elections, and even the occasional outbursts of humor are but surface ripples of the deep, strong stream of osteopathic progress.

The profession makes one wish he were quintuplets, as you always want to attend several programs at the same time. You do the best you can, however. You learn some new things, you have some old, half-forgotten facts brought to mind again, and you hear some things with which you heartily disagree. However, in disagreeing you must critically examine your own beliefs and opinions, sometimes emerging a humbler but wiser man.

Many other things were interesting and instructive, but these views of organized osteopathy from three angles gave me a better perspective of our profession and greater pride in being a part of a very much worth-while group.

—J. M. W.

Scientific Exhibit

The Scientific Exhibit at the New York Convention was the largest and most complete in several years. Each of the Osteopathic Colleges participated in the display, the material being drawn from their Pathological Museums and Technical Departments.

Des Moines Still College displayed a series of Pathological Museum specimens showing the various abnormalities of the Genito-Urinary System. In addition to this, the booth was lined with a series of colored charts which were drawn by one of the staff artists for the occasion, illustrating the same organ system. Also, the exhibit was enhanced by a number of electrocardiographic tracings demonstrating interesting and unusual heart conditions. The display was so presented as to be in keeping with the symposium presented by the College in the general ses-

Pardon Us, Walter

AT THE WALDORF—Where's the information desk? It was less than six feet to his right)—(whispered) Is there a lavatory on this floor? (Sign in plain sight about fifteen feet away)—Where is the Sacro-Iliac joint? (Really wanted to know where the Sacro-Iliac fans were meeting) Where's Bynum's Bunion Breakfast?—Gimme a program—Have you seen George Riley?—Air-conditioned Yeah, the lobby—Are you going up the river? ("Up the River", in N. Y., means to Sing Sing)—

AT THE EMPIRE TOWER—Mary, I'm a little sick—Don't go so close to the edge—Boy! what a jump—Gee! You can see Central Park—There's the Hudson, but where is the Sound—That big boat looks like a canoe—See where Broadway and Fifth Avenue cross?—Ma, look at the birds—Seventy-two stories without stopping. Ain't that suppin?—A dollar ten is too much, but I'll pay it—

AT RADIO CITY—Is them the fountains where Zioncheck took a bath?—How'd you like to eat there?—Look how slick the walls is—Pretty fancy, I calls it—Remarkable architectural plan.

AT THE HOLLYWOOD—Are you from St. Louis?—No, I don't want to go home now. The show has just begun—See that red-head. I think I know her—

AT THE BRONX PARK—Reba coom here—Ven aca mi hijita. No va a la agua—Harry come back here—Don't fight, boys—Kommen sie—Tony! Fermate—Shut up, you ***—Ho, Ma!! Look at the big tail on one end and the little tail on the other—I hope I don't see snakes like that in my dreams—howja like to have all them monkeys?—

IN THE SUBWAY (Did not hear a word uttered by anyone from 33rd to 51st)

BROADWAY AT NIGHT—Sure it's a good show—The old Roxy is off the beat—What are they doing to the streets now?—Where do all these hicks come from?—(Stopped by a fashionably dressed girl full of giggle soup and accompanied by a good looking young man in the same fix) Brother, give a dime to the Salvation Army—Where is the army?—There he is—

Statistics show that 95% of the people we saw and heard except in the Bronx Park were visitors. New York takes care of about two million of these every day during the summer, and more in the winter season.

—H. V. H. & E. H.

sion of the Convention on the Genito-urinary system.

The increased interest in the Scientific Exhibit on the part of all the Colleges is certainly a step forward. The exhibit was open to the public not attending the convention. Many were not aware that such extensive work is being carried on by the Osteopathic Colleges. May the good work continue!

—O. E. Owen.

I. O. A. Bulletin

One-sixth of the society year has passed by and we have some things to report. Committees have been organized that are planning many projects for the coming year. The June circuit meetings were quite well attended when one considers the nearness to the annual state meeting and two nearby post-graduate courses. Dr. Castlio's work on this circuit merits our hearty thanks.

Looking forward for the remainder of the year there are many things to be done which will be worth reporting. Within a few days we are sending out a questionnaire to be filled in and delivered at the fall district meeting. If every member will take an interest in at least one of the activities suggested we will have something to survey with pride at that time.

At this time of year you may wish to concentrate on student recruiting; our profession requires greater numbers and the colleges deserve our support. Chairman Potter of Forest City will be glad to give you any help you desire.

Elsewhere in this issue we have news of the Adult Health Clinic to be held again at the Iowa State Fair. Year by year this clinic seeks to publicize osteopathy while rendering real service to hundreds of patients. Let us help in every possible way to make this activity a huge success.

Dr. E. J. Malone of Miami, Oklahoma, started something with his article, "Back Injuries in Industry and Compensation Insurance." Dr. Paul French has been very active along this line and many osteopaths could both profit and render invaluable service by similar activity. Dr. Elliott of Oskaloosa, Iowa is chairman of this industrial committee, and if we will get busy, we can furnish him with material for a real report next spring.

This is legislative year and all of us wish to see that osteopathy receives fair treatment during the coming session. Legislators have many things on their minds while in session, so if we can acquaint them with the merits of our profession now, while they are at home, much work will be avoided later.

Membership is necessary if we are to get the best results along these and other lines. So let each of us constitute himself a committee of one to get new members. Of course if you have not yet paid your own dues, send them along. Dr. Zoa Munger of Cedar Rapids, as state chairman, has appointed the following district chairmen. Help them all you can.

Uo. 1—Dr. Robt. F. Herrick, 304 Howes Bldg., Clinton.

No. 2—Dr. A. D. Craft, Osceola.

No. 3—Dr. J. W. Rinabarger,

Keosauqua.

No. 4—Dr. S. W. Meyers, General Hospital, Algona.

No. 5—Dr. Alice Paulsen, LeMars.

No. 6—Dr. R. P. Westfall, 406 First Nat'l. Bldg., Boone.

—J.M.W.

O. N. W. A.

It is a far cry from the humble little home of our revered founder of Osteopathy, Dr. A. T. Still, to the gathering of his followers in the ultra-modern Waldorf-Astoria Hotel in New York City. Yet the spirit of enthusiasm and the devotion to a conviction or cause which radiated from the Old Doctor seemed to permeate the splendid body of osteopathic physicians gathered in this 1936 meeting.

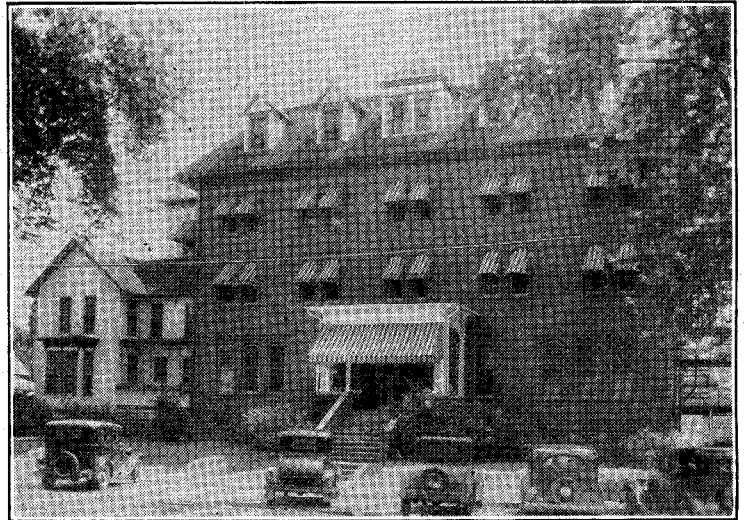
As usual there were too many meetings. One was torn between the desire of attending several Sections at the same time and a splendid group of physicians extending hearty greetings and fine fellowship. Their leadership and outstanding ability to put things over sets a high standard for future conventions.

I feel very humble in assuming the leadership in the National Organization of Osteopathic Women Physicians. Dr. Helen Marshall Giddings has shown the same enthusiasm and ability for leadership as our revered founder, Dr. Still. Her three years of service have been three years of growth and strong substantial climbing for the Women's Organization. Her contacts with national and world groups have been priceless with their possibilities of friendship for Osteopathy.

The aim for our Association this coming year will be, "An Organization in every State in the Union where women physicians are engaged in Osteopathic practice." Someone may ask, "What tangible benefit do I receive from this affiliation? Does it not detract from my A.O.A. membership?" Only those belonging to the A.O.A. are eligible for active membership in the Association. In an organized community or state, members will find their Club Federation will give them a protection against unjust and unkind influences, and through the club life provides them an entree into public contacts for their profession which otherwise would be impossible. Indeed, will furnish them a certain amount of prestige and influence which is priceless and cannot be obtained otherwise, especially in the matter of unfair sentiment from other professional clubs. Thru this federation the Osteopathic Women Physicians may demand and receive understanding co-operation.

Osteopathic Women's National Association should not interfere with A.O.A. loyalty, privilege, or membership, but should add strength and give protection and entree many times for the parent organization. May the Wo-

Des Moines General Hospital



Not only do students of the Des Moines Still College of Osteopathy enjoy the advantages of one of the most extensive clinics in the profession, but they also have the advantage of major and minor clinics at one of the most modern and completely equipped hospitals in the country. The close co-operation between the hospital and the college enables each student to become conversant with hospital technic and procedure.

Dr. J. P. Schwartz, instructor in Surgery in the college, is president and surgeon-in-chief of the hospital. Dr. H. J. Marshall, head of the Eye, Ear, Nose and Throat department of the hospital, is the instructor in this specialty at the college. Drs. J. L. Schwartz, B. L. Cash and H. A. Graney are also associated with both institutions.

With this fine hospital available for the study of surgical cases, the student body at the college is offered everything possible in superior osteopathic teaching and training.

Honors

Des Moines returned from the New York convention with quite a bit more responsibility on its shoulders. The following, largely faculty members, will have plenty to do this coming year.

Dr. Arthur D. Becker—Re-elected trustee of the A.O.A. for three years.

Dr. L. L. Facto—Chairman of the section on Technic.

Dr. R. B. Bachman—President of the American College of Osteopathic Obstetricians.

Dr. Mary Golden—President of O.W.N.A.

Dr. Rachel Woods—Secretary of O.W.N.A.

Dr. H. V. Halladay—Executive Chairman of Interfraternity Council.

Dr. H. J. Marshall—Secretary-Treasurer I. S. O.

Dr. R. E. Gauger—

of Yokem, Texas, reports the birth of a girl, Alice Kathleen, June 30th.

men Physicians step forward and assume the privilege and duty of this O.W.N.A. membership.

"Service is the rent we pay for the space we occupy."

Officers

Dr. Mary E. Golden, Des Moines, Iowa, President.

Dr. Jessie O'Connor, Chicago, 1st Vice President.

Dr. Georgianna Smith, Los Angeles, Cal., 2nd Vice Pres.

Dr. Rachel H. Woods, Des Moines, Iowa, Sec'y. and Treas.

The Breakfast

Certainly we had the breakfast. It was held Wednesday morning as previously announced, in the Lounge Cafe at the Waldorf, and about thirty attended. Many of you could have made it, but as usual (and we have found it so in years past) the hour of 7:30 is just a little too early for many of you.

Dr. Arthur Becker, president of the college, opened the program by calling upon Dr. J. E. Rogers, who expressed his pleasure at being present and added many complimentary remarks about the crowd and other items of interest. Mrs. Robinson, Drs. Facto, Bachman, Keyes, Homan and Halladay also spoke.

It was a good breakfast, the crowd enjoyed it, and we will have another next year in Chicago.

Dr. Harold Clybourne, of Columbus, Ohio, was elected president of the Alumni Association of the college, and Dr. R. K. Homan, of Detroit, Mich., was elected secy.-Treasurer. The alumni of the college will hear from these men this coming year.

Plan to be at the college breakfast next year.

Dr. and Mrs. S. L. Taylor

of Santa Monica, Cal., announce the marriage of their daughter, Ruth, to Mr. J. C. Buckwalter, July 5th.

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

THE LOG BOOK

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PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 13

SEPTEMBER 15, 1936

Number 9

We're Off!!

We asked for it. We were all a little tired of waiting for the first day of school and this is not only true of the faculty but of every member of every class in the college, according to reports so far.

Registration Tuesday, following Labor Day—Roll Call on Wednesday—Every class met—We are back in harness again!

If a good start is half the race, the semester is won already. A fine new class came to us this year. At the present writing it is not quite complete but already the figures have passed the registration of last year and we thank those of you in the field who have been instrumental in sending many of these to us. We are to be congratulated on having this new class and you are to be congratulated on your choice of a college. These boys and girls will graduate in four years, better prepared than any other graduating class.

It is unfortunate that the assembly of Friday, September 11, could not have been broadcasted to each of you. You would have cheered with the filled auditorium. Not a dull moment. It clicked like a million dollar radio program and was all extemporaneous.

Dr. Halladay, back again in his old role as master of ceremonies, opened with the stereotyped "auspicious occasion," but enthused with the acquisition of new members for the band, quickly raised the new baton and confirming his belief in miracles, conducted our augmented orchestra through the number of that name. A new roof will have to be put on the building.

Dr. Arthur D. Becker, president of the college, was introduced and mixing his serious remarks skillfully with those of a lighter vein, opened the eyes of every student. His announcement of the action of the Board of Trustees in regard to preliminary requirements was met with universal cheering.

Dr. Mary Golden, president of the O.W.N.A. and member of our faculty, was next introduced. She has never failed us.

Dr. John Woods, president of the Iowa State Osteopathic Society and member of the faculty, responded briefly.

Dr. L. L. Facto, chairman of the section of Technic for the 1937 A.O.A. Convention and member of our faculty, expressed his pleasure at seeing so

An IMPORTANT ANNOUNCEMENT of A NEW POLICY

The Board of Trustees of the Des Moines Still College of Osteopathy in keeping with what we believe to be sound judgement, have decided that:—

Beginning with the September Class of 1938, we will require one year of college work as a prerequisite for entrance, and—

Beginning with the September Class of 1940, we will require two years of college work as a prerequisite for entrance.

DETAILS REGARDING SUBJECTS AND SEMESTER HOURS
OF PREREQUISITES WILL BE ANNOUNCED SOON.

We believe this to be a logical step in progress and in keeping with the continued growth and development of a great profession.

ARTHUR D. BECKER, D. O.,
President.

many present at our first assembly.

Dr. Clarence Callison nearly broke up the show with a story that fit the time and place too well.

Drs. Gordon, Owen and Fisher each responded and greeted the new students.

As usual some members of the faculty were absent. We will get them later, but they missed a thrill at our first assembly of the year, which we think was 100% all over the house.

The baton was lifted and as it cut an intricate pattern in the air the new 1937 model Still College band held the student body and faculty spellbound with "Let's Face the Music and Dance."

Back At Work, But . . .

Dr. James Shaffer—sojourned in Missouri, doing the Ozarks.

Dr. Fred Hecker—did time in the hospital.

Dr. L. L. Facto—drove to his old home in Missouri.

Dr. Arthur D. Becker—to Clear Lake and stops along the route to New York.

Dr. J. M. Woods—detoured off the regular route to N. Y.

Dr. Glen Fisher—Clear Lake and then a trip into Oklahoma.

Dr. Mary Golden—detoured from N. Y. through Maine into Canada and back.

Lab Aides

With the extensive laboratory work at the college it is always necessary to draw assistants from the student body. Dr. Fisher, head of the laboratories, announces the following appointments for the year:

Byrle Freeman—Biology, Pathology and Micro-prep.

Boysco—Muscle and Nervous Physiology.

Kitchen—Inorganic and Phys. Chemistry.

Luby—Organic Chemistry and Lab. Diagnosis.

Barnes—Bacteriology and Pathology.

Becker—Physiological Chemistry.

Dr. O. E. Owens—from N. Y. to fish in the ocean and back through Kentucky.

Dr. B. L. Cash—Clear Lake and Denver.

Mrs. Robinson—from N. Y. on into New England and back through Canada.

Dr. R. B. Bachman—New England states.

Dr. J. P. Schwartz—Clear Lake and the East.

Dr. H. V. Halladay—Arizona in June—N. Y. in July.

Dr. H. J. Marshall—will hunt big game next month.

Trustee and Faculty Meeting

With one foot in the portal of a new school year, the trustees convened September 2. The summer meetings were held each month and as the start of a new semester drew nearer, the major question was relative to the prospects for a new fall class. Reports indicated exactly what we want—evidence of an increase over last year.

The major item on the list of matters needing attention was that of anticipating the future in the trend of Osteopathic education. In the center we give you the substance of the decision of the Board of Trustees of the Des Moines Still College of Osteopathy. We hope you will think about this seriously.

The Faculty met at the call of our president, Dr. Arthur D. Becker, the evening of September 9th. The few absent missed an excellent hour that reviewed the fine work of the group last year and anticipated a repetition of this cooperative effort. It was an evening devoted largely to an exchange of compliments.

Several matters relative to the teaching of various subjects, plans for the library, assemblies and the Log Book were discussed with the assurance of unanimous support from the faculty group.

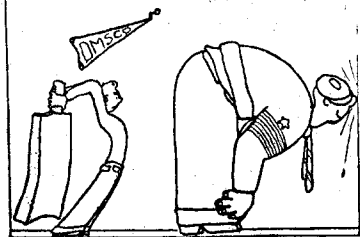
A Ton of Babies

Checking over the years record in OB we find some interesting figures that you can juggle around to make something of if you wish. We notice a drop in the total, which is easily explained by the fact that many of our clients are in a little better financial condition than a year ago and also that those on relief often have little choice in who their physician shall be. However, with a total of 353 cases for the year and with a Senior class too busy in the general clinic, the OB clinic has been just another burden to overworked students.

A very slight percentage of partiality is shown between boys and girls. 173 were boys and 172 were girls. The remaining 8 cases to make the total of 353, were miscarriages. Only three pairs of twins are listed, which is under par for the clinic.

The best month was October, 1935, with 41 cases. The best week was Oct. 6 to 13—17 cases
(Continued on Page 3)

FRATERNITY NOTES



Interfraternity Council

For the benefit of those who wish to know the Grand Chapter officers of the fraternities, we list below the four organizations that did not appear in the last issue of the Log Book. Ten of our osteopathic fraternities and sororities have united this year to work for the betterment of our science.

Delta Omega—

President, Dr. Maude Williams, Northampton, Mass.

Secretary, Dr. Alma Webb, Akron, Ohio.

Treasurer, Dr. Edith Pollock, Quincy, Ill.

Phi Sigma Alpha—

President, Dr. C. M. Mayberry, E. Liverpool, Ohio.

Secretary, Dr. J. W. Hayes, E. Liverpool, Ohio.

Treasurer, Dr. C. F. Gregory, Webster City, Mo.

Iota Tau Sigma—

President, Dr. W. W. Custis, Dayton, Ohio.

Secretary, Dr. F. J. Trenery, Los Angeles, Calif.

Acacia, Club—

President, Dr. H. F. Garfield, Danville, Ill.

Secretary-Treas., Dr. H. J. Hoyer, S. Orange, N. J.

—H. V. Halladay,
Executive Chm.

ATLAS CLUB

After that nostalgic longing for home experienced during the last few weeks of May, it is a strange sight to see all the fellows back so early, happily anticipating the future activities of fraternity and school. Jack Eddy, Harry Stimson, and Robert McKay, in their hurry to get back to Des Moines, were involved in an accident in which their car was overturned. Luckily no one was hurt.

The house has been thoroughly cleaned and re-decorated and gladly extends its hospitality to several newcomers. Donald Wicke of Columbus, O., and George Bunge of Detroit, Mich., have been admitted as pledges, while Harold Wert of Battle Creek, Mich., Howard Johnson, Dan McKinley, Dale Widmere, and Robert McKay, all of Detroit, Mich., remain as our guests until their plans for the semester are completed.

Atlas Club activities are in full swing now. Our first regular meeting of the new term will be held on Monday, Sept. 21. All freshmen will be welcome at our Freshman Smoker, which is

planned for Thursday evening, September 17.

Summer Reminiscences: Those hilarious times at Dr. Wright's and the Yacht Club . . . boom times in Kewanee . . . long working days and hot nights . . . summer romances don't seem to last. —(R.W.D.)



Phi Sigma Gamma announces the pledging of Glasier Pease, Alfred Ferris, both of Detroit, Michigan; Harold Taggart, of Flint, Mich.; Glenn Munger, of Milwaukee, Wisc.; and Stephen Russell, a junior transfer from Kirksville, Mo., originally hailing from South Paris, Maine.

With state boards looming on the horizon, three of our seniors, Ed Owen, Jim Dunham, and John Herrin, have deserted the portals of the fraternity house, that they may better prepare themselves for the tough grind that is ahead.

During the summer months, Hal Walters, Joe Peterson, Ed Owen, John Herrin, Bud Storey, Jim Dunham and Myron Bos remained in town and did additional clinical work.

It seems that "Going back to the farm" has agreed with Earl Jurgenson. He took 45 more pounds out of Des Moines than he brought back. There also seems to be a number of new cars appearing: Zyzelewski, Miller, Herrin, Russell, and Millard are now sporting around the streets. Look out, boys!

The fraternity house has been a scene of repairing both inside and out. New furniture, rugs and lamps had been purchased prior to the fall term.

Congratulations, two Phi Sigs. Joe Peterson, who was recently elected President of Psi Sigma Alpha, and to Jim Dunham, as President of Sigma Sigma Phi. —(C. M.)

Read "Time"

In the issue of "Time" for August 3, 1936, osteopathy gets another break—or does it? We will have to honor the editor for more than three columns, part of which is complimentary. The part that we do not like to see in print is the reference to the infamous Etherington report. This, however, is partly painted out by a trailer. We do not like several parts of the write-up. Very often statements trimmed down to fit a space are stripped of the elements necessary for an intelligent understanding, and it is so with several paragraphs.

Perhaps we are lucky to get any kind of a notice in "Time". This article listed under the heading of "Medicine" will be read by a good many medics who will get a good laugh out of it and will take delight in showing it to their patients, especially the paragraph dubbing us a "cult".

It is our opinion that we could have managed to get along another year or so without this.

The Des Moines Demons

This week winds up the baseball season for the Des Moines Demons, the home town crowd of the Western League. It looks as though they'll finish fourth place in the League, but the boys are all first in their support of Osteopathy.

Two seniors from Des Moines Still College of Osteopathy have been on the ground at all home games since the opening of the season early last spring. This meant "be there" from six to eleven p. m. at night games and from one to five p. m. at afternoon games, and included an almost limitless amount of experience in working out sore, injured, and splintered musculature, pulled ligaments, taping, and bandaging as well as X-Ray and bony manipulation. Aside from the value of the experience, the clinic credit at school and the choice box seat at all games, the many contacts and friendships formed were a source of inestimable satisfaction.

The value of Osteopathy in athletic work is thoroughly appreciated by the Demon players and their manager, and has been clinched in an unforgettable manner on the two treating students.

Now, if Manager Spencer Abbott just doesn't overlook coming through with those expected autographed "apples."

—H. K. and D. E.

Tall Corn???

September 3rd was an eventful day in Des Moines. The presence of the two major candidates for the office of President of the U. S. A. made history for the Mid-West. Not to be overshadowed by stories of Roosevelt and Landon, Dr. Raymond Kale breaks out with another report A story of a blessed event that had to do with the "labor" and "drought." (it was a dry birth) issues also.

The Roosevelt-Landon parade was at 12:30. Dr. Kale was called soon after that and shortly after his arrival delivered numbers 12 and 13 of this family, the new twins being boys. During the routine examination of the babies, Ray was startled to notice that they each had a badly blackened eye and both were bruised. Inquiry revealed the fact that the mother had noticed exceptional movement for several hours before the delivery. Inquiry also revealed that for generations one side of the family has been Republicans and the other Democratic. Inspection revealed one wearing a Roosevelt button and the other a Landon sunflower. We anxiously await news of the debated subject:—Was it "labor" or the "drought".

Dr. Ray Lamb—

of Des Moines, returned recently from a P. G. course with Dr. Norwood of Mineral Wells, Tex.

Athletic Outlook

The recent change in the Physical Education department of the Des Moines school system has not affected cooperation between this department and our Athletic Clinic. This year as in the past, we are at work right now helping with the training of five high school football teams and one commercial team in the city. Fifteen of our Seniors are hard at work. The first shift goes on at 3:30 p. m. taking care of taping and previous minor injuries that need attention before scrimmage. The second shift meets the boys coming in from the field and from the reports, the boys overwhelm the Seniors. S.O.S. signals have already been sent out by some on the job.

The first two weeks of the training period is the hardest to get over. Out of a squad of over 100 the coach has to pick his permanent squad for the first team, and of course every kid from 80 pounds up to 180 is putting forth 100% effort in order to make a showing. This is responsible for the many Charley Horses in the early part of the season.

They'll all settle down to sensible efforts as soon as the excitement of the first week or so is over and the boys will have an easier time of it. With about 35 Seniors to run through the season, we will be short of help before the basketball season is here. Still College needs more upper classmen to take care of not only this extensive clinic but other specialties and the general clinic also.

Halleluiah!!!

The old Maestro is wearing a grin that won't rub off. Virg has exactly what he has been looking for in the way of a brass section for the band. Lester Herrick, 1st trumpet, Jean LaRoque, 2nd trumpet and Homer (Spoon) Hudson, bass. The miracle to stop all miracles struck at our first assembly when the band played a couple of numbers and not a hiss or boo could be heard. A trombone is just around the corner, and with the sax section filled by Young, O'Berski and Templeton; Gerlack on drums; Simpson, Kelsey and "Lubynoff" in the violin section; Gnaun and Jeransen with guitar and banjo, and Wicke at the ivories . . . Halleluiah!!!!

(P. S. Virg broke down and went so far as to buy a new two-bit baton for the opening.)

About 400 B. C., Hippocrates, in describing the operating room, stressed good illumination, proper posture of patient, and the presence of capable assistants.

It is impossible to help one's self very much by hampering or hindering someone else.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President Arthur D. Becker

Faculty Advisor, H. V. Halladay

Editor..... E. Harwood

Osteopathy Without Limitation

Partnerships

Whether aware of it or not, every osteopathic physician is in partnership with every osteopathic institution, be it college, hospital or sanatorium.

No osteopathic physician can afford to have an osteopathic institution unsuccessful or do indifferently well. Our interests are inseparably linked together and the success of one helps to assure the success of the other.

Individual influence and favorable reputation is of necessity more or less circumscribed. It is a community-bound affair.

An institution stands out in the open and is the observed of many observers. Its influence is far flung and the alert public is quick to recognize its successful operation and unconsciously judges its following by the character and standing of the representative most easily evident and most readily apparent.

The individuals who have the initiative and the courage to build and operate an osteopathic hospital or sanatorium do so at an enormous cost of time and energy, as well as financial outlay and hazard. It is well to realize that even selfish interests dictate that such institutions should have loyal, generous and continued support in and out of season.

The osteopathic colleges are also your colleges. The thought, the planning, the many hours of work unselfishly contributed by those who are giving their energy, time and talent to osteopathic education deserve your thoughtful consideration and your active appreciation. The continued growth of our profession is in large measure dependent upon the colleges.

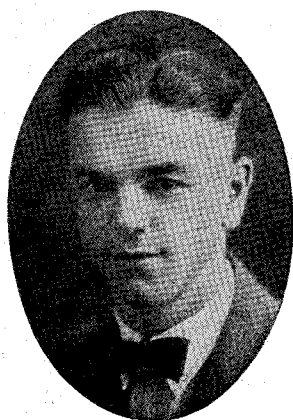
Every osteopathic physician should take stock of his or her partnership relations to osteopathic institutions. Let's do away with silent partnerships. Get the joy and satisfaction and the lilt of live, vital, enthusiastic partnerships.

Let's put the punch into our osteopathic partnerships.

Arthur D. Becker, D. O.

To Nebraska

Dr. Mary E. Golden, president of the O.W.N.A., and Dr. Rachel Hodges Woods, secretary-treasurer, will be guest speakers at the Women's Luncheon at the Nebraska State Convention at Omaha, September 22, 1936.



The Correction of a Lesion

In some cases deep manipulation of the muscles is advisable before the specific correction of the lesion is attempted. This done the technician makes some preliminary manipulations for the purpose of locking the articulations above and below the lesion. The locking is accomplished by flexion or extension lateroflexion, and rotation, each being used to a sufficient degree to obtain the required locking. By this locking we are able to use the segments above and below the lesioned area as a lever for the purpose of concentrating our force at the lesioned articulation. When this is completed, the corrective force is given.

There is a tension of the tissues that tells one when to make the correction. This so-called "feel" of the tissues can only be learned by practice and experience.

The corrective force must be of high velocity and short amplitude of motion. This means that the hand making the corrective thrust must do its work quickly, for the reason that the more rapidly the force is given the less it takes for the correction of the lesion. A slow motion will not do very much toward the correction of a lesion.

At times there is a popping sound and slight pain at the time of the correction of the lesion. The popping means very little and the slight pain that sometimes occurs usually disappears with a few minutes of deep manipulation to the soft tissues.

In the treatment of different patients, small, large, young, and old, it is hard for some physicians to judge the amount of force that is necessary for the correction of a given lesion and it sometimes happens that the force is insufficient for the correction of the lesion and the tissues are traumatized to the extent that the patient suffers some pain. It is advisable for several reasons to have the patient take a different position before trying again to correct the lesion.

—Lonnie L. Facto, D. O.



Importance of Laboratory Diagnosis

Dr. Victor C. Vaughan said in an editorial in the October, 1915 issue of the Journal of Laboratory and Clinical Medicine, that he who practiced medicine without the aid of a Laboratory belongs to a past generation of physicians.

Thirty years ago, Laboratory tests were looked upon with only the mildest curiosity. Today every hospital, clinic and physician finds it advisable and necessary to conduct routine and special laboratory tests. Clinical pathology instruction has become one of the most important branches in the curriculum of the schools of the Healing Art.

Sir William Osler said that the place to learn about diseases is at the post-mortem table; that laboratories should be equipped for this purpose. Every year finds new methods that have been developed in research laboratories added to the facilities of the clinical laboratory—so that the worker in this field must constantly grow in his knowledge of diagnostic procedures.

Clinical laboratories in recent years have taken a very important place in the practice of modern medicine. Many diseases require laboratory tests not only for definite diagnosis but also for successful therapy. New tests, or modifications of those already in use, are developing rapidly, and much of the recent useful information put out by our research laboratories is still in the numerous journals and is not readily accessible. The modern laboratory tests are very accurate and the physician can link these results with his physical findings of the patient, and not only give him aid in diagnosis but act as a guide in treatment. In making a diagnosis, it is essential that laboratory findings be considered jointly with the patient's history and physical examination.

—Glenn E. Fisher, D. O.

Dr. I. C. Gordon—

has moved from his down-town office to a fine new group of rooms in the Uptown Theatre building.

Chicago . . .

Each month we want to present to you something that is going on relative to our next convention. We believe that you want to know the progress of the various committees and that you will watch with interest the growth and development of the plan for your instruction and entertainment next year.

The Stevens Hotel will be headquarters.

July 5 to 10, 1937, will be the dates.

Dr. Fred M. Still is General Program Chairman and is already at work.

Chicago has a number of attractive features and with a college, hospital and our Central Offices there, should draw our largest convention crowd. We will all be glad to make the trip and look forward to monthly reports on plans for "Our Biggest."

Non-Surgical Bunion Clinic

Dr. H. R. Bynum announces the opening of a special clinic in Memphis, Tenn., for the development of an ambulant method of correcting distorted feet. He will concentrate more on the bunion type of deformity and will show what can be done by manipulation and taping.

Dr. Bynum is well known throughout the profession for his work in the past. He is a sincere worker and we predict that he will record some valuable findings for osteopathy and our future conduct along this special line.

A Ton of Babies

(Continued from Page 1)

being delivered in the 7 days. October again gets mention with the best month for girls as 29 out of the 41 cases were of that sex. December '35 wins with boys, there being 20 out of a total of 28 that month.

During January and February '36, our coldest months, the clinic was busy, as might be expected. Many are the stories that will live long in the memories of the crews working during those two months. 34 babes were not lost in the snow in January, and 35 were found wanted in February.

Keep in mind that with the exception of a very few, these cases are all handled by our Senior students in Des Moines homes, under the direction of a licensed osteopathic physician.

The Des Moines Register under date of September 5th carried a story of a baby whose parents were living in a trailer near the edge of town. The law forbids the birth of a child in a "vehicle." (Trailer owners note.) The resourceful OB crew borrowed the living room of a neighbor for a few hours and all was well. It is evident that the OB course in Des Moines offers more than just so many lectures and so many cases.

I. O. A. Bulletin

The following questionnaire has been sent to the members of our state society with the request that they fill it out and return it at the fall district meetings. Some have already been returned to the president's office and are quite interesting and instructive. If others care to send theirs in now rather than waiting they will be quite acceptable.

Such a questionnaire aims to stimulate activity along certain lines as well as obtain information as to past activities. With this in mind we are publishing it in this copy of the Log Book thinking it might be of value to others or that they might make suggestions for its improvement.

Low back injuries are emphasized in the first part because the efficiency of osteopathic treatment in this type of cases converts many patients and employers to the osteopathic treatment of other conditions. Statistics from recorded and verifiable cases, when accumulated in sufficient number, make our best argument to present to employers, insurance companies and labor organizations.

The other portions of the questionnaire are self-explanatory. They touch upon vital problems facing our profession and we as individuals can do a great deal by working along these lines for our personal and group benefit. Many other activities may be added to this list and we are looking forward to suggestions along various lines.—(J.M.W.)

1. (a) How many cases of traumatic low back injuries have you treated and recorded?

(b) What was the average number of days disability?

(c) What was the average number of treatments given?

(c) What was your average fee for those cases?

(e) Have insurance companies asked you to reduce you fee?

(f) In what percentage of cases was this the patient's first contact with osteopathy?

2. (a) How many attempts have you made by interviews with insurance officials, employers and officials of labor organizations to convince them of our special ability along these lines?

(b) In how many cases have you used the Osteopathic Magazine, Malone's "Back Injuries in Industry" etc. to interest the above groups?

(c) How many of the above attempts have been productive to date?

3. What efforts have you made to place copies of the Osteopathic Magazine or other osteopathic literature in the reading rooms of public libraries, lodges and clubs, Y. M. C. A., Y. W. C. A., etc.

4. Within the last six months how many non-members of our profession have you attempted to interest in our National, State and District Societies?

5. How many individuals during the last six months have you attempted to interest in studying osteopathy?

(a) How many of the above have entered osteopathic colleges?

6. (a) What efforts have you made to contact candidates for political office to ascertain or influence their attitude toward osteopathy?

(b) What have been your results?

(c) Have you sent the Osteopathic Magazine or other osteopathic publications to the homes of any candidates?

7. Have you acted as physician for any lodge, club, Boy Scout troop, etc., in the past six months?

8. What special subject or subjects would you like to hear at our next annual state meeting?

9. What particular phase of osteopathic activity do you feel needs special stressing?

Biology and Embryology

No time is lost in giving the student an introduction to the Principles of Osteopathy. Each subject, beginning with the freshman year is taught with the purpose in mind of laying a firm foundation upon which Osteopathic Principles may be unfolded, developed and applied.

In the subject of Animal Biology we find that the structure and function of the human body is beautifully portrayed in simple form by studying the lower animals. Man has a unique position in the order of nature. Who more than the physician must be well versed in the interpretation of the "laws of life"?

In Embryology the student studies the development of the human body. How true it is that many human ills may be traced back to the early stages in life. The later use of Osteopathic Principles in the treatment of disease can be fully appreciated and administered, only in the light of a thorough understanding of the origin and development of the human body.

The laboratory work in Biology, Embryology, Physiology and Pathology permits the student to re-live, re-perform experiments and demonstrate the scientific facts which have been so wholeheartedly given to the rising generation by the scientists of the past, that we may start where they left off.

There is nothing more exciting and challenging to the young mind of today than the application of these scientific facts to Osteopathy.

—O. E. Owen, B.S., M.A.

Iowa State Fair Clinic

The fifth annual Adult Health Clinic did not depart from the record of other years in being an improvement over those held previously. This year the improvement, as expressed by those examined, was in the thoroughness of the examination, the considerate treatment accorded them, and the professional bearing of the staff and the student conductors. These expressions came from those trained to know what they were talking about—graduate nurses with years of experience, as well as other well-informed people, many of whom have been examined at the clinic in previous years.

The staff is subject to a double inspection—that of the patients, which they have passed with credit, and a most searching one by the student conductors. These young men and women are anxious to know what experience has taught doctors in the field as to methods, accuracy and proficiency. They were also deeply interested in the informal discussions carried on by the staff members. One student said "I wish I had four ears instead of two, so I could take in more of these discussions." Without a doubt the staff benefited by these discussions, as did the students and so the name by which we often describe this clinic, "a post-graduate clinic" is no misnomer.

As usual many interesting cases were seen, and many were started on the road to rational treatment. As usual, the majority were having their first osteopathic experience. You can be assured osteopathy did not suffer through the interpretation given them.

The profession can well be proud, not only of the staff of this year, but of all other years. The profession and our college can well be proud of the fine type of students who acted as conductors, and who will be co-workers with us shortly.

While the number examined was not as large as in some previous years, the quality of the examinations given made this a very worthwhile clinic

Polk County Meeting

The Polk County Osteopathic Association held its first meeting of the year at the Chamberlain Hotel, Friday evening, Sept. 11. Following the dinner at 6:30 Dr. L. L. Facto spoke on the subject, "The Cause and Importance of Backache." The initial group of eighteen members enjoyed the discussion and the round table which followed.

The next meeting of this group will be held October 9th. The program has not been announced but plans for a series of interesting and instructive meetings will be held as usual throughout the season.

—G. E. Fisher, Sec.

We Quote

The following paragraph was part of a letter recently received from a former Des Moines coach. These are things that money cannot buy and warm our heart more than diathermy or two shots of Scotch.

"I guess I will never become reconciled to being beyond the conveniences of Still College. Since leaving the vicinity of Des Moines I have never had football teams come through a season in the general good physical condition that my teams there were consistently able to do. Thanks to you and the facilities you placed at our disposal. I would give almost anything to have a couple of your boys with me this fall."

Sometimes we think that life is not worth the effort but this comes along and knocks that idea back to the Pleistocene Age.—(H.V.H.)

In Oklahoma

The Oklahoma County Osteopathic Association were hosts to the State Board members and the graduates taking the Board at the Skirvin Hotel on June 16, 1936.

Visitors were the officers and trustees of the State Association and the presidents and secretaries of the district societies.

Those taking the State Board from Des Moines Still College were, W. E. Jones and Fred O. Green.

Page Ripley

Maybe you have seen some of these funny things. This is the best we have found in years. We saw the original and took this copy, word for word and figure for figure. What did the patient do the rest of the time? Seems like something should have been planned for his leisure. The patient was suffering from acute bronchitis. Quote:

6 A.M.—Cough syrup.

7 A.M.—Red pill.

8 A.M.—Red liquid.

8 A.M.—Cough syrup.

9 A.M.—Laxative medicine.

10 A.M.—Kidney medicine.

10 A.M.—Cough syrup.

11 A.M.—Red pill.

12 M.—Red liquid.

12 M.—Cough syrup.

2 P.M.—Kidney medicine.

2 P.M.—Cough syrup.

3 P.M.—Laxative medicine.

3 P.M.—Red pill.

4 P.M.—Red liquid.

4 P.M.—Cough syrup.

6 P.M.—Kidney medicine.

6 P.M.—Cough syrup.

7 P.M.—Red pill.

8 P.M.—Red liquid.

8 P.M.—Cough syrup.

Apply salve morning and evening. Unquote.

Name of osteopath who found this tacked on the wall by the bed of a new patient, will be furnished on request.

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 10

To Minnesota

Dr. Arthur D. Becker, President of Des Moines Still College of Osteopathy, reports a most interesting and enthusiastic meeting at Austin, Minnesota, on October 2nd and 3rd. The occasion was the Southern District Meeting of the Minnesota State Osteopathic Association.

Austin, Minnesota has furnished to the osteopathic profession more than thirty members and added interest was lent to the meeting because it gave an opportunity for a home coming of many. Dr. Sid Ellis of Boston, and Dr. Charles Fleck of New York City, were among the first of the Austin contingent to take up osteopathy and later many were inspired to do so because of the splendid work of those sturdy osteopathic pioneers, Drs. Oscar S. and Wm. H. Albertson. Dr. Becker is proud to be classified in the latter group.

The attendance was excellent; more than 80 were seated at the banquet which was held at the Country Club, as were also the scientific sessions of the two-day meeting. Dr. Mary Golden, also of our faculty, was a guest speaker and her various contributions on pediatrics and osteopathic technic were thoroughly appreciated and elicited much favorable comment. Dr. Golden illustrated her lecture on nutrition by the use of slides which added much to its value. She also talked to the women of the profession on O.W.N.A. activities and organization.

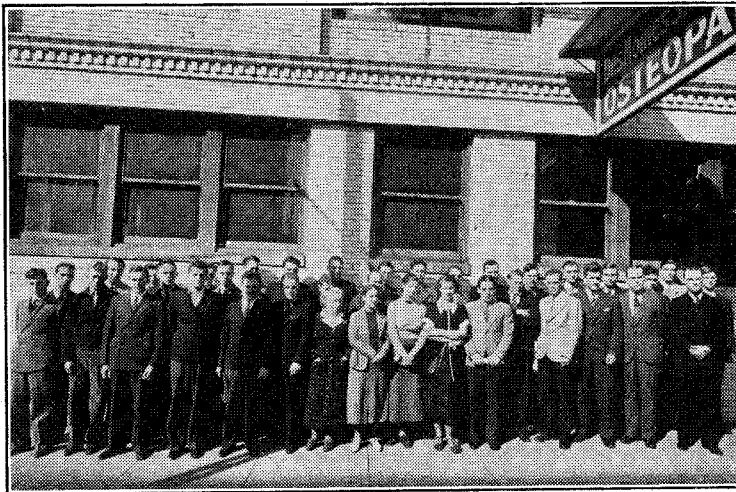
Dr. Becker's subjects were "The Problem of Diagnosis" and "Osteopathic Therapeutics."

The Minnesota group conducted the entire meeting with their usual "pep" and energy. It was a memorable occasion.

Touring

Dr. H. J. Marshall and family are at the present writing somewhere in the West. They expected to visit Salt Lake City, Los Angeles, The Grand Canyon, Tucson, Mexico, Carlsbad and Dallas, returning the last of October. So far we have not heard from them, so everything must be OK. We know how busy one is on a trip, but Harry will have to appear at one of our assemblies and tell the whole story, after he is rested from his vacation.

The New Class



Of course we are proud. Who wouldn't be, with a fifty percent increase in the Freshman class. A fine group of students who already have become an intimate part of the whole. When the majority of them feel enough at home to call Dr. Halladay by his most familiar name, you can bet that they have a good start in the blending process. And speaking of processes—they already have learned the new use of that word. Michigan leads this year in the number sent and Iowa sent a material increase over last year, having recovered from the scare of the law enacted last summer. Idaho was reached on the west and Pennsylvania on

the east. A few were absent the day the picture was taken, due to a light type of Flu that has been sneaking around the city.

At a recent meeting of the class the following officers were elected, and being organized, they are ready to meet any and all obligations:

President, Harry Wing of Milwaukee, Wisconsin.

Vice President, Ray Pennington of Fairmont, Minnesota.

Secretary, Dorothy Hollen of Dayton, Ohio.

Treasurer, Gertrude Ganfield of Des Moines, Iowa.

Historian, George Bunge of Detroit, Michigan.

The Osteopathic Woman Physician in National Affairs

By Dr. Anna Mary Mills

The subject of the woman osteopathic physician in national affairs is pleasant on which to ruminate because of the hope that she may sometime more effectively make her contribution to the life and administration of her profession in matters of national importance. No doctor at this time, however, would present the possibility of becoming active in the affairs of the American Osteopathic Association as an inducement to the prospective woman student to choose osteopathy as her profession.

The prospective student most commonly is attracted to osteopathy through the ministrations and personality of the attending osteopathic physician. It is conceded that the prospective student has the tendency which

gives her a natural bent in the direction of being a physician. As a student the embryo doctor pictures all the details of her doctor's life, from her choice of shoes and dress, her hair-dress, the hours she keeps, her vacations, the food she eats and how she has it served, the car she drives, her choice of friends, to her handling of patients. This student visions, patterned by her doctor, her own future practice, what patients she will have, and how she is going to take care of them. She plans her professional activities, and if she is so fortunate as to attend any of the organization meetings she looks with envy upon those who have, through their perseverance and capability been accepted into the ranks of those who do things. She marvels at the large list of things to be done and enjoys the possibility of being one who helps to do them. No less is her satisfaction when she is going through school to note the activities of those who have finished. (Continued on Page 4)

To Ill., But Not Too Ill

Put this in your tour book. Lonnie and I were invited to appear on the Northern Illinois program Thursday, October 8th. We did not want to lose any more time from school than was absolutely necessary.

Left Des Moines 6:30 A. M.—drove thru 75 miles of fog—arrived at Freeport at 11:30—lunch with Dr. Weber—talked to 500 boys at the high school—met some old friends after a skip of 15 years from a touring camp in Colorado Springs—talked before dinner—met cousin Golda Halladay, married last week to Dr. Slater recently of the staff of Still-Hildreth (and that was a surprise)—met Byron Snyder's sister, Mrs. (Dr.) E. A. Freeman of Lewiston, Me., whom I had not seen for more than 20 years—enjoyed a fine banquet—talked again—left at 9:30—very enjoyable night drive back home, arriving at 2:30 after deciding we would rather sleep at home than at a hotel along the way—self back at work at 9:45 Friday—Lonnie still in bed as far as we know—all of which proves that age must give way to youth.

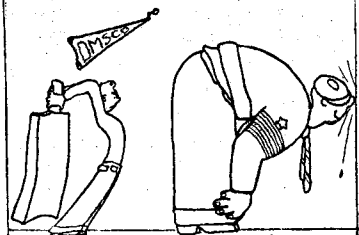
Resume—20 hours away from home—10 hours total driving time—514 miles—each on the program twice—add the talk to the high school—it was the most enjoyable trip I have made in a long time—h-v-h-

Trustee and Faculty Meeting

The regular meeting of the trustees for the month of October as usual preceded the faculty group. The financial report and enrollment figures showed a much better standing than at the same time last year, which was highly gratifying to the board. It is a little early to get reports on those lagging in their work, since this usually does not begin to show until a few of the students begin to think about Xmas. Dr. Becker brought out some valuable constructive ideas pertaining to the future of the college, all of which were given unanimous support by the trustees.

At the faculty meeting, Dr. Becker explained the plan for the year ahead, which was enthusiastically received by all present.

FRATERNITY NOTES



ATLAS CLUB

Friendliness is a quality which makes for happiness and is without a doubt the deciding factor in the success of any social function. Due to the thoughtful foresight of our entertainment committee, the twenty-five couples present at our Pledge Dance Friday night, October 9, were in just that mood, and the dance was a huge success. To add to the pleasures of the evening Dr. and Mrs. Becker managed to be at the dance, our only regret being that they could stay but a short time.

Welcome visitors at the house during the last month include Dr. Casey Kessler, Dr. R. Lathrup and Mr. Scott from Decatur, Ill., and Dr. Chris Fedson, who managed to drive in from Ames, Iowa, for a short visit.

Harold Heideman, Kewanee, Ill., Ray Pennington, Fairmont, Minn., and Loyd Jackson, Minn., have recently been admitted as pledges, and help form a very promising pledge group. Promising, at least, in that they learn quickly, if slightly violently, about fraternity life. Don Wicke has learned that no matter how domineering the girl, he must never again "hang" his pledge pin. Experience is a wonderful teacher.

ΦΣΓ

Phi Sigma Gamma announces the pledging of John Perry from Muskogee, Oklahoma, and Ed Reese of Seattle, Wash. Both Ed, who has already been tagged "the Washington Meat Cutter" and John, the "Oklahoma Cowboy", arrived in town about ten days late. Both are now in the full swing of study.

The fraternity enjoyed the presence of the faculty and girls of the college at a social gathering on Monday, Sept. 28th in the fraternity house. Mr. Bigelow, manager of Dunn's Funeral Home, took us on "A Travel Through Mexico." A marvelous description of the ways and customs and general modes of living of our Mexican neighbors was most interestingly portrayed. Dr. Arthur D. Becker followed with a most enlightening talk on broadening the vision of the individual outside his professional life. Refreshments were served and a further tour of the house ensued.

There was entertainment by a banjo and an accordion player preceding the travel talk.

Dr. "Virg" Halliday is to be guest speaker at the fraternity house on Monday, Oct. 12 at 8 o'clock. The Freshmen are invited to attend.

What's the matter with the new cars that the P.S.G. boys were sporting at the beginning of the school year? Miller says that his is a most "difficult luxury"; Zyzelewski is "go'ing" to run his until . . . ; Millard's not doing so well either. Gosh, fellows—what is the matter?

Remember: "It does no harm to dream, so long as you get up and hustle when the alarm clock goes off."—Nuggets.

ΨΣΑ

Psi Sigma Alpha held its first meeting of the new year, September 15th at the Jewish Community Center. The evening was spent in discussing plans for the coming semester's activities.

The Gamma Chapter of Psi Sigma Alpha met at Doty's Tea Room Tuesday evening, September 29, for its first banquet meeting of the fall semester. Dr. A. D. Becker, honorary member, was a welcome guest.

Dr. Frederick E. Hecker was the speaker of the evening. His very interesting discussion of ante-partum hemorrhage, and its types, causes, and diagnosis was well presented and well received. He closed his talk with a brief discussion of pelvimetry at the request of some of the members.

Tuesday evening, October 12, will mark the occasion of the regular meeting of Psi Sigma Alpha. Myron Bos will give the program which follows the regular business meeting.

A.R.B.

ΔΩ

The first Delta Omega affair of the year was a combined business meeting and a picnic at Grand View Park, September 12. The wieners were very good, but the "angels on horseback", which were instituted by Mary Beth, were the hit of the evening, which ended all too soon when the caretaker told us that it was getting late and locked us out.

The first rush party was held at Anna Slocum's, September 19. After Mary Beth and Dorthea were presented with prizes for winning the "cootie" game, refreshments were served. Everyone reported a wonderful time, and we all acknowledge Anna as a most charming hostess. Dr. Lillian Peterson was a guest.

Dr. Halladay entertained the girls October 2, at his home, with moving pictures of his travels thru the West. The cider, doughnuts and apples were particularly good, and very appropriate for that fall evening. Mrs. Robinson and Miss Bagan were honored guests. Everyone reported a gay time. (Wonder what Virge did with the cider left over.)

The sorority is entertaining at

a formal 6:30 dinner at Ruth Paul's home, Friday, October 16. Previous to the dinner a very important business meeting has been called which all members must attend. After the dinner the girls are going on to the Freshman Reception at the Hoyt Sherman.

B.M.

ΣΣΦ

The fraternity has undertaken new activities this year, one of which is the sponsoring of assemblies. The speakers thus far have been Mr. Jespersen of the State Highway Patrol and Father Ford of the Dowling Academy. We of the fraternity hope that the student body has enjoyed these talks and will enjoy the ones to come.

Tuesday, October 4, Dr. J. M. Woods spoke to the fraternity following a dinner held at the Davis Grill. The talk was most practical, and it was followed by a general discussion in which Dr. George Niehouse took a part. Dr. Niehouse, past president of the fraternity, is interning in the Rocky Mountain Hospital in Denver, Colo. He spent a few days recently visiting home folks.

ITS

The fraternity, under the leadership of Brother Yukl, is again holding semi-monthly meetings and making plans for their progress for the coming year. We look forward to the time when we can again be in our own home. With the expectancy of a good year ahead several social affairs are being planned for the benefit of the actives and pledges. Brother Yukl decided that his old Chevy wasn't good enough for this year, so he has invested in a brand new car ('29 Ford).

Swampy, our southern lad, is being called by a new nickname this year. He is known as "Al Capone". (I wonder why.)

Charles Beghtol came back this year with a new car, but those cops just came right up and took it away from him. They told him he'd have to put plates on it before he could drive it.

Brother Devine, '35, is back in town, and is just about ready to open up his new office down town. Good luck, Benny.

Brother Chichy, '34, was back from that good old state of Maine where he is practicing. We can't imagine why he picked Iowa for his vacation.

Brother Hobbs, '35, finished his internship at the Massachusetts Osteopathic Hospital in October, and is expecting to practice in Maine.

Dr. Donald Beebe

—of Kalamazoo, Mich., D.M.S. C.O., '25, was recently elected Secretary-Treasurer of the S. W. Michigan Osteopathic Association. This group meets each month and a program has been arranged at Watervliet, October 22, by Dr. J. F. Reed.

Assemblies

September 18

As usual, the second assembly of the fall term is taken for the introduction of the new class. Following the opening number by the band, Dr. Halladay herded the new students to the platform and put them thru the usual paces of name and home town. Those of you who have made this bow to the upper classmen know that the mention of either Ohio or Michigan brings forth certain well-known sounds from certain groups. The introduction this year followed customs of the past in every regard.

Faculty members who skipped the week before were also introduced, and one or two transfers who were not present at the first assembly.

Music by the Greater Still College Band closed the ceremony.

September 25

Following music by the band, Gene Beghtol of the Sigma Sigma Phi introduced Mr. Jespersen of the State Highway Patrol. His talk covered the common errors in driving, and was indeed given at a most opportune time. With changes in weather just ahead, we must be especially careful. Mr. Jespersen explained the law affecting students, doctors, and brought out many interesting points about the safety campaign in this state.

October 2

Music, of course, then a movie of Colorado made up of shots taken by Dr. Halladay while on trips out west. Travel pictures are always interesting, and with the help of the National Park Service and others, the student body will be taken to many interesting places this season.

October 9

With Mark in charge of the band, the musicians swept thru "Sing, Sing" in true swing style.

Charles Gnau of Sigma Sigma Phi introduced Father Ford of Dowling College, who spoke on the "Relation of the Doctor and the Priest", a subject that was of great interest to all and of extreme importance during the serious illness of a Catholic. We appreciate the visit Father Ford made and extend to him our sincere thanks.

Mark then introduced the Detroit Trio from the Freshman class, who very ably carried out their part of the program with voice contributions augmenting the band. They closed with an original song tribute to our president, entitled, "We're Doc Becker's Pride and Joy".

The Reception

The annual reception for the Freshman class will be held at the Hoyt Sherman Place October 16th. Cards, dancing and light refreshments will be on the program in honor of the new class. A detailed report of this evening will appear in our next issue.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President Arthur D. Becker

Faculty Advisor, H. V. Halladay

Editor..... E. Harwood

Osteopathy Without Limitation

Forging Ahead

**"IT'S EVERLASTIN' KEEP-
IN' AT IT THAT DOES IT."**

Des Moines Still College of Osteopathy hereby expresses its thanks and sincere appreciation for the fine spirit of co-operation clearly evident among its many friends in the osteopathic profession.

The new fall class is larger by 50 per cent than was the one of a year ago, and the type and character of its membership is such as would make any educational institution proud.

Now let's make the January class another record breaker.

There are only three classes to be enrolled before the first step up in entrance requirements, the next mid-year class beginning January 25th, 1937, the September class of 1937 and the mid-year class of January, 1938.

New educational policies, new laboratory equipment, increased scholastic standards, increased laboratory hours, better organization of our large and comprehensive clinics, a larger vision of our opportunities, better presentation of osteopathic concepts and principles, are parts of a program of development and expansion that deserve your careful evaluation.

Set aside one hour each week to be devoted to the important task of student recruiting, to the end and purpose that the great osteopathic profession may continue to grow and that osteopathic service may be available to an increasing demand.

Des Moines Still College of Osteopathy is alert and moving forward in its determination to deserve your efforts as a co-worker.

**"IT'S EVERLASTIN' KEEP-
IN' AT IT THAT DOES IT."**

Arthur D. Becker, D. O.

Dr. J. M. Woods—

of the faculty and president of the Iowa State Society, was a guest speaker at the Nebraska state meeting, September 21, 22 and 23.

Dr. Arthur D. Becker—

of the faculty appeared on the program of the Southern Minnesota District meeting October 2 and 3, held at Austin.

Dr. H. V. Halladay—

of the faculty, talked to over 500 boys at the Freeport High School October 8, and appeared on the program of the Northern Illinois Association, held at Freeport.

Don't Make 'Em Worse



In athletic work not only the injured player but the coach and every member of the team is constantly pounding the physician for more and better results. Patience is practically unknown in these cases. In your ordinary practice, demands are not made upon you to perform miracles. Your average patient, of course, wants relief quickly but will usually be considerate and give you time to make an accurate diagnosis and plan a logical line of treatment. Not so with the average athletic case. The diagnosis must be made immediately and the treatment must show immediate improvement. This is what makes the care of traumatic injuries an exciting game. You have to be alert in diagnosis, prognosis and treatment and in the treatment the plan whatever it is must begin to show favorable results quickly.

As physicians one of our favorite indoor sports is devising a long list of "don'ts" for our patients. From time to time I have set down a few of these that might well be applied to ourselves rather than to the patient. Make up your own list and check yourself and take the following for a basis:

Tape.—You use tape in prophylaxis and therapeutics. Do you put it on properly? Have you ever put tape on too tight, so that the injured part was made worse? Can you think of any "don'ts" in the use of tape? Is your taping as effective as it might be from the standpoint for which it is used?

Heat.—Do you have a set time for a part to be heated? What kind of heat and what intensity do you figure out for the case? Have you ever burned a patient? Do you use too little heat? What is heat for?

Cold.—The same as above.

Rest.—Do you insist on rest when limited use would be better? Do you let the patient up too soon in order to try to prove how good you are? Do you know the effect of too much rest, not only on the injured part but also on the mind of the patient?

Manipulation.—Do you overdo your manipulative therapy just because you are an osteopath? Do you grade your manipulations

(Continued on Page 4)

Osteopathy in Acute Infections



While every osteopath and a majority of osteopathic patients are fully aware of the great value of osteopathy in acute infections, many people think of our form of therapy as being only applicable in chronic conditions. The influenza epidemic of 1917-18 awakened many to the ability of the osteopathic physician to handle this disease and pneumonia in such a way that a minimum of complications and a very low mortality resulted. As the years go by an increasing percentage of the population of this country depend upon osteopathic treatment and surgery to carry them through any and all forms of illness.

In an acute infection the two main factors in determining the outcome are the virulence of the invading germ or virus and the resistance of the patient. We may think at first that the virulence of the germs are determined at the time they invade the body, but this only applies to those that enter; not to their offspring formed later in the body tissues. By judicious manipulation of the regional lymph glands, spleen and possibly the liver, we aid the body to produce antibodies which retard bacterial reproduction and weaken or kill the bacteria themselves. Furthermore, by osteopathically normalizing the nerve and blood supply of all portions of the body we enable these antibodies to reach diseased tissues and aid the body defences where most needed. Against this resistance of the efficiently functioning cells and body fluids the virulence of most germs rapidly decreases and the patient soon returns to normal.

Osteopathic treatment aids the body in many other ways. The heart beats less rapidly, the lungs aerate the blood more completely with life-giving oxygen, the digestive system and kidneys eliminate waste more efficiently, while the endocrine glands pour more nearly normal secretions into the blood stream in more nearly normal quantities. All these things help to increase the resistance of the body and make osteopathic prognosis much more optimistic that it

would be without these measures.

From another angle a great benefit of osteopathic care in acute infections is the marked decrease in the development of complications. The patient with a severe cold is less liable to have a secondary sinusitis, otitis media or bronchitis, the patient with influenza to develop a pneumonia, or a child suffering from scarlet fever to have kidney disease. The statement has been made that no patient ever died from influenza—that secondary conditions were always responsible for the mortality in these patients. In addition to increasing the mortality rate complications greatly lengthen the period of disability and any system of therapy which lowers the average figures in these two ways is a great boon to humanity.

After the acute infection subsides we have a weakened body but the period of convalescence can be shortened by osteopathic normalization of the body. In many cases anemia develops but treatment to improve the blood supply of the red bone marrow in the ribs, together with diet, favors the formation of new red blood cells. Oftentimes the irritated kidneys are unable to hold back the proteins of the blood stream and albuminuria results. This spilling over of albumin soon ceases under osteopathic care and a better elimination of waste materials is also produced. Many other examples might be given of the way in which we aid the body in its return to normality. Of course in some cases tissues are so damaged that complete recovery is impossible; in these cases we aid the remaining tissue to carry on the necessary work in the best possible manner.

The four results of osteopathic care: decreasing the virulence of invading micro-organisms, increasing body resistance, preventing complications and aiding convalescence, often mean the difference between a quick recovery on the one hand and death or prolonged disability on the other.

The profession given to the world by Andrew Taylor Still not only is a boon to patients already suffering from chronic disease but, by efficiently managing acute infections it restores patients suffering from these acute conditions to normal health without the development of many of these chronic conditions.

—John M. Woods, D. O.

Dr. J. P. Schwartz—

of the faculty appeared on the program of the Nebraska Osteopathic Association, September 21, 22, and 23. On October 5, 6, and 7 he attended the annual meeting of the American College of Osteopathic Surgeons at Denver, and come back with the presidency of the organization.

Dr. Ralph Lathrop—

of Decatur, Ill., was a recent visitor at the college, having brought a patient to the hospital.

I. O. A. Bulletin

The fall meetings of the various districts are holding the "front" of osteopathic attention in Iowa this month. Due to the inability of President Woods to leave his post at the College the circuit was not undertaken. Each district arranging their own program. Final arrangements have not been reported to the undersigned at date of going to press.

The Third District meeting at Burlington is reported by Pres. H. L. Gordon of Brighton, for the 22nd.

The Fourth District, Pres. C. H. Potter of Forest City, announces, their meeting at Corwith on the 19th, with Dr. W. G. Sutherland of Mankato as the guest speaker, his subject being "Cranial Diagnosis and Technique."

Pres. Zoa Munger, Cedar Rapids, of the First District, announces a program of varied interests. Dr. J. S. Denslow of the Chicago College will be on hand, as will Dr. Ava Johnson of Des Moines, who has just recently returned from Bulgaria, where she was sent by the Carnegie Foundation as a nutrition expert on a conference with governmental officials. She will discuss "Medical and Public Health Affairs of Central Europe." Dr. H. B. Willard of Manchester, will appear on the program on "Obstetrics."

The First District meets the 15th at Maquoketa.

Undoubtedly the other districts will have as interesting programs.

The annual business meetings of the districts will be held with the election of officers for the districts for the ensuing year.

The even numbered districts, 2-4-6, also elect a state trustee to serve a term of two years.

The annual year book and directory of the A.O.A. is under preparation at present and it is imperative that all names of state members be in their hands by November 1st. The matter of a star in the new directory may cost anyone a referred member. Your state dues are required for the star.

Perhaps it may appear a small matter whether your name appears in the front of the book as an A.O.A. member or in the back of the book as a non-member. Let Iowa lead the procession in A.O.A. members. You owe the profession the small amount of your dues whether you do any organization work or not.

Send state dues to Paul O. French, D. O., Secy.-Treas., 410-411 C. R. Sav. Bank.

Dr. Mary Golden—

of the faculty, was a guest speaker at the Nebraska state meeting held in Omaha, September 21-23, and appeared several times on the program of the Southern Minnesota meeting October 2 and 3.

Chemical Laboratory



The laboratory for the performance of experiments in chemistry is located on the first floor of the college building. It is well lighted both with natural and artificial light and equipped with modern apparatus. A large storage room is immediately adjacent and is in charge of able assistants at all times. The laboratory work is designed to follow the lectures in each division of the department, classes being broken into small units so that individual attention is assured each student.

Don't Make 'Em Worse Polk County

(Continued from Page 3)

to the patient and the pathology or do you use the same force and time for every case? Do you ever manipulate when it is contraindicated? Do you fail to manipulate when it is indicated? Do you treat and correct lesions that may influence the repair, even though they may be remote? Do you confine your treatment to the site of the injury? Do you shake, punch or pound regions where there may be hemorrhage?

I think the whole thing boils down to a very simple statement. In order to properly diagnose, prognose and treat a case, we have to be familiar with the pathology of traumatic injuries and we have to know the effect of the use of the above common therapeutic agents.

Severe bruises and bumps, torn ligaments and broken bones will eventually heal. It is our business to help Nature to hasten this healing process and prevent the depositing of an excess of scar tissue used in the repair.

It is very easy for us to find fault with the other fellow's methods and make up a long list of "don'ts" for him. Try it on yourself once and play fair with the rest of us. I have yet to see perfection in any one of us. We all have faults, so the best we can do is to gradually cut the number of our faults, hoping that as they diminish they will be overlooked.—(H.V.H.)

Dr. H. V. Halladay

—addressed the Luncheon Club of the Women's Division of the Chamber of Commerce recently on the subject, "Archiology of the Southwest."

Dr. W. R. McLaughlin

—of Parkersburg, W. Va., announces the arrival of William Gaylord McLaughlin, September 28, weight 8-13.

Osteopathic Society

The regular monthly meeting was held at the Chamberlain Hotel Friday, October 9. The principal speaker of the evening was Prof. Earl Galloway, professor of Pharmacology and Materia Medica at the Des Moines College of Pharmacy. His talk was of intense interest to all present. Drs. Mark Sluss, Ralph Lathrop and J. A. McIntosh were visitors. Twenty members of the society were present.

G. E. Fisher, Secy.

Futures

Drs. Mary Golden, Laura Miller and Rachel Woods will motor to St. Louis to meet with the women of the profession attending the Missouri State Association the 15th of October.

Dr. R. B. Bachman will appear on the program of the Oklahoma state meeting October 20-24.

Dr. H. V. Halladay will meet with the North Central Kansas Osteopathic Society at Concordia, October 21st.

Dr. L. L. Facto—

of the faculty, was a speaker at the Northern Illinois Association held at Freeport October 8th.

Dr. Harry Paine

—of Oregon City, Ore., took the time to write us a complimentary card about the Log Book. . . Thanks, Dr. Paine. We appreciate a kind word now and then.

Dr. C. A. Reeves—

of Muscatine, Ia., announces the arrival of Judith Madeline, September 28; weight seven and three-quarters.

Dr. Clark Hovis

—of Highland Park, Mich., announces the arrival of James Clark Hovis, October 1, weight 7-9.

The Osteopathic Woman Physician In National Affairs

(Continued from Page 1)

ished the course ahead of her; to find herself not only invited but urged to attend the meetings of the organization, local, state and national and to fit herself through acquaintanceship with the objectives of the organizations to help reach them.

When she enters the field as a practicing physician she finds herself fully occupied in applying all the things she has learned, in addition to the things she herself instigates as her personal contribution to the cause. Step by step she works her way along, thinking always of the good of the whole, and her insatiable need to express her own individuality, until she finds herself having passed through numerous minor offices in local and state affairs to the point she has proved herself when she may finally find herself serving in the capacity of representing her own state association in the House of Delegates. With some trepidation she goes into this body. She wonders if she can qualify as she demands of herself. She finds the ordeal a strenuous one but on every hand one hears her report, that she never before realized the importance and significance of the working of that august body. She is much impressed with the seriousness with which the business is handled and is determined as never before to retain her membership and interest in her national organization—for with responsibility it has become her organization. Not that she feels she personally must always be given a place of responsibility and honor, for the honor extended to her fellows means just as much to her. It is the knowledge of what is going on in the inside, and being made a part of it with a voice in the matter which makes her stand staunch and true with a vital interest in what her organization is doing.

She may be appointed trustee and she carries the seriousness of that with due respect. When she sees the scope of the work and the necessity of co-operation and union she reinforces her own allegiance and tries to interest as many others as possible—for she knows what we have to do.

The national minded woman is a willing and arduous worker in any capacity, whether it is delegate, trustee, committeeman. Her greatest danger lies in the fact that in her zeal she is likely to out-work all of the rest of the committeemen. They way to bind any woman to a cause is to give or make her an integral part of it. Conversely if she is to be left in a lethargic state, non-interested and immovable she can not be expected to participate in the joy of constructive service.

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

THE LOG BOOK

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

PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 13

NOVEMBER 15, 1936

Number 11

Freshman Reception

This annual event was scheduled this year for October 16. Cards and dancing were provided by the trustees in honor of the incoming class, and with an evening ideally suited to such a function, Hoyt Sherman Place was filled to capacity. The orchestra was excellent and the crowd responsive.

The reception line was headed by Dr. and Mrs. Arthur D. Becker and Dr. and Mrs. J. P. Schwartz.

Following the intermission, the new class was asked to appear on the floor. After being provided with horns and caps for identification, the entire group continued with the entertainment.

To Kansas

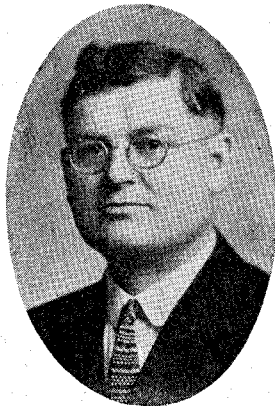
Speed with me—left Des Moines at 2:30 p. m. Oct 20—K. C. at 6:30—dinner-show and to bed—up at 6 and on to Manhattan—met with the coaches of the state college, being introduced by Dr. Gus Salley (this was a high light of the trip for the pleasure was all mine)—lunch and away—Concordia at 3 p. m.—talk to high school girls at 3:30—visit with Dr. W. B. Edwards and his fine wife until dinner—22 osteopaths and 18 coaches and school officials present—talk and demonstrate for two hours—start the trek back—Lincoln, Neb. at 2 a. m.—rest for 4 hours—home at 10:30 a. m. Oct. 22—a fine trip—met many new coaches and football players—osteopaths and wives, and hope we put across the osteopathic message to another group that can do much for us.—h.v.h.

Detroit Hospital

The Detroit Free Press of October 28th carried a picture and item about the new addition to the Detroit Osteopathic Hospital. This ground-breaking ceremony was held during the state convention, and featured Mrs. Philip Gray, whose husband donated the original hospital building. Detroit and Michigan are to be congratulated. Osteopathy has made rapid advances in this territory during the last ten years, and the need for larger and more modern quarters means that the excellent service of the hospital and profession is being given proper recognition.

SEE INSIDE.

On the Other Foot



My office is on the ground floor of a theatre building. I am different than most osteopathic physicians, first, because I am not busy all the time, in other words, I enjoy watching peoples' feet and observing how they walk. I also wonder how the feet would appear if the shoes and stockings were removed. Well, we cannot take the shoes and stockings off every pair of feet that passes our window, but we can sit and observe how they appear to us. Many feet are similar, but there are no two exactly alike.

Let us describe the other foot as we see it from our office window. A four-year-old child passes by; toes are broad, spring heel, foot slipping in shoes, toes of shoes thrown in as child is walking. A two-year-old is seen pulled along by his little arm, a bulged place on the top of the toes of his shoes, shows that the big toe is crumpled up. If you talk to the mother of this child she will tell you that Johnny takes his shoes off and runs about without them. Johnny's older sister crams her number eights in a size four shoe and trips by the window like an elephant walking on eggs. The difference between Johnny and his older sister is that Johnny knows enough to take his shoes off and give his feet a normal chance.

Now comes along the high spike heels that cause the ankles to do the Sally Rand shimmy with every step. These toe walkers, with heels jacked up, knees more or less stiff, pelvis and abdomen thrown forward, shoulders back, and head directed straight ahead, gives a picture of a nimble wit of a polite American Society.

The duck paddlers pass by for review. Men and women, many times are over weight, have

(Continued on Page 4)

Diet for Winter



Now that the time for furnace fires, closed houses, and warm wraps has arrived again, and a good many months of zero and sub-zero days lie ahead of us, it may be well to inquire into the proper means of banking the fires of the inner man and insuring the maintenance of correct nutrition during the winter season.

A great deal has been said and done about seasonal diets in the past, particularly concerning winter diets; but most of the discussion has evidently come from those primarily interested in appropriate menus for the holidays and social functions of the season, or by those of more economical and practical trend who attempt to adapt the diets of the seasons to the foods most easily and cheaply available at that time of year.

Neither of these considerations carries much weight with the modern dietician, who is chiefly interested in bodily nutrition and not social functions; and who realizes that no longer do we depend upon the immediate fruits of our harvests nor the migrations of fish and game to supply our larder. On the other hand, with our modern means of transportation and marketing, coupled with refrigeration and storage facilities, it is entirely practicable to utilize food stuffs at any and all seasons which were formerly available only during restricted seasons of the year. Truly, one could not identify the season of the year by visiting a food market of today for the extent and variety of viands on display runs the gamut of the seasons and the limits of geography from pole to equator.

The problem, then, narrows down to the actual requirements of the body metabolism during the winter months.

(Continued on Page 4)

Women's Osteopathic College Club

The first meeting for the year of the Osteopathic Women's College Club was held at the home of Mrs. A. D. Becker on September 29th, as a reception to the newcomers who were eligible to membership in the club. Following this initial meeting, two dinner meetings at the Y. W. C. A. have been held.

On October 20th, at the home of Mrs. Walker and Mrs. Kitchen, Dr. Becker spoke on "The Foundations of Osteopathy," a very interesting discussion of the life of Dr. Still and the Science of Osteopathy.

A very unusual program for the current year has been planned by the program committee, including book reviews, lectures on the various phases of Osteopathy, a short play, and practical demonstrations on various subjects.

The members of the Club will be guests of Dr. and Mrs. J. P. Schwartz on Nov. 17. The program for that meeting will include a book review on "An American Doctor's Odyssey," by Mrs. L. B. Sanchez.

Osteos Hold Meeting

The osteopaths of the Fourth District held their quarterly meeting at Corwith, Iowa, on Monday, October 19, 1936.

The program was as follows:

At 2 P. M. Dr. Sutherland of Mankato, Minn., spoke on Cranial Diagnosis and Treatment.

At 3 P. M., business meeting and election of officers. Officers for the coming year are:

Dr. Harold Jennings, Mason City, President.

Dr. S. W. Meyer, Algona, Vice President.

Dr. P. E. Walley, Corwith, Secretary and Treasurer.

Dr. H. D. Wright, Hampton, State Trustee.

At 4 P. M., clinic and technique demonstrations by Dr. Sutherland and others.

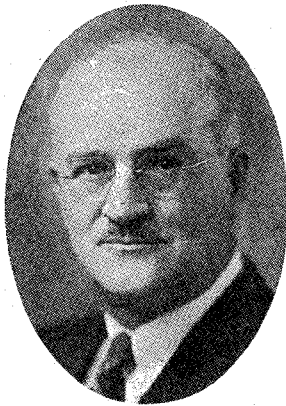
At 6 P. M., banquet at Corwith M. E. Church, followed by a musical program and social hour.

The next meeting will be held at Mason City in January.

—S. W. Meyer, D. O., Secretary, Fourth District.

Dr. and Mrs. Arthur D. Becker—motored to Council Bluffs November 10th to meet with the district association.

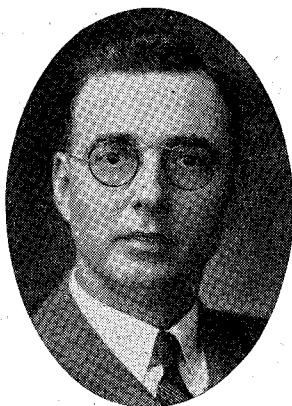
SEE INSIDE.



ARTHUR D. BECKER, D. O.
President

The Survey

AFTER more than a year of careful study, evaluation and critical survey we are convinced that, we have in Des Moines all the necessary factors for a truly great osteopathic educational institution. We believe the time is ripe to move definitely forward along that line. We are setting up a program of development and improvement that will make possible an accomplishment of major importance in the advancement of osteopathic teaching. Our well qualified faculty, our determination to deserve the fine cooperation and support already clearly evident, our clinical advantages and opportunities and our favorable location, are foundation stones upon which we are building.



ROBT. B. BACHMAN, D. O.
Treasurer

Des Moines Still College

*A New Program of Educational
that should be of Interest to*

A New Vision of Potential Possibilities.

A New Appreciation of Opportunities.

A New Spirit of Enthusiasm and Optimism.

New and Enhanced Standards

New and Advanced Requirements for Admission

The Fund

IN THE DEVELOPMENT of our program of progress and advancement it will be necessary to build up an adequate fund to meet the demands incident thereto. A Building, Equipment and Extension Fund has been established and has already met with generous response. We believe there are numbers of individuals who would welcome the opportunity to help in a worthwhile undertaking such as ours. This fund is not to be an endowment fund, but an active fund, for immediate investment in the objectives of our program for extension and improvement. We plan eventually to expend as much more on each osteopathic student in educational programs as the student pays in tuition requirement. Pledges of \$10 to \$100 each year for a period of ten years are suggested. A facsimile of the contract for the annual giving plan is here presented.

The Clinic

OUR LARGE and comprehensive clinic constantly overtaxes our ability to adequately care for it. The general clinic, the acute diseases clinic and the clinics in special fields as obstetrics, gynecology, proctology, athletic injuries, eye, ear, nose and throat, surgery and pediatrics, offer available material for a student "man power" more than double our present enrollment. It is imperative that we capitalize for osteopathy this great mine of clinical opportunities. The best way to acquire clinical knowledge after careful instruction is to "Learn by Doing". With very little effort we could double the amount of clinic cases now available. The clinic of the Des Moines Still College of Osteopathy has proven to be a most valuable teaching unit.

Write for Catalog

720 - 722 SIXTH AVENUE

if Osteopathy announces:

*ancement and Scholastic Standards
Entire Osteopathic Profession!*

New Additions in Laboratory Equipment.

New Extensions in Laboratory Hours.

New Emphasis on Osteopathic Fundamentals.

of Scholastic Requirements.

Beginning with the September Class of 1938.

The Pledge

I, _____, 19_____
hereby pledge and agree to pay to the Building, Equipment and Extension Fund
the sum of _____ Dollars,
(_____) annually for a period of ten years from date, for the use of the
Des Moines Still College of Osteopathy, in such manner and at such times as the Board
of Trustees of such fund may designate. I further agree that the above annual pledge
shall be paid in quarterly installments on or about the fifteenth (15th) of January,
April, July and October, during each year included in this contract.

It is specifically understood and is a part of this contract that this pledge is
voluntary and is binding upon the signor hereof only to the extent of his/her willing-
ness to maintain it.

Signed _____
Address _____

Trustees of Fund:

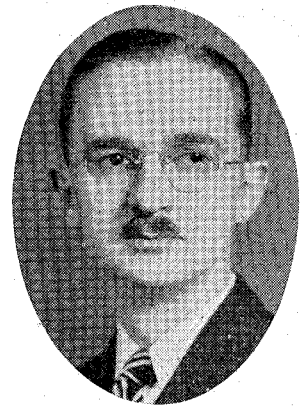
Dr. John P. Schwartz, Dr. Arthur D. Becker,
Dr. Robert B. Bachman, Mrs. K. M. Robinson.

Entrance Requirements

IN KEEPING with what we believe to be sound pedagogy and certainly in
step with modern educational trends, there is to be established a new and
advanced requirement for admission. Beginning with the September class of
1938 and for subsequent classes, we will require one year of college work as
a prerequisite for entrance, and beginning with the September class of 1940
and for subsequent classes, we will require two years college work as a pre-
requisite for entrance. Details of subjects and semester hours will be an-
nounced in the near future. Only three classes (January 1937, September 1937
and January 1938) will be matriculated before the first advance in entrance
requirements. We have set up this program sufficiently far in advance so as
not to work a hardship on any one planning to enroll under our present
requirements.

and Information

DES MOINES, IOWA



JOHN P. SCHWARTZ, D. O.
Dean

Student Recruiting

IN ORDER for the college to be success-
ful it is most important that the student
group shall be ample. The new blood of the
profession tomorrow is in preparation in
osteopathic colleges today. It is the immed-
iate concern of every alert individual who is
interested in osteopathic growth and develop-
ment to assume personal responsibility in the
perpetuation of that growth. There are two
or three well qualified prospective students
right in your community, perhaps in your
block, who would be interested in "Osteo-
pathy as a Career" if they were intelligently
informed. Set aside one hour each week and
discover them. May we help you interest
them?



MRS. K. M. ROBINSON
Secretary

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President Arthur D. Becker

Faculty Advisor, H. V. Halladay

Editor..... E. Harwood

Osteopathy Without Limitation

Thanksgiving

WE ARE THANKFUL — for Osteopathy. It is an inspiration and a big thrill to be here working with this sincere group, demonstrating, teaching, seeing and feeling Osteopathy. The morale of the student body is high. They have a big job ahead and plenty of responsibility from the very beginning of their work. We will, later on, turn over to them this job of being in independent practice and we are thankful that thru them we will do our part in the perpetuation of our science.

WE ARE THANKFUL — to you for your confidence in us. You sent to us this Fall a fine new group. We hope that your response in January and in the classes to come in years ahead will be generous, for there is too much to be done here for the present student body. We need nearly twice as many students as we have to properly take care of the cases offered for clinical experience.

WE ARE THANKFUL — to the hundreds of citizens of Des Moines for the opportunity to demonstrate the efficiency of our science. They come to us for every attention that a sick body calls for.

WE ARE THANKFUL — for health. Our faculty and assistants are too busy to take time off for illness. Osteopathy keeps us in good physical condition.

WE THANK OSTEOPATHY!

SEE INSIDE.

ATLAS CLUB

Freshman doctors are common, sophomore physicians are often heard of, but when a junior is seen strutting hither and yon as a full-fledged surgeon—fully attired in O. B. gown, empty kit and thermometer—that's news! Laugh, clown, laugh! And the drums played on.

"But I have nothing to wear". To this the fellows replied with laughs, as they invited the ladies of their choice to the annual "Hard Times Party" held Halloween night at the house. A member in looking for the pants to his "good" suit, found them in an abbreviated form on one "Speed" Iverson.

We were honored, Friday, November 7, with a visit to the house by Dr. J. L. Jones, Grand Noble Skull of the Atlas Club,

and a member of the clinical staff of the Kansas City College of Osteopathy. He spent the week-end in Des Moines, accompanied by his wife, Dr. Margaret Jones, and Dr. Hines, who are affiliated with the obstetrical department of the Kansas City College.

Dr. Ogden also paid us a short visit, while on the way to Ames, Iowa.

A number of pins are absent from their accustomed habitat; foremost among those are, Gene Young, who has already set the date; Larry Ford, who since meeting the "Rainbow" girl, remains undecided; and Dick Northrup, who is a habitual "pin hanger." The Atlas Club is still holding up its end.—(R. D.)

SEE INSIDE.



The fraternity announces the pledging of three new men: Leslie Gordon, son of Doctor Gordon of the College; Dan Toriello, hailing from Struthers, Ohio; and Eldon Blackwood of Newton, Iowa.

Our house was the scene of merriment when the Spirit of Halloween was entertained Friday, October 30, 1936. Many of the faculty graciously accepted the invitation extended to them by the fraternity and joined heartily in the fun with dancing, horn-tooting, and a little cider for refreshment. With orange and black paper hanging from the ceilings and chandeliers and fraternity colors draping the fireplace, the surroundings were perfect for so jovial a gathering.

Miss Virginia Van Den Berg of Milwaukee, Wisc., was the guest of Cliff Millard for the week-end of the dance. Cliff has not been the same since.

Eldon Corey and Otis Sharpe were formally initiated into this Chapter on Sunday, October 25. The ceremonies were followed by a banquet given in their honor.

Mr. and Mrs. Neil Kitchen were guests of the fraternity for Sunday dinner, November 1. The following Sunday, Mr. and Mrs. Glen Walker accepted our invitation to dine with us.

"Old Hutch" alias the "Oklahoma Cowboy" alias John Perry, went to a fortune teller last week. It seems that "Old Hutch" ended up by giving her a treatment—you could fool us!

Congratulations are in order for Ed Zyzewski, pledged to Sigma Sigma Phi, and Eldon Corey, Steve Russell and Jerry O'Berski, pledged to Psi Sigma Alpha.

Remember: "All work and no play makes Jack a dull boy"—but all play and no work doesn't make him any brighter.—(Nuggets.)

Dr. Harold A. Somers

—of Hawarden, Iowa, announces the birth of a son, Arthur Damon, on October 13th.

Assemblies

October 16

This being the date of the Freshman Reception, a Micky Mouse comedy was shown in honor of the new class. We always like to entertain the children in the proper way. Laughter and cheering from the ensemble proved that the infants were not the only ones that enjoyed this respite from serious thought. The band opened and closed the assembly, as usual.

October 23

The Sigma Sigma Phi secured the services of Dr. W. L. Nutt, Podiatrist, who gave a very interesting and instructive talk on the foot. This was illustrated with slides and some excellent advice to the students. Dr. Nutt is highly appreciative of the osteopathic principle and voiced his faith in our science in very complimentary terms. We will welcome his return.

October 30

With the theme of variety in the program, the Sigma Sigma Phi planned a program of music and dancing for this date. The band and vocal trio were taken from college talent, but the dancer was imported from Chicago. She came, danced and conquered the student body with a very graceful and yet difficult acrobatic number that was enthusiastically encored.

November 6

A carload of visitors from Kansas City in the persons of Drs. J. L. and Margaret Jones, Hines, Murne and Corcanges, honored us on this date. Don Evans of Sigma Sigma Phi first introduced Dr. Arthur Becker, who welcomed the group. Dr. J. L. Jones, in charge of the caravan, first asked Dr. Margaret Jones, and then Dr. N. H. Hines, to speak. Both of these short talks were exceptionally well received. Dr. Jones then closed their part of the program with some excellent advice to students of Osteopathy. We hope for more visits of this kind. We need to get better acquainted with each other.

Dr. Byron Cash

—and wife toured Wyoming, following their attendance at the recent meeting of the American College of Osteopathic Surgeons at Denver.

Dr. Mary Golden

—accompanied by Drs. Laura Miller and Rachel Woods, recently attended the Missouri state meeting in St. Louis. Reports from the city are to the effect that they make a team that is a real inspiration to the women of the profession. Excellent reports of their activity in behalf of the O. W. N. A. were received from the president of the association.

Drs. Woods

—motored to Council Bluffs on November 10th to attend the district meeting, and will cross the river to Omaha to inspect the Kani Hospital.

On the Other Foot

(Continued from Page 1)

structural abnormalities and mal-positions, and waddle from side to side with those flat arches slapping the sidewalk. Closely related to this group are those who scuff their feet and those who shuffle along.

A person walking normally should carry their toes straight ahead. Now and then you will see a person who throws one or both toes to the outside at every step, as though they were trying to kick something off the sidewalk.

There must be some reasons for all these peculiarities in the locomotion of people; why do we not walk and run in an average normal way? There are four etiological factors which I believe will account for all of these conditions First, congenital abnormalities; second, Trauma, in which the bones and soft tissues are crushed, dislocations, etc. Third, Osteopathic lesions which may appear any place from the atlas down into the foot itself. Fourth, shoes.

Now what can the Osteopathic physician do about this? More than any other doctor in the healing art, because of his knowledge of anatomy, physiology, pathology, chemistry, and above all the Principles of Osteopathy.

—C. I. Gordon, D. O.

Diet For Winter

(Continued from Page 1)

This we find to be little if any different from the requirements of any other season. So long as we remain warm-blooded animals that do not hibernate, and so long as we live and work in heated buildings, and maintain an optimum skin temperature by means of proper clothing, it seems ridiculous to suppose that our body processes should need a different kind of fuel just because we turn another page of the calendar. It is true that one who braves the wintry blasts in his daily rounds of outdoor work may easily dispose of a greater intake of heat-producing foods, i. e., fats and proteins, without overtaxing his system; but even here the added warmth is more easily supplied by warmer clothing, and less strain placed upon the eliminative organs if a moderate balanced diet containing the usual proportion of fruits and vegetables is consumed. Probably one of the chief factors in the increased incidence of disease during the latter part of the winter season is the condition of lowered vitality caused by the use of too much of the heavy, indigestible types of foods which overload the digestive system, disturb metabolism, and clog the eliminative organs. With the proper use of a moderate, well balanced diet the year around undoubtedly the seasonal fluctuations of health and disease would be considerably modified.

—C. P. Callison, D. O.

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PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 13

DECEMBER 15, 1936

NUMBER 12

Our Sincere Thanks!

Less than a month has passed since the November issue of the Log Book was sent out to you. It announced a plan for the up-building of our college. No solicitation was made at that time. The inside pages were devoted to a "spread" in which we set forth a program that we truly believe should be carried out and which we know will add prestige to the profession and offer unexcelled osteopathic training.

Dr. Larry Boatman of Santa Fe, New Mexico, was the first to send in his contribution and we wish we could publish in full his comment. Dr. Boatman not only said things that made us happy but backed up his confidence with substantial evidence of his faith in the future. Dr. Boatman automatically is listed as Patron Number One.

Following close on Dr. Boatman's heels is the 100 per cent pledge of the Phi Sigma Gamma fraternity of the college. They will head the list of organizations and will be only one step ahead of Psi Sigma Alpha, one of the honorary fraternities of the profession, also 100 per cent.

These pledges were so unexpected and such a surprise, since no funds have been solicited as yet, that we are not prepared to put into words our gratitude at this time. We haven't been able to gather the phrases we would like to use in trying to express our own enthusiasm and delight in receiving these definite indications of faith in the future of Osteopathy and this institution.

We thank you and add that you have made this a happier Christmas for us here at the college!

MEMORIAL

A. T. STILL

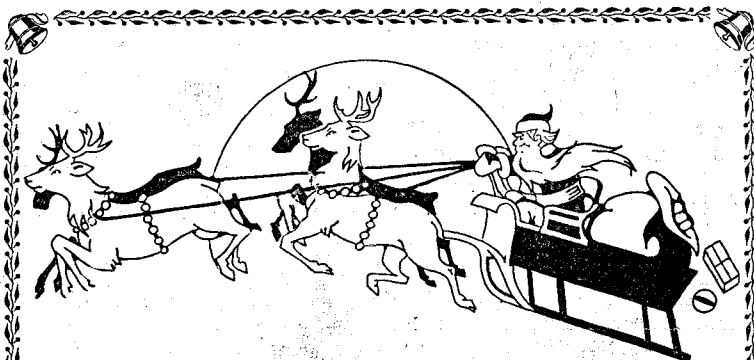
Founder of Osteopathy
August 6, 1828
December 12, 1917

GEORGE A. STILL

Osteopathic Surgeon
March 12, 1882
November 23, 1922

S. S. STILL

Founder of Still College
December 7, 1851
November 20, 1931



The Des Moines Still College Family extends the Season's Greetings and wishes for you and those whose happiness is yours, a full measure of Christmas Joy and Success for the New Year.

Osteopathically yours,

Arthur D. Becker

Robert B. Bachman

Clarence P. Callison

Byron L. Cash

Lonnie L. Faeto

Glen E. Fisher

Mary E. Golden

C. Ira Gordon

Virg Halladay

Harry J. Marshall

O. Edwin Owens

Katherine M. Robinson

Joseph L. Schwartz

John P. Schwartz

James R. Shaffer

John M. Woods

H.E. Sampson

CALENDAR

* * *

CHRISTMAS VACATION	December 18 to January 4
GRADUATION	January 22
REGISTRATION	January 23
ROLL CALL	January 25
EASTER RECESS	(To Be Announced)
GRADUATION	May 28

It's Kansas Again

The Sunflower State is popular with me. They have some fine fellows there and we do try to get something done on one of these trips. Let's go—Bill Jolly (who gets 75 miles per hamburger at high speed) and self left Des Moines on Nov. 17 in mid p. m.—Made K. C. in time for dinner and a tour of the new clinic building at the college.—Followed with a frat meeting and then to bed.—Iola next noon.—Talked to 400 boys at the high school and visited with Drs. Twadell.—Dinner at 6:30 with 17 coaches and 32 osteopaths and discussed and demonstrated until a late hour.—Some had driven over 250 miles to attend this meeting and we feel highly honored.—The members present represented both the Eastern Kansas Association and the Verdgris Valley.—The real pleasure is knowing by direct contact that the coaches in our high schools and colleges appreciate what the profession is doing for their boys and girls in the care of traumatic injuries.

By driving most of the night with a stop for rest at a convenient half-way inn, we arrived in Des Moines in time to get most of a day's work done on the 19th.—Another trip filled with the pleasure of spreading the story of Osteopathy and meeting old friends.—(H.V.H.)

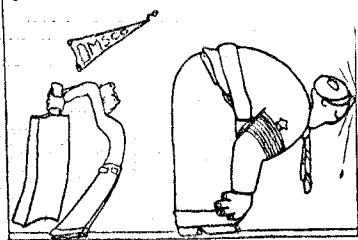
Atlas Club Dance

As a climax to one of its most successful years The Atlas Club presents its annual pre-Christmas dance, Wednesday, December 16, at the Consistory. Music and entertainment will be by Maurie Sherman, who brings his famous Chicago College Inn Orchestra to Des Moines for one night.

Many alumni of the fraternity will be present as guests. Among whom are Doctors A. D. Becker, J. P. Schwartz, H. P. Marshall, P. L. Park, H. V. Halladay, F. B. Campbell, J. L. Schwartz, O. E. Rose, J. W. Woods, G. Fisher, H. Graney, H. Barquist, B. Farmer, A. Dennis, R. Lamb, G. Bigsby, H. Frederick, R. Forbes, D. Hickey, L. Johnson, D. Ashmore, and C. Fedson.

Doctors and Mrs. A. D. Becker, J. P. Schwartz, H. J. Marshall, P. L. Park, and H. V. Halladay have consented to chaperon the dance.

FRATERNITY NOTES



ΔΩ

Dorthea and Louise entertained the girls royally in their apartment at a barbecued supper on Halloween evening. Most everyone was tired and worn out from a week of six-weeks exams so went home early. We wondered if Helen got to the Masonic dance she was talking about.

A business meeting was held at Helen's home. Hot gingerbread with whipped cream was served to the hard working members.

On November 16th the sorority held a Benefit Bridge Party at the Uptown Studio. The attendance was larger than last year and we are happy to say that Still College was well represented among the bridge players. We wish to thank all of those who were so kind in helping us. The money is being used for our library fund.

December 3rd a business meeting was held at the school. All but a few of the active members were present. Important business matters were discussed.

December 10th a business meeting was held at the college during the lunch hour. The girls brought food and a pot-luck luncheon was served.

Dr. Rachel Woods has invited the sorority to a Christmas party at her home on December 17th. A grab bag is expected to fill the evening with amusing surprises.

Delta Omega wishes to extend Christmas and New Year's Greetings to the faculty, student body, alumni and friends.—(B.M.)

ΣΣΦ

The members of the fraternity appreciated the co-operation of the student body in making the pre-Armistice Day Dance a success. We are looking forward to another opportunity of getting together.

Dr. Virg Halladay was the principle speaker at our monthly banquet in November. Many constructive ideas were obtained from his interesting talk.

At the December banquet Dr. J. P. Schwartz gave a most interesting and informative talk on the duties of an intern. Given at this time, it was especially applicable as several members of the fraternity will soon receive appointments of this kind. His summary, which he said covered the entire subject, was that "An intern must be ready to do anything that the occasion demands."

The fraternity is highly ap-

preciative of Dr. Schwartz efforts in producing successful osteopathic physicians.

Drs. A. D. Becker and O. E. Owen of Psi Sigma Alpha were guests, and Dr. Halladay represented the Grand Chapter of the fraternity.

Sincere Christmas Greetings to all.—(H.P.S.)

ΦΣΓ

Fully realizing the advantages of the Extension Fund, which is being sponsored by the college, under the direction of Dr. Becker, it is most gratifying to know that every member and pledge of Phi Sigma Gamma has signed pledges totaling over \$3,000.

Hell-week is over! It was very difficult to sleep, GARLIC. Very difficult to eat, GARLIC. You couldn't even talk to 'em.

Pease will never forget his initials. If you have any odd shoes you want matched ask Taggart. As for Reese, Ferris, Munger, Woodruff, Calvird and Russell . . . Ho, Hum!

Strangely, the topic of conversation has switched from the election to the King of England, with a "Will he?" Perhaps something was mentioned about it in the newspapers.

The boys are very enthusiastic about a sleighing party, Saturday night, December 12. Open house, eats, and dancing, but Old Man Winter holds the fate of it in his only too uncertain pockets.

Just about the time that we get finished with one seige of exams, they tell us we are in for another just preceding the Xmas vacation. Oh, well!! Then we can appreciate the vacation more than ever.

Holiday plans are well under way. Many of the members will be going to their respective homes in various parts of the country. Some will not be returning home, owing to excessive distance or special clinical work.

The Chapter extends Seasonal Greetings to its alumni and friends everywhere. May the coming year bring only Happiness and Prosperity.

ΨΣΑ

At the regular banquet meeting held November 23, at Boyces Uptown, Psi Sigma Alpha was privileged to hear an address by Dr. Kilgore, a well-known eye, ear, nose and throat specialist. Dr. Kilgore gave a very interesting and practical talk on some conditions related to his specialty. The members of Psi Sigma Alpha are all in accord in the feeling that the talk was of greatest value.

Dr. H. V. Halladay, James Dunham, President of Sigma Sigma Phi, and Dr. A. D. Becker, were honored guests at the banquet.

On Tuesday, December 8, Psi Sigma Alpha held initiation for its new members. The ten men who were initiated were: Garth Anderson, Clive Ayers, Stephen

B. Russell, Earl Sargent, Robert Luby, Don Wicke, Harold Heide-man, Jerry O'Berski, Arthur Haight, and Charles Houghan. Psi Sigma Alpha is very pleased to have these new men in its membership.

Psi Sigma Alpha is proud to announce 100 per cent of its membership has signed pledges for the building equipment and extension fund of the college.—(A.B.)

ATLAS CLUB

"There is no place like home," but also true is the claim that there is no place like the Atlas Club during a Thanksgiving vacation. No one can say, "sour grapes," when it is stated that the Atlas house was a place of wholesome contentment, enjoyment, and delirious happiness during our recent vacation, as such was the blissful state of affairs.

Tears dim our vision as another term nears its close, just that much closer to graduation and departure from our dear Alma Mater. Overlooking no point of the compass the boys leave for home, seeking consolation in Christmas vacation. Schiffer and Evans plan to double their enjoyment of the holidays by dividing their time between Norfolk, Va. and Detroit, Mich.

As our pre-Christmas dance is the social highlight of the year, with Maurie Sherman occupying the stage, it is our desire to share this enjoyment with the fraternities and sororities of not only Still College, but also with Drake, Des Moines College of Pharmacy, American Institute of Business, and Dowling College, all of whom have been extended invitations and promise to respond. Representatives of the Chicago and Kirksville chapters of the Atlas Club are also expected.

Hearts Divided: Munroe between his wife and Ming Su; Ford—Sis and his kit; Haight—Doris and his V-8; Young—Virg's Anatomy and Callison's Physiology; Northrup—Those letters from California and schoolwork. (I imagine an Atlas pin will be shipped to California soon.)

Merry Christmas and Happy New Year to all!—(R.D.)

ITΣ

Beta Chapter of Iota Tau Sigma extends Christmas Greetings to the faculty, student body and alumni of Des Moines Still College of Osteopathy.

And now that the Christmas season is approaching, we are all looking forward with great anticipation to the coming holidays. Again we will scatter to the various states to enjoy the old home town once more.

The old story of "Sam McGee" will probably be re-enacted when our southern lad goes into the frozen North of Minnesota with Brother Jerensen. We all remem-

ber how Sam McGee, the fellow from Tennessee, froze to death in the North. But we're not sure "Swampy" can leave his "place of business."

Brother Beghtol is going back to Illinois. For some reason, he probably will not spend the entire vacation there.

Brothers McIntyre and Yuki are staying in Des Moines this year to be slaves of the Des Moines Club and the O. B. department.

Brother Boston will again try to make a record trip to Davenport, if the old Ford holds together.

We have noticed some new, shiny pledge pins on some of the freshmen around school. We wish to congratulate these men and wish them the best of luck with Iota Tau Sigma and Osteopathy.

Two of the boys went to jail last week. No, they didn't do anything, but you never can tell when they will, so they just went down to visit and get acquainted.

This is the end of my story and we wish you a Happy New Year and with it, may the success of Osteopathy be our goal.—H.E.D.

"To the Wise"

Of course you are already making your plans to be in Chicago for the 1937 convention of the American Osteopathic Association, July 5 to 9.

Chicago is recognized as the outstanding convention city; its location being the most easily accessible part of the United states, to be reached in travel by motor, steamship, streamline train, or airplane. In fact, all "ways" lead to Chicago.

You must plan to see the many miles of drives along the shores of beautiful Lake Michigan.

You must not miss this opportunity to see the Field Museum, with exhibits appealing to every type of intellect. Across the drive from this center of interest is the Shedd Aquarium with its great variety of beautiful and unusual fish, gathered from salt and fresh waters the world around. This building is said to be the last word in architecture and equipment for this particular purpose.

Only a short distance away stands one of the most unusual and interesting institutions to be found in this country—the Adler Planetarium. Here, in daily lectures, you may hear and see how the stars and planets run their courses through the heavens in orderly manner.

More information in regard to these places of interest, with their attractions, their free days and fee days, will be given at a later date.

Dr. T. D. Crews

—of Pasadena, Calif., and Miss Freda A. Ferguson were married Saturday the 21st of November. Dr. Crews graduated from Still in the May, '36 class.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President Arthur D. Becker

Faculty Advisor, H. V. Halladay

Editor E. Harwood

Osteopathy Without Limitation

It's Xmas Again

Down town in Des Moines you can see evidence of Christmas in every direction. The streets are covered with snow. Of course after a day of heavy traffic the snow is soiled but white piles of it appear here and there along the curb. Festooned over your head you see strands of evergreen and colored lights with illuminated Christmas pictures at intervals along the business blocks. About eye-high along the walks you see enormous Christmas bells and the stores are filled with everything that delights the senses. It certainly is Christmas in Des Moines!

Crowds in a mad last-week rush halt annoyed at the intersections but take the moment to exchange a smile with others and when a package is dropped from a filled pair of arms, someone with a smile stops and picks it up for the loser. The spirit is here and the day rapidly approaches.

Why can't we have this extended into a longer season? ... These smiles; this good humor, activity and pep should continue thruout the year. This is the final reaction at the close of the year, just before we turn the page for a so-called fresh start. But we do not need these last days of December to take that fresh start.

A new year will soon arrive and we do take a fresh start in the college business. A class will be graduating in January and a new class will take its place. Has your Christmas spirit been working for the last several months on some prospective student to send into our profession? Have you been giving something instead of standing in the receiving line only?

It seems to me that there is a quotation someplace that says "it is better to give than to receive" and in giving a new student to Osteopathy, you are also receiving a benefit. It means more of us. It means greater strength and more territory covered by our profession. It means that some one who wants osteopathy will be able to get it without having to travel miles.

Give us more students. We need them. You need them to help maintain Osteopathy, to help you in your association and to help more people back to health.

Let's don't wait until after Thanksgiving each year to get into this spirit of giving some-

It's a Principle With Me Osteopathy and Surgery



The greatest therapeutic principle advanced in three thousand years is the evaluation of Osteopathic lesion pathology as a cause of disturbed functioning capacity of tissues and organs, and its normalization by appropriate procedure as a curative measure. I think no intelligent and well informed person would claim that it is the only therapeutic principle. Other measures may easily have some value.

The osteopathic principle is fundamentally and scientifically sound. It is applied anatomy and physiology. It is well nigh universally applicable to the entire range of human ills and disabilities. It frequently and indeed usually is, the only assistance necessary for the complete restoration of the patient's health. In many cases, it plays an important, perhaps a major role in restoration. In a few cases it makes a minor contribution. The application of osteopathic principles in practice is the first obligation of the osteopathic physician and surgeon. Dr. Andrew T. Still, the discoverer and enunciator of the osteopathic principle at the mature age of forty-six years, spent the remaining forty-odd years of his life seeking ways and methods of application of this principle in practice.

What is the osteopathic principle?

That the body is inherently self sufficient. That normal nerve and blood supply assure utmost resourcefulness to tissues and organs involved. That loss of mechanical or structural integrity is the cause of abnormal functioning capacity. That the restoration of structural integrity is the primary need in re-establishing functional capacity.

There is perhaps only one other principle in therapeutics (Continued on Page 4)

thing. Let's keep it up fifty-two weeks in the year instead of the short time before the 25th of December.

Our colleges are giving forth every effort to build the profession from the material you furnish. Make the material plentiful and you will receive the benefits later. This type of giving on your part is not a one-way street.

May every Christmas Joy be Yours.—(E.H.)



The words Osteopathy and Surgery are by no means foreign to each other; in fact, they are kinfolks from their very inception. Referring to the derivation of the word surgery, we find that it comes from the Greek word "Chirurgia", which translated means "hand work." If the practice of Osteopathy could not be defined in the same manner, then my interpretation of the practice of Osteopathy is far amiss. Evidently our educational institutions of the profession have recognized this condition, as 50 per cent of them have the words Osteopathy and Surgery affixed to their name.

We might even go so far as to compare the founder of Osteopathy, Andrew Taylor Still, with he who was spoken of as the "Father of American Surgery", John Hunter. Hunter was disgusted with the crude, empiric and confused teachings and practices of his day, much like Still. He also had a mania for studying things and spent from 18 to 20 hours a day in the pursuit of his anatomical knowledge. Hunter's continuous hard labors raised Surgery from a barber's trade to a profession of science. Andrew Taylor Still, by much the same course, raised the therapeutic science of healing from mysticism and art to a fixed science with specific causes and a rational therapy to combat them.

Truly the postulate of Andrew Taylor Still that the body's own forces, if unimpeded, cure disease, is no more clearly exemplified than in surgical practice. The removal of tissue foreign to the body because of its advanced diseased state and the correction of physical abnormalities are certainly examples of releasing impediments that nature's forces may work in freedom.

In speaking of Osteopathy and Surgery, we can not omit the distinct service Osteopathy has given to Surgery; namely, pre-operative and post-operative osteopathic treatment. By this means, many conditions previously surgical now respond to osteopathic treatment; those that are surgical are rendered better risks and their post-operative convalescence rendered easier and with less complications and dangers.

Surgery cannot be considered a complete system of therapeu-

Dr. Arthur D. Becker
—attended a meeting in Oshkosh, Wisconsin, Nov. 14th in honor of Dr. John E. Rogers, president of the A.O.A. and was called to Bozeman, Mont., Dec. 2nd to appear as an expert witness in a case involving a member of our profession in the state.

Drs. Facto and Fisher
—recently attended a meeting of the profession at Bushnell, Illinois.

Dr. John Halladay
—of Tulsa, Okla., recently removed a hemostat from a patient operated upon four years previous. The AP reports failed to mention that Dr. Halladay was an osteopath.

Dr. Anna M. Smock
—of San Diego, Calif., is enjoying an European tour this winter. The last series of notes from her tell a very interesting story of her osteopathic work on the Island of Xios, a part of Greece, where she conducted a clinic. Her results were so gratifying to the natives that a special mass was held for her. She addressed the Athens Medical Society before she left for Italy. We expect to have a more extensive report of her trip in a later issue.

Our Ladies

A delightful meeting is planned for the evening of the 11th of December at the home of Dr. and Mrs. H. J. Marshall. Mrs. Marshall assisted by Mrs. James Shaffer, will entertain the Osteopathic Women's Club and the Auxiliary of the College. Mrs. R. B. Bachman will give a talk on Christmas customs and affairs during the time of Washington Irving.

Since the beginning of the college year the Auxiliary at the college has been especially active under the leadership of Mrs. A. D. Becker and this joint meeting of students' wives with the wives, mothers and sisters of our profession in the city, is another step forward in the making of fine and lasting friendship.

tics by itself, but rather as a part of our great Osteopathic system. (By Dr. J. P. Schwartz)

Notice!

The office has been spending too much time trying to trace some of you to new locations. Will you please advise us when you change your address so you will continue to receive the Log Book.

If you know of someone who would like the Log Book and is not receiving it, please send us the address.

I. O. A. Bulletin

At the American Legion meeting last night, "Smoke" Brown, State Commander, made the remark that everyone could find work to do in state and national organization and that there was so much to say and so little time in which to say it.

If the Legion with last year approximately a million members feels that way about their state and national program, how then should we feel with a state membership of better than two hundred last year and a national membership of some five thousand odd. True, the Osteopathic program has place for workers and their memberships all along the line. The battle front is too large to mention, yet we would especially call your attention again to the fact the Bureau of Industrial and Institutional Service of the A.O.A. are anxious to tabulate and file all case reports dealing with the injuries of labor—the industrial compensation cases. Dr. J. J. McCormack, Sheboygan, Wisc., will gladly mail you a form to fill out if you will drop him a penny postal.

You may feel your few cases don't make a difference, but if everyone would send in their reports we could have a good many more thousand reports on file than are there at present. For those interested in contacting Labor, we would recommend the article that appeared in the American Federationist. Reprints of this article, attractively bound, may be secured from Dr. E. P. Malone, Miami, Oklahoma.

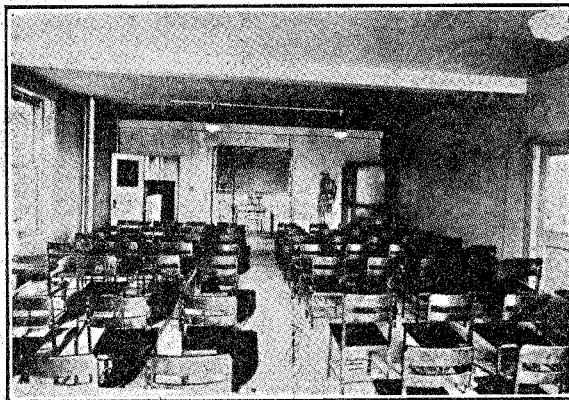
The Denver Polyclinic and Postgraduate College is offering a FREE fifty dollar scholarship to some MEMBER of the Iowa Society. This scholarship will pay the tuition in full for the General Review and Efficiency Course to be given the first two weeks in August, 1937.

No word of explanation need be given about this Postgraduate work. Dr. C. C. Reid has for some twenty-odd years presented a Review Course and at the present time the College owns its own building in which this work is given. Dr. H. M. Husted, who appeared at the Iowa State Convention last May, is connected with this work. Dr. H. I. Magoun who a year ago made the Iowa Circuit, is also on the faculty.

The scholarship will go to some member. The College has specified it must be a Member of the State Society. Some plan will be worked out for an impartial selection or drawing of the member's name. Those of you who are not members, join now.

* * *

Communications from the chairmen of the Public Relations Committee and the Professional Relations Committee of the Chicago Osteopathic Association, Drs. H. Willard Brown, and Geo.



All class rooms at the Des Moines Still College of Osteopathy are well lighted, ventilated and fitted with steel desk—arm chairs.

A New Class Starts January 25, '37

Assemblies

Friday, November 13th might be considered an opportunity for Ole Man Bad Luck to appear with all his strength. The Freshmen braved his wrath and routed him with a program that put all such superstitions on ice. Gene LaRoque, acting in the capacity of master of ceremonies, followed the usual opening number by the band, and introduced the president of the class, Harry Wing.

Harry proved his ability, both as a speaker and a thinker, with appropriate remarks. Gene appeared next in the role of a monologist, his chatter consisting of some clever scramblings of local events. The Detroit Trio harmonized and was encored as usual.

The intermission was filled by a few minutes of ad-libbing by two or three selected (?) members of the band. The closing skit in pantomime, was worthy of a place in the Hall of Fame—along with the early work of Chaplin. We know the Freshmen better, and we know that they are capable in more ways than one.

November 20

Due to the failure of a government film to arrive, Dr. Arthur D. Becker took advantage of the time and gave the students another of his inspiring talks on the college and its future. With the faculty and all so busy, we need to take time out now and then to take stock of ourselves and this was done at a most opportune time.

Memorial Program Dec. 4

It has been the custom at Still College for several years to set aside the first Friday in December to bring to the student body a reminder of the debt we owe three members of the Still family who have died. Following a

H. Carpenter, give every indication that Chicago is well on the way with plans for entertaining the A.O.A. Convention next July 5th to 9th.

rendition of La Golindrina, a favorite of Dr. James Beveridge, Dr. Halladay introduced Dr. J. P. Schwartz as the speaker.

In his talk Dr. Swartz spoke of the work of Dr. A. T. Still as an inspiration for us to continue to carry on even in the face of opposition and seemingly unsurmountable obstacles. Belief in the principles of Osteopathy and an ambition backed by true pioneer spirit has placed our founder with other great men of history.

"Osteopathy is still growing. It was started by one man but was too big to be carried by him alone. It is our heritage that we must continue to spread its message and extend its influence to every part of the world," said Dr. Schwartz.

Dr. George A. Still was commended for his fine work in Surgery and especially for his contribution in linking so successfully the practice of Osteopathy with Surgery. Dr. George Still was the first to recognize the value of Osteopathy in pre- and post-operative care of surgical cases.

Dr. S. S. Still, founder of our college, was lauded for his excellent work in education. The basic principles of superior education, upon which he and his co-workers founded the college, have been adhered to since the date of its inception, 1898.

Following the address the members of the Sigma Sigma Phi fraternity retired to Woodland Cemetery and placed a wreath on the grave of Dr. Still.

Dr. H. E. Clybourne

Beginning at 9 a. m. Friday, December 18th, at the Savory Hotel, Dr. Clybourne of Columbus, will open registration for a full day's work of Foot Technic.

Reservations for this course should be made at once with Dr. Glen Fisher at the college. There will be no attendance fee or other charge.

It's a Principle With Me

(Continued from Page 1)

that may assume a similar degree of importance with the osteopathic principle. It is a principle much older in the knowledge of men. It is well nigh universal in its applicability. It is often the only assistance necessary. It nearly always plays an important role. It may make a minor contribution in certain cases. What is this other principle of such great importance and often overlooked or undervalued in therapeutics? It is a small word of huge potentials. It is spelled R-E-S-T.

The modern osteopathic physician and surgeon is well informed along all lines of well determined value in the entire therapeutics field. It is important that this is so. It is his first duty to know everything obtainable about his own particular and distinctive field. The osteopathic physician learns to depend upon the application of these two briefly discussed principles of greatest and primary importance in therapeutics because of their universal applicability and because of their effectiveness in the treatment of the sick and distressed. To the well informed osteopathic physician the peculiarly osteopathic reasoning and treatment come first and adjunctive measures occupy a second place. I know from experience what applied osteopathy will accomplish and so regarding the logic of applying osteopathic principles first, I may say—

It's the principle with me.

Arthur D. Becker, D. O.

Sacro-Iliac Meeting

The sixth meeting of the International Society of Sacro-Iliac Technicians will be held in the Congress Hotel, Chicago, Sunday, July 4, 1937. There will be sessions morning and afternoon with a patriotic banquet in the evening. A speaker of renown will give the principal address. Dr. F. P. Millard of Toronto, is arranging the scientific program while Dr. Oliver C. Foreman of Chicago, is chairman of the Committee of Arrangements.

State Board

West Virginia

The next meeting of the West Virginia Board of Osteopathy will be held February 15 and 16, 1937, at the office of Dr. Robert B. Thomas, 827 First Huntington National Bank Building, in Huntington, West Virginia.

Application blanks may be secured by writing the Secretary, Dr. Guy E. Morris, 542 Empire Bank Bldg., Clarksburg, West Virginia.

Applications should be filed with the Secretary not later than February 8, 1937.

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