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THE LOG BOOK

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PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 17

January 15, 1939

Number 1

Senior A's

Having passed the qualifying examinations your reporter has contacted the following Seniors as to where they may be found in the great near future.

Clyde Hyink will return to his garden spot, Colorado, and take the board.

Edward Jeranson will mush northward to take the Minnesota board.

George W. (Peter) Marston will encompass Iowa, Illinois, and Oregon and take their respective boards.

Velma Gehman will take the board in Iowa.

Harvey Bridenstine is going to take the Iowa and Missouri boards.

William Costello will take the Iowa board and then travel eastward to Ohio and West Virginia.

Eugene Luebbers will take the Iowa, Michigan and Missouri boards.

Alvin Yarrows—Colorado and Michigan boards.

Ernest Light will take the Iowa board.

Thomas Griffith will take the Iowa and Florida boards.

A fine assembly program has been planned by these "soon to graduate" for Friday, January 13th. On the following Friday, January 20 they will receive their "much coveted" degrees.

Your reporter wishes them Godspeed.

Mrs. Walker

Still College was deeply grieved by the sudden death of Patti Handley Walker, wife of Glen E. Walker, a member of the class of May, 1940. Mrs. Walker's brief illness and death, which occurred January 2, resulted from a brain tumor.

Mrs. Walker was the president of the Women's Osteopathic College Club. Her very capable execution of this office, her interest in the organization, and her devotion to its members are outstanding characteristics. Her loss is felt by her many friends.

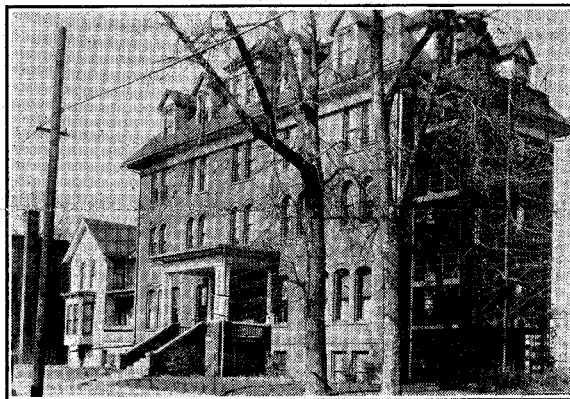
Services were held locally at Dahlstrons after which service and interment was made at Wichita, Kansas.

B. F.

WINS PRIZE

Dr. R. B. Bachman won a \$25 district prize and a cup in city-wide competition for unique and outstanding Christmas decoration and lighting of his home at 4416 Ingersoll, Des Moines.

Our Department of Surgery



Only a few of the many millions in our country appreciate the intimate relation between Surgery and Osteopathy. The majority think of Surgery as the pinnacle in the medical profession. We, as Osteopathic Physicians, would be content to know that this was fully understood by this vast majority, for Surgery is widely divergent from Internal Medication, in fact it is largely mechanical. Drugs, as therapeutic aids, play a very minor role in the Surgeons plan for the recovery and well-being of his patient. This very fact ties the science of Surgery and that of Osteopathy so closely that each fully realizes the dependence on the other. The competent Osteopathic Surgeon has everything that the competent Medical Surgeon has. In addition the Osteopath has his science which has been proven in all osteopathic institutions and many medical hospitals as being a necessary adjunct to Surgery if better results are desired. Dr. George A. Still proved the value of Osteopathy in Surgery many years ago and the practices of our present day Osteopathic Surgeons bear out his earlier findings.

Our college is fortunate in having at its disposal a fine modern Osteopathic Hospital under the expert guiding hand of Dr. J. P. Schwartz. Many of the staff of the hospital are also members of the faculty of the college and are therefore able to offer the students authoritative information on the osteopathic hospitalization of all types of institutional cases.

Dr. J. P. Schwartz occupies the chair of Surgery at the college and is assisted in the divisions of this subject by Dr. H. A. Graney, Dr. B. L. Cash, Dr. J. L. Schwartz and Dr. H. V. Halladay.

The course in Surgery at the college consists of 255 hours of didactic work covering Orthopedic, Minor and Major Surgery. In addition to the classroom lectures attendance at surgical clinics at the hospital totals 144 hours with the opportunity of increasing this time if the student is ambitious.

During this period of training the student is privileged to see operations of the most delicate and difficult type and also quantities of the more common minor surgical operations for which the staff of the Des Moines General Hospital is widely known.

Students at the Des Moines Still College of Osteopathy appreciate the opportunity of seeing and being a part of the highly efficient work of the hospital and the profession in the state of Iowa and bordering communities are well aware of this expert service obtainable in Des Moines.

Des Moines continues to graduate trained physicians in the complete definition of the title.

"The Stillonian"

To the alumni:

I expect that by this time you have received a letter telling you about the Stillonian and also a card upon which you may enter your subscription.

So far the response has been fair. When the first idea of publishing the Stillonian was considered, I was told "you can only count on ten per cent of the alumni." Now I'm beginning to wonder if that is true.

As alumni of one of the finest Osteopathic Colleges have you no pride in that fact? Don't you realize that an undertaking like the publishing of a year book requires the co-operation of everyone—students, faculty and alumni alike.

I do not wish you to think we are begging for your subscription—for don't you realize that altho whether you help or not—the Stillonian will be published. The Stillonian staff asks of you only two things—your subscription and any type of news about yourself or associates.

The subscription price is only \$3.00 and if you wish your business card inserted, the price is only \$3.50. Let us hear from you NOW!

Jean LeRoque, Editor

Faculty on Xmas Vacation

Dr. Arthur D. Becker, president of the college, and Mrs. Becker had a rather extended trip during the Christmas holidays. They drove to Louisville, Kentucky where Dr. Becker spoke to the Jefferson County Osteopathic Association. They then went on to Winchester, Kentucky where Dr. Alan Becker is located and then up to Pontiac, Michigan for a Christmas visit with Dr. Rollin Becker and family.

A most pleasant trip is reported, marred by the incident that during the Michigan portion of the journey Dr. Becker was confined to the house for a few days with an attack of acute bronchitis.

Dr. and Mrs. Harry Marshall and family journeyed from Des Moines to Mexico City and thence to Apoca. The Doctor reports a very enjoyable vacation.

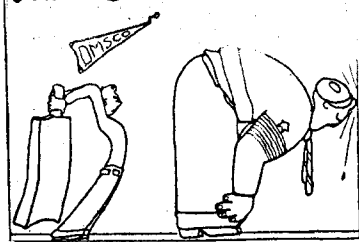
Highlights of the trip seemed to be, swimming on Xmas day, a new trick with quartered limes

(Continued on Page 3)

CALENDAR

GRADUATION	January 20
REGISTRATION	January 21
ROLL CALL	January 23
EASTER RECESS	April 7
GRADUATION	May 26

FRATERNITY NOTES



N. O. I. C.

The first of January has come and gone and as promised I'm listing below responses from the various members of the Council. This office cannot go ahead with the work that must be done unless the membership completes work assigned by a certain date. This delay means delay at the other end of the time limit. Dallas is waiting for orders and this office waits for information that should have been in by the first of the month.

Honor Roll

The following organizations have appointed their representatives and have paid the small annual fee:

Alpha Tau Sigma.
Sigma Sigma Phi.
Lambda Omicron Gamma.
Phi Sigma Gamma.
Axis Club.

Half-Honor Roll

Delta Omega (No local representative).

Psi Sigma Alpha (No local representative).

Dishonor Roll

The following have not appointed a local representative, and have not paid their fees:

Acacia Club.
Iota Tau Sigma.
H. V. Halladay, Exc. Sec.

ΣΣΦ

The members of Sigma Sigma Phi have returned to school after the Christmas vacation rested and full of New Years resolutions that are bound to be of benefit to the fraternity in the coming new year. With only two weeks of the old semester remaining the banquet honoring our graduating seniors and the election of officers for the coming semester occupy our time.

At our first 1939 meeting January 10, the various details of the banquet are to be arranged. The nominations have been made for the various officers and an election as spirited as the one of November between the two major parties is another little detail that will draw our attention.

Everyone at school is busy as can be down the home stretch to the final exams, that lead to commencement or advancement toward that coveted goal.

We all extend our congratulations to the graduating class and wish them success.

A. S. B.

ΦΣΓ

The return of the Phi Sigs brought endless resolutions on ideas for a prosperous and successful year for the fraternity and the school. From what I gathered everyone had a joyous holiday, with the exception of Gordon Fischer—in his own words, "I didn't do a thing." "Strutting away" at the Detroit Osteopathic Ball were seen Brothers H. Bowden, H. Taggart, A. Ferris, J. Yagobian, G. G. Pease, Pledge Bob Woods, Dr. K. E. Corey, and Dr. Jerry O'Berski. I want to take this opportunity to congratulate the Alumni of Detroit for their wonderful work on Student Recruiting.

The first meeting of the year brought a change in the Phi Sigma Gamma Executive Committee. The new elections were as follows: Archon, C. W. Millard; Sub-Archon, J. E. Miller; Pronatarius, J. M. Yagobian; Sub-Crusophulax, H. C. Plautz; Exastase, John C. Edgerton; Phulax, T. R. Koenig.

Congratulations to the two proud fathers of the senior class—Neil Kitchen and Frank Schneider. The fraternity extends sympathies to Glen Walker in his hour of bereavement.

Advice to the graduating seniors—"don't forget your Osteopathy." J. M. Y.

ΛΟΓ

The Calvarious Chapter of Lambda Omicron Gamma extends its heart-felt sympathy to Dr. H. V. Halladay who at the time of this writing, is laid up with an attack of herpes. Tough luck, Virge; have a speedy recovery.

Installation of officers took place at our last meeting. This is our third election and it is with deep gratitude that we watch the growth of our newly formed organization.

Cerebrum Al Yarrows will be with us only two more weeks, then graduation and Al will set out to conquer the unknown—and were betting our boots he'll do it.

Tuesday, January 10th, sees Frater Feldman tackling the Iowa Basic Science Board. Watch that chemistry, Paul, and be sure of your Pyranose rings.

Frater Greenhouse and Pledge Ansfield attended a dinner of the Milw. County Osteopathic Association over the holidays. Max waxed eloquently for 15 minutes praising D. M. S. C. O. and we are sure that nothing he said was exaggerated. Nine days to finals—back to work.

E. Kanter Pons

ΨΣΑ

Psi Sigma Alpha approaches the close of the semester with a feeling of gratification at the results achieved during the fall under the leadership of past President Neil Kitchen.

Seven new men were initiated and thirteen pledges are waiting

for entrance into the organization. Our senior banquet in honor of E. E. Light was held January 10th in the Florentine Room of the Hotel Savery. Dr. R. J. Forbes, a charter member and country coroner at Ft. Dodge, acted as toastmaster. Dr. O. E. Owens, president of the Grand Council gave a short talk and Dr. A. D. Becker gave the senior address.

We were pleased to have as guests four representatives from Beta Chapter of the Kansas City College as well as our local field men. The new semester is starting off with the following new officers: P. E. Kimberly, president, E. O. Hanson, vice president, A. E. Borchardt, recording secretary, R. D. McKay, treasurer, G. A. Walker, corresponding secretary and A. A. Ferris, reporter.

The fraternity extends its sympathies to Glenn Walker on the recent death of Mrs. Walker.

As this was going to press we were informed that our graduating member E. E. Light has acquired an internship in the hospital at Garden City, Kansas.

A. A. Ferris
By P. E. K.

ΔΩ

The Christmas party held at La Vonne Overton's home for the clinic children was very much of a success. The girls seem to enjoy the party as much as the kiddies. After dinner was served the big event of the evening took place. Santa Claus came and distributed gifts to the awed children. Santa rose nobly to the occasion with his version of "The Three Bears" (Good work Max) and after having pictures taken all around the children were taken home.

The Delta Omega sorority wishes to offer congratulations to Mr. and Mrs. Phil Sheets who were married on New Year's Eve in Dayton, Ohio. Good luck to both of you.

Along with the congratulations to Dr. Neil Kitchen, we expect in about twenty years hence. How about it Neil?

What with finals and holidays the activities of the sorority have not started to function very actively as yet.

ATLAS CLUB

We were glad to see all the boys back from their vacation, without mishap—evidently, the Holiday must have done them lot's of good, as they are all in fine fettle, and plenty energetic, especially Brother Bridenstine and his "Brigadiers," who, from all appearances, must have let off plenty of steam.

The Atlas Club will have the Senior Banquet at Younkers Tea Room Saturday night for the graduating Seniors—William Costello, Harvey Bridenstine and Tommy Griffith. We are all sorry to see them leave; they have been fine Brothers and we extend to them our best wishes on their venture into the field.

Finals are just around the cor-

ner and lots of midnight oil is burning. We all anticipate a post-final finale Thursday night (We'll have plenty to forget!)

The newly elected officers for the coming semester are:

I. Iverson, Noble Skull; T. Hewetson, Occipital; J. Watt, Sacrum; H. Johnston, Pyloris; J. Clapperton, Stylus; E. Johnson, Receptaculum, and R. Drews, Styloid.

During the past month visitors included: Brothers Gorey and Stillman from Axis chapter; Brother Ballard from Mastoid chapter, and Brothers Forbes and Ketman, former alumni of this chapter.

We are always happy to be visited by members in the field and by brothers from other chapters. J. S. C.

ΙΤΣ

At our last regular meeting we had election of officers for the coming year. Tony Sloan is our new president, taking over the duties of Brother Sib Barnes, other officers are Scott Fisher, vice president, Eldon Blackwood, treasurer, and Charles Gray, corresponding secretary.

The Xmas vacation saw the brothers scattered far and wide, "Ferdinand II" Sporck to Ohio and points east, came back claiming a "Safe and Sane" New Years.

Barnes to—well something mysterious and sinister about a several day absence from Des Moines.

Blackwood says "just in Des Moines and home to see the folks."???

Tony Sloan was busy playing Santa Claus to his family, "Its the truth fellows."

"Swede" Jeranson—a matter of conjecture.

"Scotty" Fischer—Time divided between Eagle Grove and Des Moines in his own words "with my gal, every day seems like Xmas."

Ken Wooliscroft—"Home to see Cozie."

Bob Lindquist — Attending Tonsillectomies at the Des Moines General.

Iosbaker — The old Santa Claus gag. In the near future Iosbaker will receive his second degrees.

Before graduation a Senior Banquet will be held.

F. P.

Births

To Mr. and Mrs. Neil R. Kitchen, a six pound baby girl, Colene Kitchen, on December 29th.

To Mr. and Mrs. J. Frank Schneider, an eight and three-quarter pound boy, Mowbary Nugent Schneider on December 28th.

Neil and Frank are of the Senior "B" class.

To Dr. and Mrs. W. R. McLaughlin of West Virginia, a six pound baby girl, Sandra Lee McLaughlin, on December 10th.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....Arthur D. Becker

Faculty Adviser....H. V. Halladay

Editor.....E. Harwood

Osteopathy Without Limitation

Osteopathic Therapeutics

(Number 5 in Series)

Region of Head and Neck
Continued

Headache

Headache is a symptom and it occurs as a part of the problem in many widely varying conditions. Headache, however, presents itself as such a common ailment, and is the cause of so much distress and disability that it seems wise to include a few suggestions concerning its treatment.

Accurate diagnosis of the etiological factors in a given case is a necessary prerequisite to the prescription of proper and suitable treatment. A brief and somewhat general consideration of some of the more common causes will be of value.

Headache presents as a symptom in intracranial diseases, as in brain tumor, in meningitis acute or chronic, and in cerebral abscess.

Headache presents as a symptom in many acute infectious diseases, as in typhoid fever, influenza and small pox. Headache presents as a symptom in ocular involvements as in glaucoma, eye strain due to refractive errors and in muscular imbalance.

Headache may occur as a reflex disturbance as in pelvic disease and involvements of viscera supplied by the vagus nerve. This type of headache is commonly known as the congestive type.

One of the more common causes of headache is chronic toxemia, possibly due to poor elimination. It may be due to foci of chronic infection. Chronic toxemia is a part of chronic infectious diseases such as pulmonary tuberculosis and syphilis. Chronic toxemia may be due to fatigue toxins as a result of excessive work, worry and care and is often associated with poor ventilation.

Headache may be an associated symptom in blood disease as in anemia, primary or secondary. It is frequently a symptom in cardio-vascular diseases in such conditions as hypertension and in aortic regurgitation.

It is obvious that it is not within the possibilities of these brief articles to exhaust the possible causes of headache. Enough has been given to indicate the

necessity of a careful diagnostic survey in each case.

Osteopathic treatment meets the problem, or a considerable part of the problem, in many cases of headache. A critical survey will usually reveal lesions in most cases. These lesions may act either as causative factors or as maintaining factors. Lesions may be found in the neck and upper dorsal area disturbing vaso motor control of head circulation, either intracranial or extracranial. Lesions may be found anywhere in the spine or pelvis, directly or indirectly associated with headache. These lesions must be carefully evaluated and corrected. Contraction, or contracture, of the occipito-frontalis may need to be relaxed. Tempero-mandibular articulations must be normalized. Anterior cervical tissues, both supra and infra hyoid, should be carefully relaxed. The clavicles should be raised and carefully articulated at both the acromial and sternal ends. Treatment to free and normalize filaments of the fifth nerve at points of emergence and in the temporal and masseter muscles is of great value in neuralgic type of headache.

In many cases due to chronic toxemia there may be found indurated masses in posterior cervical muscles where they are inserted into the inferior surface of the occipital bone (probably due to a chronic toxic myositis). These indurated masses produce pain in the scalp due to involvement of the occipital nerves passing through them. Steady pressure applied to these indurations and deep manipulation of them, within the reasonable tolerance of the patient, produce absorption and relieve the associated headache.

In headaches occurring as sequelae of sinus disease, it is of great value to thoroughly spring the cranial sutures. This may be done by applying firm pressure between the forehead and the occiput, between the two parietal bosses, between the malar bones, between the mastoid process of one side and the frontal boss of the opposite side and in the corresponding opposite plane. In this connection, it seems well established that impacted lesions of the cranial sutures act as maintaining causes of head pains.

Additional treatment may consist of surgery, rest, properly fitted lenses, diet, enemata, increased fluid intake, specific anti-syphilitic treatment and many other possible methods as may be indicated in the individual case.

It is only possible, in the space available here, to outline rather sketchily considerations in the treatment of headache. It is hoped that these suggestions will prove of value to the reader.

A. D. B., D. O.

Open Your Eyes—III

By E. Harwood

No osteopathic physician needs to accept gratuities and least of all those who have proved themselves capable of teaching. Therefore this plea for more students is not a protective plan instituted by those in charge of our educational institutions. The plea is for Osteopathy and not the individual. As to the preparation for this reduction in students we may say that the only college of any kind that would be prepared for a 50 per cent reduction in attendance would be one that had a sufficient endowment to make up the deficit. If any of our colleges of osteopathy close on account of lack of funds it will be because that college has not been given the two kinds of support that Alumni of most colleges do give. These as you well know are (1) a continuous year after year drive for new students and (2) constant alertness for endowments.

You cannot call the first fine young man or woman that you see to your office and tap him or her on the head with a femur and say, "I dub thee Osteopathic Physician." We must have colleges of osteopathy and we must make the necessary effort to keep these filled. We have to work two and one-half times harder than we did from 1892 to 1905. We have to work one and two thirds times harder than we did from 1905 to 1916 and we have to work one and one-half times harder than we did between the years 1916 and 1937. The course in Osteopathy has lengthened in that proportion.

If the colleges are to be blamed for the decrease in number of students it is because their literature has not been frank in regard to the actual situation. I said last month that we had mentioned this matter of the need for students in earlier issues of the Log Book. I have just looked back thru the files of this little publication for the past fifteen years and the rare thing is to find an issue without some mention of this subject. For the most part these appeals have been written with the idea of bringing out some superior feature of the college that in the majority of cases was not news to most of the readers. If this college had only twenty obstetrical cases a year instead of four hundred it would indeed be news and you would be startled by it. You already know that our students handle more cases of this type in one year than some colleges see in ten years. It is not news to you to know that our Seniors take care of about two thousand five hundred athletes each year, a multitude of cases in the general clinic and have more than they can do without sacrifice of recreational time. These facts are not news to you.

But if we or others should say that our profession is threatened with oblivion it certainly would be news.

The colleges are prepared. They are ready to educate twice as many students as we have enrolled at the present time. The lack of preparation is on the outside and if we, the college, are to be blamed it is because we have not given you the frank, unvarnished news of the numerical decline of the profession. We have been too proud.

You have that news now.

Faculty on Xmas Vacation

(Continued From Page One)
and experiments with the extract of the Magay plant.

During the holidays Dr. and Mrs. Lonnie Facto entertained Mrs. Turo Schabt, Mrs. Facto's mother and Mr. and Mrs. Lynn Henson, her sister and brother-in-law of Knoxville, Missouri.

Dr. Mary Golden played hostess to seventeen relatives at a Xmas day dinner.

Those present were: her brother's and nephew's family of Des Moines, Dr. Golden's sister, Mrs. L. Fuller and family of Illinois, and Dr. Wright and family from the northern part of the state.

Dr. Woods kept house and spent considerable time improving his bowling, in preparation for the return of the noon bowling club members.

Dr. Owen spent Xmas day at his home in Indianola with a delightful home cooked goose dinner. On New Years Eve, Dr. Owens visited Dr. Joseph Peterson of Waterloo, Iowa.

Mrs. K. M. Robinson and "Sandy" the Pontiac traveled to Duluth, Minn., to visit her sister and brother-in-law, Dr. and Mrs. A. B. Stuart.

Appreciation

A lot of invisible effort is put forth in the monthly publication of the Log Book.

The individual who has been responsible for this greatly detailed piece of work, is now confined to his room in the Des Moines General Hospital. I say "to his room" since they haven't successfully kept him to his bed.

Thru long hours of work on alumni lists Dr. (Virge) Halladay lowered his resistance to such an extent that he succumbed to Herpes Frontalis. In spite of his intense pain, he still continues his work to complete the alumni list.

Perhaps most of us have never realized just how much "Virge" really does. We certainly owe him a rousing enthusiastic vote of appreciation and thanks.

H. S.

NEXT CLASS ENTERS JANUARY 21

Assemblies

With Gene LaRoque at the head of the committee from the Student Council for the arrangement of programs we have enjoyed a rapid fire of interesting and instructive meetings.

October 14

Dr. D. W. Morehouse, president of Drake University, was the guest speaker and spoke on the "Instrumentalities of Science." This subject might frighten the average listener but using the new giant 200 inch telescope as an analogy Dr. Morehouse brought out some comparisons that were clearly applied to our own future. He expanded on the need for more light, greater resolving power, increasing magnification and the elimination of chromatic aberration by putting these technical astronomical terms into our profession. They mean more knowledge, the use of it, the spread of our influence and the elimination of false leads or influences. This was certainly an excellent address and highly appreciated by the entire student body.

Dr. Morehouse is personally known to many of our profession. He was a classmate of Dr. George Still and until recently Mrs. Guy Brunk a sister of Dr. George Still, was a member of the board of trustees of Drake University. We appreciate this visit and hope that we may have the privilege of hearing Dr. Morehouse again.

October 21

The hint that a representative of the Community Chest would be present threatened the speaker with rows of empty seats but the foresight of a member of the faculty prevented the exodus and those who heard Mr. Morrison were enlightened mentally and not lightened financially. Mr. Morrison has the full time responsibility of keeping track of the ramifications of this community service in Des Moines and it was certainly a revelation to know of the many things that this organization is called upon to do that are not ordinarily thought of as apart of the service. The cooperation necessary between the official divisions of the work is brought about by a clearing house that must be on the job every day and have available complete records of more details than the average person could imagine. The Community Chest is an institution and with the present efficient organization actually saves Mr. Average Citizen each year many dollars and considerable annoyance. We were glad to learn the facts of the plan and distribution of our funds thru our own Community Chest.

October 28

Mr. Arthur Brayton of the Chamber of Commerce proved a most interesting speaker. His rapid fire delivery and interpolation of amusing stories took the student body from the sublime to the ridiculous via rapid tran-

sit. Mr. Brayton left a number of excellent basic ideas with the student body. He urged us to avoid being "Masters of Mediocrity." We have too many of that degree now in every walk of life. "Plan your work and work your plan," was another good motto to follow and "Plan as if you expect to live forever but work as if you will die tonight." If Mr. Brayton follows these excellent bits of advice it has not caused him to lose any weight nor has it soured his disposition. The student body will be ready to greet Mr. Brayton any time he may be inclined to visit us again.

November 4

Dr. Arthur Wheelock, refractonist of note, inventor of diagnostic optical instruments and consultant in our clinic appeared this Friday with an excellent surgical film. The fine thing about the film was that it was made in our own hospital, this fact adding considerably to its interest. The film in color, showed the new technic for the removal of a cataract by the suction method and was so realistic that one of the younger students failed to see the entire operation. The pause during the removal of the student, was brief and immediately followed a hint by Dr. Halladay that this might happen. The hint was not intended as a suggestion but must have been taken in that light. Dr. Wheelock prefaced the film with explanatory remarks and provided the entire student body with printed information about the operation. These cases quite often come to the osteopathic physician for treatment and it is well to be informed about the most modern methods of relief by surgery in the more advanced types. We will welcome a return visit from Dr. Wheelock.

November 18

The "Stillonian" staff was introduced to the student body. Plans and price were revealed. Mr. Hirschmans xylophone student, Miss Shelia Taylor contributed several unique and outstanding selections.

December 9

Dr. Paul Park appeared with a talk on "Appreciation of Osteopathy" as a stimulus for student support at the Clinic Benefit dance sponsored by Sigma Sigma Phi.

Dr. Halladay gave a brief and instructive dissertation on student recruiting.

December 16

The assembly hall vibrated with the "bubbling over" enthusiasm of the student body and Yuletide cheer was at its peak. Miss Shelia Taylor, popular xylophonist rendered several beautiful numbers.

Miss Razel Peresemen of Des Moines sang two selections in her own incomparable way.

Max Greenhouse, Senior B, played Santa and quite nobly too.

The assembly was climaxed with Dr. Becker extending Xmas greetings and Virge leading us with the old Xmas favorite "Jingle Bells."

Wedding

Mr. and Mrs. Lee T. Hollen, 114 Lawnview Ave., Dayton, Ohio, announce the marriage of their daughter, Dorothy May, to Mr. A. Philip Sheets of Washington Courthouse, Ohio.

The wedding, a simple ring ceremony took place at the home of the bride at 7:45 p. m., December 31, 1938.

The bride was attired in a gown of coral crepe, fashioned along Princess lines and carried a bridal bouquet of white carnations and baby breath. She was attended by Miss Jane Ann Van Winkle, while Mr. George H. Sheets, brother of the groom, acted as best man.

A reception, at the Hollen home was held immediately following the ceremony for the young couple and was attended by the immediate families.

Both Mr. and Mrs. Sheets are students at D. M. S. C. O.

R. R.

Polk County Osteopathic Association

The January meeting of the Polk County Osteopathic Association was held Wednesday evening, January 11th, at the Des Moines General Hospital. A splendid buffet dinner was served in the dining room to forty people.

The group inspected the new General Electric 220 K. V. P. X-ray therapy unit which has just been installed at a cost of ten thousand dollars.

Doctor Cash presented a paper on the subject: "The use of Deep X-ray Therapy in the Treatment of Cancer." He explained the merits of the new equipment in contrast to older methods and pointed out the more favorable results which can be obtained.

The meeting proved to be one of the most valuable thus far on the year's program of scientific papers. The Association wishes to thank the hospital staff not only for the dinner provided, but for the opportunity of becoming familiar with the very latest methods in the treatment of cancer.

O. E. Owen, D. O., Sec.

Figuratively Speaking

"A look is worth a thousand words" is a Chinese proverb often quoted. How remarkably apropos is this axiom to the Sign language of the Deaf and Dumb.

This past summer one of my O. B. Clinics was a deaf mute. With the purpose of facilitating her delivery and also dispensing with note writing, I began to pry into their means of communication.

Between my patient and her husband, who was similarly afflicted, they initiated me into a new and eloquent language. From a composite photograph depicting the positions of the fingers in each letter of the al-

phabet I finally mastered all twenty-eight letters. Fastened on the windshield of my car was a similar photograph from which I practiced while driving between house calls. For good measure both hands were taught to spell against that time when, sheathed in sterile gloves, one of them might be busy.

Thus I conversed with my patient on prenatal check ups, spelling out each word, painstakingly at first and then with greater ease. Till finally with a few extension and flexion combinations of the fingers I could say quite a handfull.

False labor pains brought me out to their quiet abode late one afternoon. In an attempt to learn some of their abbreviations that I knew existed I asked the husband if they had any short cuts. He scratched his head puzzled, then smilingly led me by the arm to the Kitchen, lifted the lid from a large pan and laughingly gave me to understand it wasn't short cuts I smelled, but instead, a Pot Roast. I finally learned the gesture signifying "I don't understand," or "what does that mean." This proved to be the Rosette Stone for me. Whenever they used an unfamiliar sign I would use this, my key sign, and they would spell out the meaning. What a revelation this was, the simplicity, the imaginative appeal and the humorous accuracy of this silent language was at last clear to me. It was like visualizing for the first time in the dissection laboratory all the nerves, blood vessels and muscles that "Virge" taught us in class.

From here on I made rapid progress. I learned this type of individual was not immune to mother-in-law frictions, for, signs dealing with the female of the species, sisters, mothers, wives and inlaws, were signified by placing the fingers in relation to the CHIN. I also learned that a labor pain was indicated by approximating index fingers; three fingers on the pulse signified a doctor; two fingers on the pulse meant a nurse; tracing the esophagus with thumb and index finger apart meant hunger; point to the wrist (watch) and holding up the corresponding number of fingers indicated the hour; placing the middle finger on top of the fore head indicated illness; clinched fists, ground together—as Dr. Becker demonstrates a lesion, meant coffee, etc., etc., ect.

At the delivery all went well, the crew consisting of Edgerton, Emory, Kimberly and Richardson were unusually silent, succumbing to gesticulation, deserting articulation.

After the delivery the new father was seen apparently pinching his chin and brushing something away from his mouth. Yet to the initiate it meant "It's a girl—phooey."

Thanks to Dr. Ed. Leininger for a most interesting summer in obstetrics.

M. N. Greenhouse.

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THE LOG BOOK

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Number 2

Dr. Carl McConnell

There are times when words really fail. Words are impossible to find that can convey the feeling when the full realization comes that a dear friend, combining the finest qualities of character and integrity and marked as our ideal in osteopathy, has passed on. I knew him years ago and have known and appreciated him better as the years advanced. There has not been a week in nearly twenty five years of teaching, that I have not had use for some of the fine things from the brain of Carl McConnell.

A group of his friends express the sentiment of all of us and I am sure that each of us would consider it a privilege to sign with those below. We quote.

"Carl P. McConnell, the man, is gone. The coast sent us this sad news. Our friend and colleague of many years, after a long, increasingly difficult struggle to regain health, at the end surrounded by palm trees and the warmth of desert sun and sands, has yielded, and it is done.

But, the Carl McConnell personality, modest, unobtrusive, quiet devoid of all personal aggrandizement, student, truth seeker, scientist, nature devotee, second only to that of Dr. Andrew Taylor Still himself, in illuminating and proving the fundamentals of Osteopathy, by research, writing, and practice, physician, and lover of men, lives and will continue to live and influence his fellow men through all time.

The blow is a hard one, and because the Continent stretches its width between, we as his friends gather to cherish a memory which shall always live. Some of us knew him, when as an almost blind youth, he entered an infirmary and college as a patient and student, and on graduating—sight restored—he remained as a teacher and gave to hundreds of students the impetus and courage which still moves them.

All of us have valued his friendship, and have gloried in the high place, as scientist and researcher, he attained, and have marvelled at the character and volume of the enduring work he accomplished in a short life time.

All who are going the road he marked so well, can gain an inspiration for achievement by being familiar with his simple but efficient life.

Horton Fay Underwood.....1896
Evelyn U. Wanless.....1898

To the Alumni of D. M. S. C. O.

During the American Osteopathic Association convention held in Chicago the summer of 1937, a group of the Alumni of the Des Moines Still College of Osteopathy met at a breakfast and formed an active Alumni organization with the following officers: Dr. Harold E. Clybourne of Columbus, Ohio, as president and Dr. Robert Homan of Detroit as secretary and treasurer.

The Des Moines Alumni attending the A. O. A. Convention in Cincinnati last summer again met for breakfast and re-elected the same officers. This group realizing that the raised educational standards would cause a hardship on the college, for the next few years, formulated plans for the organization of the entire Alumni of the Des Moines Still College of Osteopathy. By so doing they wish to aid the faculty in maintaining the high standards of teaching which they have established in the past few years under the able leadership of Dr. Becker.

To give the College the aid necessary for it to function as it has in the past, it was decided that this help must be of two types. First, enough students must be enrolled to carry the running expenses of the school throughout the year. Second, an effort must be made to secure enough endowments to give the school a fixed income so that plans could be made for expansion and for the carrying out of research work.

To carry out these plans, a committee called the Student-Recruiting and Endowment Com-

mittee, was formed. Dr. J. Paul Leonard of Detroit was named General Chairman. Dr. John Rogers, past president of the A. O. A., was named General Endowment Councilor and Dr. Fred Campbell of Des Moines was named General Student Recruiting Councilor. It is the duty of this committee to supervise the organization of state Alumni groups as subdivisions of the college and to secure gifts of money for the endowment of the college.

Under their able leadership, Iowa, Michigan and Ohio Alumni are now formed into active Alumni groups with Dr. Paul Park of Des Moines as Iowa State president; Dr. Robert Morgan of Cadillac, Michigan as Michigan State president and Dr. Tracy Patrick of Norwalk, Ohio as Ohio State Alumni president.

Within the next few weeks every Alumnus will receive a letter telling him of the proposed aims of the Alumni Association and I trust that each Alumnus will prove his loyalty to his school by joining us in our efforts to put this necessary program across in a big way.

Dr. L. Verna Simons, Grand Rapids, Michigan, is making the arrangements for a big Alumni dinner to be held on Wednesday, June 28th in Dallas during the A. O. A. Convention. If you are making arrangements to attend the convention plan your schedule to include this first big Alumni Reunion of your old school.

Sincerely yours,
Harold E. Clybourne, D. O.
Pres. D.M.S.C.O. Alumni Assn.

Harvey R. Underwood	1898
Charles F. Bandel	1899
Richard Wanless	1900
Charles E. Fleck	1900
Walter A. Merkley	1901
Harry L. Chiles	1901
William D. Fitzwater	1903
George W. Riley	1904
Charles S. Green	1905
Thomas R. Thorburn	1911"

H. V. H.

On To Dallas

Two thirds of the year has passed leaving us only one third in which to complete our plans for the coming convention at Dallas. The four months left in which to get everything ready is not too much time. At this end of the line we have meetings to schedule, banquets to select, programs to plan and we must take some time off to see Dallas and

vicinity. We are looking forward to our invasion of the South with pleasurable anticipation. Having been there a few times we know where fried chicken can be secured at a very reasonable price and you can eat all you want. We are anxious to see if Rabbit Williams still sings the trains at the Union station. We want to take a trip around the circle of fine permanent attractions that Dallas offers in her gardens, museums, etc. And of course we will eat once or twice at the Original and have some enchiladas, tacos y tortillos. But—

The main reason for our annual trek to the convention is to see you. It has been a year since we met. Sorry, but all of us are a year older and not that that makes any difference but we cherish the old friendships and we enjoy the personal, if critical,

Senior Affairs

The last two weeks of January are filled to overflowing with the many obligations having to do with the graduation of the class. The several banquets given by the fraternities were climaxed by the one complimentary to the class and arranged by the trustees of the college. This was held January 19 at Yunkers and proved no exception to the rule that while we enjoy these there is always that note of sadness that a farewell to a class always carries. With Dr. Arthur D. Becker in charge, the program which followed a fine dinner, moved along with several talks by the faculty and a response by Clyde Hyink, president of the class.

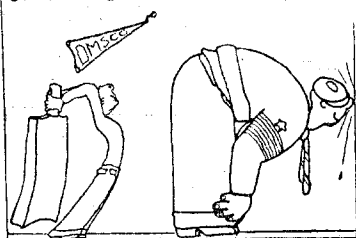
Graduation for this class was held the following evening, January 20 at the college auditorium. Judge Ralph Powers in addressing the class stressed the need for alertness and individuality in meeting the problems of the present generation. Judge Powers is thoroly familiar with the benefits of osteopathy and its many opportunities and offered sincere congratulations to the class for the good judgement they had used in selecting Osteopathy for their life's work.

Dr. J. P. Schwartz, Dean of the college presented the class and Dr. Arthur D. Becker, President, conferred the degrees and awarded the diplomas. The invocation was pronounced by Dr. Lester Fagen and Mr. H. M. Cleveland accompanied by his wife sang several appropriate numbers.

Our sincere congratulations and best wishes go with this class. It is not large. The ten graduating will not replace the deaths in our profession in one month but these ten will make a name for themselves and will add to the prestige of Osteopathy. They are all good students and we can recommend them. Already we record four who have entered hospitals for experience as interns. The remaining six members of the class have very definite plans and will be located soon where their service as osteopathic physicians is needed.

comment of these old friends. We want to meet some that we have not had the pleasure of seeing before and we want to know first hand the progress of our profession during the past year. We are a part of all this and we want to remain a part of it as long as we can.

FRATERNITY NOTES



ΣΣΦ

The Senior Banquet of the Fraternity, honoring William Costello and Clyde Hyink was held Thursday, January 19th, at the Pastime Club. Short talks were given by Drs. Leninger, Marshall, Rose, and Kelsey.

Tuesday, February 14th will see the initiation of several new men into active membership, namely: Jon Hagy, Irving Walters, Dale Widmer, Harold Bowden, and Jack Miller.

Now that the new semester is well under way, finals over and the pressure off for the time being, several activities that have been planned will be started.

A bowling tournament is in the offing, and we are hoping for a full six or eight team league with some close competition for the plaque now held by the Atlas Club. More definite information will be given out in the near future so get your teams organized and into training.

E. S. I.

ATLAS CLUB

A new semester means new classes which call for new books and the like and we're sure that we have all resolved to put more time on our books and study more diligently for the next semester. So has it been for many, many years. We haven't adjusted ourselves to our new routine as yet, but hope to get down to business before long.

Three brothers have been graduated and have left the ranks to take up their places in the field. We are sorry to lose Brother Griffith, who is interning at Miami, Florida; Brother Bridenstine, who is now interning at St. Joseph, Missouri, and Brother Costello, who has taken the Iowa and Michigan State boards, and expects to interne.

Sigma Sigma Phi is again sponsoring the bowling team, and the boys here are "champing at the bit" in order to get started, and hope to retain the plaque for another year.

The Atlas Club entertained the new men at a Smoker on the first of February with movies, food and talks by Drs. Woods, Halladay and Forbes.

Recent visitors at the house included Dr. J. Robert Forbes of Fort Dodge, and Dr. Paul O'Shana, of Carlisle, Iowa.

We wonder—

Why Brother Berger has that contented look?

Why Brother Worster is so mysterious of late?

Why Brother Bunge has that "hang down" look?

How Brothers Hewetson and

Iverson find all "those places"? Why Pledge Gegner has suddenly become a confirmed Baptist?

Why Brother Callahan shivers at the sound of a siren?

"The chief aim of education is to do the thing that ought to be done, when it ought to be done, whether you like it or not." Huxley. J. S. C.

ΦΣΓ

Upon the opening of the new semester the Phi Sigma Gamma Fraternity cordially welcomes the new men and women of the College into Osteopathic work. The new term again brought back to life that proverbial expression: "I'm really going to study this semester."

The Freshman Smoker, which was held at the house on Thursday, February 2nd, marked the beginning of our semester's activities, at which time new friends from the Freshman class was made. Dr. O. E. Owen was the principle speaker of the evening.

The organization enjoyed the presence of Dr. J. M. Woods and his family at a Sunday dinner, February 5th. Stories of fishing trips were the main topic of discussion.

The date for initiation of pledges has been set for the week-end of February 25th.

A certain "nose and throat specialist" claims to have killed countless numbers of little germs with his little atomizer. Now if he can just keep the girls away as well as the germs, oh what a boy he'll be.

There is a rumor going on that Al Ferris got his new Chevrolet with two Roi Tan Cigar wrappers and twenty-five words telling why he enjoyed the smoke—but I can't see why he would care to go through all that trouble for a Chevrolet.

"Gird yourself with the armor of Osteopathy, for it's laws are as infallible as the laws of Nature." J. M. Y.

ΨΣΑ

The last semi-monthly banquet of Psi Sigma Alpha was held Jan. 23 at the East Des Moines Club. The speaker for the evening was Professor Galloway of the Des Moines College of Pharmacy, we heard practically all the latest information in regards to the vitamins and the results of late research. All of us hope to have Prof. Galloway back in the near future to hear more interesting facts in regards to vitamins and minerals.

Prof. Galloway is a recognized authority on vitamins and carries on research work in this field.

Other guests for the evening were: Dr. Woods, Dr. Leininger, Dr. Owen, Dr. Berck, and Dr. Fagan.

Psi Sigma Alpha wishes to take this opportunity to welcome the new students and wish them the best of success in their new work.

We have a new member among us, Donald Brail, who transfer-

red from Kirksville. Glad to have you Don and good luck.

A. F.

ΔΩ

Having recovered from the shock of final examinations, we sincerely hope each and everyone has become reconciled and pledges himself to greater and deeper osteopathic thought and study in this, the new semester.

As a farewell courtesy to our graduated member, Velma Gehman, a dinner was given Sunday evening, January 15th at Mrs. O'Malley's Tea Room. Combined with this, the sorority honored the new bride, Mrs. Dorothy Hallen Sheets with a linen shower.

Miss Georgianna Harris opened the semester activities with an informal tea, Sunday afternoon, January 22. Miss Edythe Gates and Miss Emma Louise McAdams were guests. Miss Gates is a junior transfer from Kirksville, Miss MacAdams a freshman student from Michigan. To these new girls—welcome.

A business meeting, the purpose of which was to elect our officers for the present semester, was held the evening of January 25th at the home of Beryl Freeman.

The president's chair was again bestowed upon the shoulders of Rebecca Richardson. The other elected officers are: Vice president, Dorothy Sheets; recording secretary, Georgianna Harris; treasurer, Beryl Freeman; escort, Maxine Seablom and corresponding secretary, yours truly, L. Overton.

The sorority held their pre-pledge "smoker" Wednesday night, February 1 in the form of a theatre party followed by supper at Boyce's Uptown.

Delta Omega extends friendly congratulations to all new students, to those who have returned after being absent, welcome back, and to the graduated class, best wishes for your success.

L. C. O.

ITS

The last month has been one of great activity for Beta chapter. Early in January we held a Senior Banquet honoring Ed. Jeranson at the opening of the new semester. A smoker was held for all new men of the school, which made us all realize just how far we have progressed in a short two years, since at that time only two active members remained in the chapter. This function saw 19 active and pledges present which is very encouraging to us, and shows the full cooperation of the active chapter.

Dr. Cash talked to us on "The Status of the Osteopathic Physician in the U. S. Army" which proved to be quite interesting.

Under the capable guidance of President Sloan the fraternity is slated for many interesting events for the coming semester.

Brother Barnes' article in the January Osteopathic magazine on Bacteria—"Man's Enemy and Friend" has been the subject of very favorable comment from all

readers, and Beta is proud to have recognized "Sib" as a man of worth and talent. Beta wishes to welcome at this time all new students and transfers to D. M. S. C. O. We hope they will enjoy immensely their stay here.

S. F.

AOF

Initiation of pledges Ansfield, Feinstein, Friedman and Bate-man took place at our Crinal Vault on January 24. Proceedings went off as planned and our sincerest congratulations to them and the pledges of other fraternities who have taken the long waited step.

With the new term well under way, most of us are back to our books and already longing for the good old summer time. Our best wishes and ever present thots to our Past Cerebrum Yarrow who is now interning at Lamb's Hospital in Denver. They tell us it's beautiful country up there and we know Al hopes it is true, especially the feminine scenery.

B. Weiss' R. B. Count is well on the way up, now reading at least three and one half million. If it keeps up he will soon have to pass his house haunting business to someone else.

Friday, February 3 a very interesting talk was heard by the boys from Rabbi Monroe Leven in Socialized Medicine. Pros and cons were discussed by the M. D.'s in the audience and a heated debate was narrowly avoided. However, a brilliant address and educational to all.

E. K.

N. O. I. C.

On February 3 we mailed ten letters to ten fraternity and sorority representatives with instructions for them to report, on or before a stated date, certain information necessary for this office to complete its work for the Dallas Convention. Just to show you what can be done by an old timer in Dallas we have a letter in this morning's mail from Dr. James L. Holloway of the Atlas Club with all the information we asked for. Soooooo the Atlas Club is the **first under the wire** and wins the gold plated theoretical plaque for promptness and cooperation. The standing of the remaining members of this Council follows:

Out in the open at work—

Alpha Tau Sigma
Axis Club
Delta Omega
Lambda Omicron Gamma
Phi Sigma Gamma
Psi Sigma Alpha
Sigma Sigma Phi
Theta Psi

Half out of the Dog House

Iota Tau Sigma

Still in the Dog House—

Acacia Club

We feel sure that by the next announcement that all of these will be under the wire except possibly the Acacia Club and to date we have not had one reply from five appeals to their president, Dr. A. G. Reed of Tulsa, Okla.

H. V. N.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....Arthur D. Becker

Faculty Adviser.....H. V. Halladay

Editor.....E. Harwood

Osteopathy Without Limitation

Osteopathic Therapeutics

(Number 6 in Series)
Region of Head and Neck
(Continued)

THYROID

The thyroid gland may become abnormal in several days. Congestion with slight enlargement of the thyroid is common in girls at puberty. Acute inflammation (thyroiditis) may rarely occur as a complication in acute infectious diseases. Tumor of the thyroid may occur, the most common being malignant (carcinoma) and more frequent in women than men. Malignant change, when it occurs, is usually found in the adenomatous type and after the age of forty.

One of the more common disturbances or diseases of the thyroid gland is enlargement, called goitre. Goitres may be classified into two groups, simple and toxic. The simple goitres include parenchymatous, colloid, cystic, fibrous, vascular, and a simple adenomatous type. The toxic goitres consist chiefly of two varieties, the toxic adenomatous goitre and the exophthalmic goitre (Graves' or Basedow's Disease). The toxic adenomatous goitre develops gradually and insidiously as a secondary change in the simple adenomatous type and occurs in the late thirties or early forties as a rule (Adenomatous goitres do not always become toxic). The exophthalmic goitre may be acute, sub-acute or chronic and occurs more commonly in women than in men, 5 or 6 to 1. Exophthalmic goitre, when it occurs, appears after puberty and usually before the age of thirty. Toxic goitres are characterized by more or less marked symptoms of hyperthyroidism, as exophthalmos, tachycardia, tremor, loss of weight, thyroid enlargement and definite increase of the basal metabolic rate.

Lack of minute quantities of iodine in the food or water intake is generally accepted as being an etiological factor in goitre and iodized salt is held to be preventative. Chronic infections seem to stimulate the thyroid gland.

Hypothyroidism (insufficiency) occurs in three chief forms: cretinism, myxedema of adults, and post operative myxedema (strumapriya). Cretinism becomes apparent at the age of six months to two years. The diagnosis is comparatively easy owing to lack of development and characteristic appearance. Myxedema of adults (Gull's Disease) is more common

in women than men and may show a familial tendency. Common symptoms are: increase in weight with dense brawny edema which does not pit on pressure; dry, rough skin; hair dry and harsh; features become coarse and thick; memory poor, pulse slow; B. P. low; and basal metabolic rate minus 20 to 40.

While our present knowledge of endocrine glands is still somewhat incomplete, it is quite apparent that there is a close interrelation between these so called ductless glands. The pituitary gland seems to occupy the most important controlling and regulatory position, affecting to a more or less marked degree all of the other endocrine glands, as well as having various general effects as stimulation of growth, water balance and fat metabolism. There is a very close relation between the thyroid, the adrenals and the sympathetic nervous system. According to Pottenger (Symptoms of Visceral Disease; 1938: pp 414) the thyroid with other endocrine glands affects gonadotrophic activities, blood sugar, growth, energy, calcium, metabolism and blood pressure. The chief function of the thyroid is to increase oxidative processes.

The nerve supply to the thyroid gland is both para sympathetic and sympathetic. The para sympathetic is from the vagus by way of the superior and inferior laryngeals and by a direct branch. The effect of this innervation is not well understood. The sympathetic nerve supply is from the upper 4 or 5 dorsal segments of the cord by way of the cervical ganglia and is both vasomotor and secretory.

Osteopathy early established a favorable reputation in the treatment of goitre and thyroid dysfunctions. The blood supply of the various endocrine glands is nerve controlled and their secretory activities are nerve controlled (the possible exception is the secretory activity of the ovary and testes).

The discovery of lesions of the cervical spine and of the upper dorsal spine and associated ribs and their evaluation and correction is most important. Particular attention should be given to lesion of the third dorsal vertebra and to upper cervical group lesions. Lesions of the clavicles should be discovered, if present, and corrected and the clavicles thoroughly raised and freed. It is rare indeed to find a toxic goitre case that does not have a well defined third dorsal lesion. These lesions of the upper dorsal and cervical areas may also more or less profoundly affect the pituitary gland by way of the superior cervical ganglion and the internal carotid nerve. Lower dorsal lesions should be detected and corrected because of the close association of the thyroid and the adrenal glands.

The prognosis of most cases of simple goitre is good under osteopathic treatment. Cystic goitres and fibrous goitres may require surgical treatment if pressure symptoms are extreme. In-

trathoracic goitres may become surgical. Exophthalmic goitres (Graves' Disease) respond well to rest and osteopathic treatment, if treated before they are too far advanced. Many brilliant results have been obtained in these cases. Most such cases require several months treatment. It is in the toxic adenomatous type of goitre that surgery has made an enviable reputation and in many cases is the treatment of choice. Most cases of myxedema of adults will respond favorably to osteopathic treatment. Cases of cretinism and post operative myxedema require thyroid extract in suitable dosage. Malignant disease of the thyroid is best treated by deep X-ray therapy. A. D. B., D. O.

Assemblies

Senior Class Day, Jan. 13

The final assembly of each semester is looked forward to with considerable interest being devoted to the graduating class. Dr. Halladay being confined to the hospital, Al Yarrows acted as M. C. and called the numbers offered by the finalists. Dick McGill opened with a number on the piano that called for more but time must go on. The A. I. B. instrumentalists appeared next and were loudly cheered. Then the class stepped out with the old high school standbys that we all enjoy. Harvey Bridenstine condensed the historical events of the past four years into a three minute review hitting the high places and occasionally dropping a class member into one of the low places. Of the original fourteen, six remained but four had been picked up along the way. The eight lost along the road were not a total loss for four of these are distributed thru other classes in the college.

Banjo Jeranson then came forward with the Will. The wit who composed this classic put a punch in each and altho many of the attributes were not transmissible they certainly were applicable. After 'leaves' by all of the class the author ended with "Jeranson—leaves the school, just leaves."

Bill Costello as Prophet was not to be outdone by any of those preceding him. Assuming the role of the Delphine Oracle Bill scaled the heights of his imagination but with much that could come true, least of all sparing himself. As the good prophet, which he should be, he did not predict any failures and with this in mind we hope he had the low down on his classmates.

Dr. Woods, councilor of the class, was called to the front and presented with a fine pipe and a load of Iowa soft coal, the combination to keep the chill Winter as far away as the length of the pipe stem.

With the official class ceremonies at an end, Dr. Becker took the dais and presented the

graduates with the honor certificates given by the college.

General Clinic—Velma Gehman, Gene Luebbers and Pete Marston.

OB—Velma Gehman, Gene Luebbers, Tommy Griffith and Pete Marston.

Anatomy—Velma Gehman and Gene Luebbers.

Band—Banjo Jeranson.

Sigma Sigma Phi Awards: Osteopathy—Bill Costello.

Service to the College—Velma Gehman.

With everyone happy and yet realizing that this class was about to leave us as friends and coworkers, the assembly closed and the lunch hour declared.

January 27

The first assembly of the new semester is always devoted to the presentation of the faculty. This time the "letter-of-notification-method" was used with considerable success and the stage was well filled. Dr. Halladay back on the job introduced the members of the faculty and each responded with advice, congratulations and an occasional story. We sincerely thank several of our busy teachers who made a special effort to be present taking time from other duties.

February 3

Another set program is that of the second assembly of each semester. This is specifically for the introduction of new students. Each semester we see new faces not only in the beginning class but in transfers from other colleges and old students who, having been out of school for some time, have returned to complete their course. The new class altho small is far from discouraging in numbers. It nearly replaces the number graduating. Michigan leads with Iowa, Colorado, Minnesota and Ohio following. Remember Alumni, we need more than replacement and we do thank our friends in the field for this fine class but for the good of osteopathy lets have them larger. In the check of the matriculants we find two returned after having been out for some time and to make us all happier we find five transferring from other colleges.

This list of additions to the roll sincerely does make us feel much better. The practical replacement of our graduates, the return of old students and the transfers will give us a very slight increase over the number of the past semester. Michigan is out in front with new students this semester and that means that the two rivals for this honor—Iowa and Ohio—will have to square their shoulders and take a firm step forward before the first of September.

DR. ALAN R. BECKER—

of the May '37 class and a recent intern at Wichita, has opened offices in Winchester, Ky. A very optimistic letter was received from him last week. We hope he needs an assistant soon.

I. S. O. P. S.

In Memorium—Dr. U. S. Parish, Still College '03, died suddenly from a heart attack, January 25, 1939. All who knew this loyal pioneer regret the loss of his valued counsel. Dr. Parish has been a continuous member of the State and National Osteopathic Association down thru the years. Dr. R. W. Parish, past president of Wisconsin Association, Manitowoc, Wisconsin, is a son of the deceased.

Board of Trustees

The Board of Trustees, in a special session January 8, accepted the resignation of Dr. W. C. Chappell, and designated Dr. Rolla Hook of Logan as president for the remainder of the current fiscal year. By virtue of his long service on the legislative committee, and his service this year on the Executive committee, Dr. Hook is intimately familiar with the major problems confronting the profession in Iowa at this time. His committee responsibilities during the past five years have required at his expense, many hundreds of miles of driving. Probably the practice of no member of the profession in Iowa demands more of his time than is the case with Dr. Hook. Previous to his advancement, he had this year developed a Four-State circuit of speakers for their annual conventions next May. Your 1939 Iowa convention will be too good for anyone to miss. He will tell you of it in detail in the next issue of Log Book. We predict that the Society is due for a new record of efficiency under the leadership of Dr. Hook. All of which goes to prove the contention that if you have work which must be done, give it to a busy man. Who, then can be too busy to help.

At that same meeting the Trustees directed that a committee from the Board should prepare amendments to the By-laws providing for a House of Delegates, as a means of more effective management of the activities and business of the Society, without interruption to the convention program. These and other amendments will be in the hands of the membership about March 1st. Please give them your studied attention.

Circuit Meetings

The annual February Circuit of District meetings will bring President Hook, and Dr. J. S. Denslow of K. C. O. S. as guest speakers to the following districts participating in the plan:

Third District, Washington, February 14th; First District, Davenport, February 15th, (Hotel Black Hawk); Fourth District Waterloo, February 16th, (Hotel Russell Lamson); Second District, Council Bluffs, February 17th, (Hotel Chieftan).

Dr. Hook presents a message on Association affairs, and Dr. J. S. Denslow will present and demonstrate "STRICTLY TECHNICAL." Radio Chairman Dr. Thos. Lange, is developing plans for

special broadcasts over WHBF, Rock Island, and WMT, Waterloo in connection with these meetings. As usual, Dr. N. A. Cunningham is ably handling the press relations for all meetings. In addition to the above guest speakers, and local district speakers, there will be presented for the first time in Iowa Dr. Ralph Rice' new movie on "Second Dorsal." This was quite the sensation of the Cincinnati convention. All meetings begin promptly at 1:30 and will continue thru dinner for important evening sessions. Plan now to attend the nearest meeting.

Legislation

The legislative committee report that to date (1-27-39) five bills have been introduced which concern the profession. Ask your representative to send you HF. 13, HF. 30, HF. 54, HF. 57, HF. 58, and HF. 59. Your legislative committee has held many long sessions during recent months. They have not requested, nor do they expect mileage, meals nor per diem. But, to carry out their well considered plans involves cash money. In view of the situation from various angles, the Board of Trustees expressed appreciation for their faithful efforts as they voted unto themselves the responsibility of securing definite district quotas to make up funds needed NOW. The Trustees from your district will appreciate knowing that you are one who wants this work done. Tell him so with a personal check TODAY.

Public Health

A revised edition of "Rules and Regulations" of the Iowa State Department of Health relating to communicable and other reportable diseases is now available. This edition (1938) repeals all regulations prior to 1935. If you have not received your copy, it may be secured by addressing your request to Iowa State Department of Health, Des Moines.

Membership Applications

In accordance with Section 1, Article II of the By-laws, the following applications for membership, received during January, 1939, are submitted:

Myron Bos, Des Moines; J. K. Johnson, Sr., Jefferson; J. K. Johnson, Jr., Jefferson; Bernice DeConly, Council Bluffs; E. H. Phillips, Garner; L. A. Utterback, Perry; Eugene Luebbers, Still—'39; Thomas R. Griffith, Still—'39; Frank Ward, K. C. O. S. '39, Oskaloosa.

F. A. Gordon, D. O., Secy.

South Dakota

The next examination will take place March 15-16. All applications should be sent to C. Rebekka Strom, secretary, 321 South Phillips Ave., Sioux Falls, S. D., before March 1.

Polk County Osteopathic Association

The Polk County Osteopathic Association held the February Dinner Meeting at the Hotel Kirkwood on Friday evening the tenth at six-thirty.

Two important issues were brought before the business session. First, the report of the Des Moines Still College Alumni Committee created a very lively discussion following the announcement of the plans set forth by the alumni of the city to augment the college staff. Further announcement will be made in the near future.

Second, the Legislative Committee of the Iowa Society presented a very vital report of its recent activities in regard to measures coming before the current session of the forty-eighth Iowa Assembly.

Doctors Graney and Woods presented a very comprehensive symposium on "Kidney Diseases" which was followed by an open forum led by Doctor Campbell in which a goodly number of physicians present, contributed valuable suggestions from their own experiences in the treatment of kidney disorders.

O. E. Owen, D. O., Secy.

Speaking of Cooperations

When this is read by you (if it ever is) I will have been out of the hospital a month and most of the incidents pushed back farther into the dim and distant past. This being one of my uncommon appearances in the role of an invalid it seems to have excited considerable interest from the beneficiaries of my insurance policies and a few friends. I feel duty bound to chronicle the events of the four or five days preceding the hospitalization and make a final report, all for the benefit of posterity.

Herpes Facialis Ophthalmia

It begins with headache a few days before any visual evidence appears. I consulted J. P. about this constant headache fearing that it might be a brain tumor. "Anatomically impossible," was his reply, thus confirming the universal belief of his friends in his uncanny ability as a diagnostician. Well, at least I have that consolation left, that, like the fellow with no appendix; with no appendix—no appendicitis.

The swelling and vessicles appeared and the day came when it was that best to hie to the hospital for consultation. This proved my Waterloo for there was no consultation. I was put to bed.

The pain and inconvenience was not lessened by the knowledge that here I was on my way to a room without my flannel nightgown and I was not sure about my sox. It seemed to me that the right one had a hole (a very small one) in the toe. My embarrassment was heightened when the nurse handed me a hos-

pital gown that I am sure must have been designed for a 5 year old girl. My only consolation was that within an hour I would have my own necessities but to my chargin that hour dragged out to a mere matter of five hours of mental torture with the bed clothes drawn tightly up around my neck.

I will skip the details and try to bring out only the high lights of the week that followed. Osteopathic treatment, hot packs and violet ray with rest constituted the routine. The first forty eight hours were the worst as it was hard to change some of my regular habits and during that time the pain increased and the swelling closed my right eye. Hemorrhages begin to appear on the forehead and scalp and the sores were really colossal or something. The end result of these are some dimples where they do not add to my beauty at all.

To compensate for this confinement Paul Park, Fred Campbell, Emil Braunschwig and other local wits came in and offered sympathy in their own inimitable way. Flowers and numerous cards from the students kept up the morale and the privilege of dictating some and helping to plan the Log Book whiled away some of the dragging hours.

While still in the red of condition the hospital put on their annual Polk County meeting so I dressed and went down attending the feed and stayed over for a meeting of the State Alumni Association immediately following. This was not enough so at the invitation of Paul Park I stood in with camera at a delivery which necessitated a podalic and I doubt if I could have done better myself. Paul really knows how to make an acrobat out of an unborn child. The pictures came out normal so I felt my technic was equal to that of the accoucheur.

By the end of the week I was fairly presentable yet still looked as if I had been greeted by a right half-breed Sioux. The coffee had begun to taste less like Tourist's Special, the food was good and I was in a good old fashioned grouch so J. P. said that being the best sign of recovery I could go home. Aside from the pain which still hangs on I am back at the old stand and carrying on about as usual.

My thanks to the staff for their attention; to the interns for osteopathy and for the enlightening bull sessions (after 9:30 p. m.); to the nurses for overlooking my sarcasm; to Howard Spork for his work on the Log Book and to my friends for their kind solicitations. H. V. H.

DR. BERNIE MOELLER—

of the May '38 class has changed her name. On December 16 she and Mr. Joseph Connelly, Jr., were married and are now at home at Boone, Ia. Our best wishes, Bernie.

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 17

March 15, 1939

Number 3

Alumni News

Our national Alumni association under the leadership of Dr. H. E. Clybourne of Columbus, Ohio has undertaken the real job of getting you graduates organized and informed. Another important feature of this program is the annual banquet and reunion this year at Dallas. As to the first part of the program we are glad to report considerable progress during this past month. Iowa is perhaps a little in the lead towards the completed program for they have had a number of important meetings and have completed arrangements for several talks to be made in the Junior colleges and other schools in the state. Bob Forbes of Ft. Dodge is getting out a state Alumni bulletin and the secretary reports that the membership is gradually increasing as the contacts are made. Iowa needs to do something, for Dr. Willard's report on the state is not very flattering.

Ohio and Michigan have state organizations at work and while no report has been received during the last month we know from letters that Tracy Patrick of Ohio and Bob Morgan of Michigan are on the job and have plans that are being carried out. Appointments have been received of new states added to the three that have been working. We sincerely hope that these new appointees will soon catch up with those that have been working a little longer.

Dr. L. Verna Simons of Grand Rapids, Mich., is in charge of the annual banquet and reunion to be held at Dallas this year. She is working on some plans that will make the program outstanding. A recent letter written by Dr. Becker asked for your presence at this banquet and an expression from you as to possible attendance. If you have not answered this please do so for we want to plan for you.

The Big Snow

Everything practically stopped in Des Moines for one day when we awoke the morning of February 28 covered with a blanket of about two feet of snow. Charlie and a few students managed to get to the college but Old Man Winter, giving us a last kick in the pants, kept nearly every one busy all day shoveling a way out. A few more inches were added March the fifth but at the present writing the sun is out and the streets cleared and we hope that Spring is just around the corner.

Des Moines Still College of Osteopathy

Presents a Full Week of

POST GRADUATE REVIEW AND CLINIC

May 29 to June 3 Inclusive

Make your plans now to attend this concentrated review and clinic. As usual there will be no charge. Our board and faculty, augmented by two nationally known leaders in specialistic fields, invite you as our guests for this week.

Dr. R. R. Norwood of Mineral Wells, Texas, nationally known for his research and practice in the field of Rectal Diseases will lecture and demonstrate for the week. Many of you have wanted this course and this is one of the few chances you will have to hear and see a physician who knows. Dr. Norwood is an Alumnus of our college having graduated in 1903. His private hospital in Mineral Wells is recognized as an outstanding institution and his standing in the profession is evidenced by the high offices he has held in his specialty group. You will want to hear every one of Dr. Norwood's lectures.

Dr. H. E. Clybourne of Columbus, Ohio, nationally known in the field of foot research and technic. Dr. Clybourne is also a graduate of our college and the national president of our Alumni Association. He not only plans to give you the latest in foot care but will conduct a special meeting of our Alumni in the interest of the college.

OUR POST GRADUATE FACULTY

Arthur D. Becker	Cardiology
R. B. Bachman	Obstetrics
B. L. Cash	Roentgenology
L. L. Facto	Clinical Osteopathy
Mary E. Golden	Pediatrics
C. L. Gordon	Technic
H. A. Graney	Surgery
H. V. Halladay	Athletic Injuries
E. F. Leininger	Gynecology
H. J. Marshall	Oto-Laryngology
O. E. Owen	Clinical Pathology
J. P. Schwartz	Surgery
J. M. Woods	Clinical Osteopathy

A complete program of this special week of review and clinics will be ready for you in the next issue of the Log Book. Watch for it and make your plans to be here for the first hour and remain thru the week. Time will be gained by attending this intensive course.

On To Dallas

We have very little time to remind you of the coming national convention at Dallas. We do have on our desk, letters and other items that plainly indicate that Dallas is getting ready and everyone concerned with the convention is at work for your comfort, entertainment and instruction. The program is completely planned and will be filled with all those things that you want to hear. The arrangements are such that will enable you to attend in comfort even if the temperature does ascend beyond your ideals, for the housing is in reliable air conditioned hotels. The last part of June is ideal in Dallas for the city has burst into full bloom and will offer you many forms of beauty and other entertainment for the eye and ear.

Many reservations have already been made and while there is plenty of space left if you are at all choosy it is best to make this contact for your accommodations before another month has passed. In less than three months we will be there. That is not a long waiting period and Time has that habit of marching on with a quickened step.

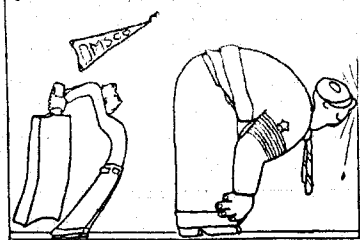
Basketball

The past week has been one of considerable activity with the state girls basketball tourney on tap. Four of our Senior girls have been in attendance in the capacity of trainers and physicians when the need and opportunity offered. Louise Michael, Rebecca Richardson, Edythe Gates and Gertrude Ganfield have been on the job for the four days of the meet. The week of March 13th will see the boys go into action and several of the Seniors will be at the Drake field house in constant attendance. The Drake Relays are not far away and thru these events Still College students make actual contacts with some of the largest athletic events in the country.

A Fine Gift

Des Moines Still College of Osteopathy has received \$30.00 from the Iowa State Osteopathic Auxiliary to be used in providing hospitalization, when necessary in clinic confinement cases, and where the clinic case is not able to finance such needed care. This is a most constructive activity and the Auxiliary is to be highly complimented in this fine gesture. Thanks.

FRATERNITY NOTES



ΨΣΑ

The first banquet of the month was held at the East Des Moines club, February 15. Dr. B. Ruth, Orthopedic surgeon was guest speaker for the evening, he gave us a very interesting talk on "Fractures and Dislocations of the upper extremity." A profitable evening was spent by all members and pledges. We were happy to have the following as guests for the banquet: Drs. Becker, Cash, Fagen, Graney, Leininger and Owen.

Psi Sigma Alpha had charge of the assembly program Friday, February 24 and presented Rev. Dawson, a minister in the city, who spoke on "The Ideals of Democracy," he gave us many new ideas and we also learned a few things about the Scotch and it wasn't scotch and soda.

Then came the storm and what a storm "the worst in Des Moines history" and consequently the second banquet of the month was postponed. Dr. Facto was to be guest speaker for the evening and all of us had been planning on a very enjoyable evening. We hope to have Dr. Facto with us in the very near future.

March the 4th marked the opening of the Annual Bowling Tournament sponsored by Sigma Sigma Phi. Our first opponents were the Alumni and we had thought that those in practice would be out of condition but were we taken. Catching those OB's certainly gives a wicked throwing arm. What about it Dr. Leininger.

But we did discover a mighty bowler among us, he turned in a colossal score of 29. What have we got to worry about with Jess on our team. The evening was a success and a lot of fun. Don't forget bowling on Friday.

The second monthly meeting of Psi Sigma Alpha was held at the Phi Sigma Gamma house and among other things we were reminded of the annual Interfraternity Council banquet to be held March 15. Try to be there. A. F.

ATLAS CLUB

The forced vacation a couple of weeks ago, due to the heavy snow, was a God send to many students who were stricken or convalescing from the recent flu epidemic. The one day or rest helped the Sophomores, especially, who are always glad of a "breather."

Max Bergau and Don Brail have been pledged to the Atlas Club. The pledges did their first

road work last month, and seemed to enjoy it.

Last month, Doctor Owen spoke on "Adiposity" which was very entertaining and interesting to all his audience. We hope to have the privilege of hearing him again, in the future, on our Practical Work programs.

We were quite surprised to see our bowling team turn out in their new outfits at their first public appearance. We are expecting them to get "more timber," since the outfits should help. What say—keggers?

We have received a short report from the Social committee and they inform us that many interesting things are in store for the Club.

Many of us have been working at our utmost, to get the first edition of the Atlas Bulletin ready for publication. It should be of great interest to all of us. You should:

See Ivy's new pajamas!
Hear Brail and McGill at the piano

Watch Bergers face when a certain girls name is mentioned

See Watt racing to answer "that" phone.

Talk to Drews about his latest —"Below the diaphragm with Drews"—and McGill's "Grass around the Gracilis"

We like Jackson's Casanova's excuse for piano lessons at the Pub but we do believe there are other things more attractive there than just the music.

Taylor's smooth temperament is no doubt due to his connections with the Chamberlain laboratory—or is it?

Clean white shirts have replaced sweatshirts and sweaters and smoothly shaven faces, are indicative of one thing—pictures for the Stillonian. The ordeal seems to have been too much, for most of us are hesitant to view the results.

J. S. C.

ΦΣΓ

On Saturday, February 25, Phi Sigma Gamma held its informal initiation of pledges. The formal initiation was held on Sunday, during which time Howard W. Morey, Robert M. Woods, Charles X. Hall, James N. Fox, and G. Howard Wirt were taken into the organization. A banquet followed the proceeding, at which Dr. O. E. Owen was the principle speaker. Brother John Edgerton, pledgemaster, was in charge of the initiation.

May 27th is the date set for Brother Millard's marriage to Miss Charlene Henson of Des Moines. Judging from all the planning, it is going to be a very elaborate affair, and everyone is looking forward to it—especially the cigars. Good luck Cliff.

On Sunday, March 5th, the fraternity entertained Dr. Kilgore at its noon luncheon. Interesting discussions were heard until late in the afternoon.

We have been unaware of the fact that an Indian is in our

midst. He calls himself "Chief Bluff." We'll be hearing more about him.

The noise in the dormitory doesn't seem to bother Brother Ferris anymore. I wonder why?

With the semester thinning away, there seems to rest upon the faces of the Seniors a pale, expressionless look. Can it be the approaching of the crucial hour?

During the last month the fraternity entertained one of its alumni, Dr. Zyzelewski, who is at the present time practicing in that Golden State of opportunity—Michigan.

"Man should study and use the drugs compounded in his own body."—A. T. Still.

J. M. Y.

ΣΣΦ

Now, that the six weeks examinations are over and a "bit" of relaxation is in order; the fraternities are concentrating on bowling. Two rounds have been played and four more are to be played which will determine both team champion and individual champion. Thus far, Joe Robertson has been very fortunate to win honor in first round, scoring 196. Jack Miller had the high average for the night. We are hoping during the duration of this fine tournament will stir up enough interest in each and everyone of us to go out and "root" for his or her favorite team. Sigma Sigma Phi is proud to announce new additional members: Irving Walters, Jack Miller, Harold Bowden, and John Hagy.

E. S. I.

N. O. I. C.

We are in a little better humor than last month but not perfectly happy yet. Give twelve people something to do by a certain time and at the call, ten of them will have it done but the law of averages rules that two will not have the job cleaned up. This month shows considerable progress but every organization at this time should have something very definite and the preliminary plans completely made. Read down this list. Clip the information that you are interested in and file it for your future conduct. We are reporting according to alphabetical listing.

Acacia—Some very indefinite information received. They plan a banquet and reunion but have not given us either the price or place. We may have this in another month or we may not have it. Unless this information comes to us soon this organization will be left off of the list and will have to shift for themselves at the convention.

Alpha Tau Sigma—O.K. Banquet and Reunion Tuesday, June 27 at 7 p. m. Parlor 2 Mezzanine of Baker Hotel. Tickets \$2.00.

Atlas Club—O.K. Banquet and Reunion Tuesday, June 27 at 6:30 p. m. at the Palm Garden of Adolphus Hotel. Special en-

tertainment. Tickets \$3.25.

Axis Club—O.K. Banquet and Reunion Tuesday, June 27 at 7 p. m. Parlor C, Adolphus Hotel. Tickets, \$2.25.

Delta Omega—Will meet and will have the usual banquet and business meeting. The place is not definitely decided upon yet as the first choice did not conform exactly with the ideas of the convention committee.

Iota Tau Sigma—O.K. Banquet and Reunion Tuesday, June 27 at 7 p. m. Parlor A, Adolphus Hotel. Tickets, \$2.50.

Lambda Omicron Gamma—Have their official meeting in April in New York, but may get together for an informal dinner. Not definitely settled yet.

Phi Sigma Gamma—Repeated efforts have not been successful in getting any information from the local representative L. K. Wilson. L. J. Grinnell writes that they will have definite plans by the first of the month.

Psi Sigma Alpha—O.K. Banquet and Reunion Monday, June 26 at 7 p. m. in Parlor of the Adolphus Hotel. Tickets, \$1.75.

Sigma Sigma Phi—O.K. Banquet and Reunion Monday, June 26 at 6 p. m. in Parlor of the Adolphus Hotel. Tickets, \$2.25.

Theta Psi—O.K. Banquet and Reunion Tuesday, June 27 at 8 p. m. in Parlor 1 Mezzanine, Baker Hotel. Tickets, \$2.50.

N. O. I. C.—O.K. Luncheon Monday, June 26 at 12 noon. Room 424 Baker Hotel. Tickets, \$1.00.

Notice that eight out of twelve have their plans completed. Two have done something but not finished and two have done nothing. Six prompt letters could finish this job if those in charge would do their part.

H. V. Halladay, Exc. Secy.
N. O. I. C.

A New Trustee

At the meeting of the board of trustees February third the resignation of Dr. Glenn E. Fisher was accepted and his place filled by the election of Dr. Howard Graney of the faculty and hospital staff. Dr. Fisher in his letter of resignation made it very plain that he wanted to still retain his membership on the corporate board and we are very glad to keep him in the family.

Dr. Graney graduated from the college in 1933. He spent one year as an intern in the Des Moines General Hospital and another year taking post work in Surgery. For the past four years he has been first assistant to Dr. J. P. Schwartz who divides the surgical lectures with him at the college. We welcome Dr. Graney to the responsibilities of the more detailed management of college affairs.

DR. J. W. CLARK—

of Delphos, Ohio was recently appointed Health Commissioner of the city. Newspaper clippings state that his selection was by unanimous approval. We also approve.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....Arthur D. Becker

Faculty Adviser....H. V. Halladay

Editor.....E. Harwood

Osteopathy Without Limitation

Osteopathic Therapeutics

(Number 7 in Series)

Region of the Thorax

ACUTE BRONCHITIS

Acute bronchitis, or more accurately, Tracheo-bronchitis, is a very common condition and occurs as part and parcel of many common colds by direct extension. It is infectious and usually contagious and may occur in more or less localized epidemic form. It is more common with the onset of cold weather, in the fall, and again in the late winter and spring. Lack of adequate humidity in artificially heated rooms is an important predisposing factor. Osteopathic lesions of the thorax, more particularly the upper thoracic vertebrae and associated ribs also act as predisposing causes by impairing the normal inherent resistance of the tissues of the upper respiratory tract. Such lesions impair normal vaso motor tonicity and change the chemical balance of tissue fluids.

The infection is usually a mixed infection with the pneumococcus, the influenza bacillus, streptococcus, staphylococcus, and the micrococcus catarrhalis being among the more common organisms found. The mucous membrane of the trachea and the large and medium sized bronchi is swollen and reddened and for the first twenty-four to forty-eight hours is dry and hypersensitive. Usually after thirty-six to forty-eight hours a mucous exudate is poured out upon the surface of the mucous membrane which rapidly becomes mucopurulent and in many cases becomes purulent.

Acute tracheo bronchitis occurs as an associated condition in typhoid fever, in measles, in the ordinary pulmonary form of influenza, as part of labor pneumonia, in asthma and in whooping cough. It may occur as the result of the inhalation of irritating substances such as chemical fumes, dust and gases.

The ordinary case of acute tracheo bronchitis in the adult is usually not a serious disease and responds readily to treatment. In babies and little children, and in the aged, it is much more likely to be serious and has a marked tendency to extend into the finer bronchioles and into the capillary bronchi. Today we recognize that the condition formerly diagnosed as acute diffuse capillary bronchitis is really broncho pneumonia.

Symptoms in acute tracheo

bronchitis vary with the extent and intensity of the involvement and with the local and general resistance of the patient. Early symptoms consist of a sense of weight and substernal oppression amounting in some cases to extreme distress. Cough early is painful and frequently of a spasmodic character and is non productive or with possibly a slight sticky sputum. In very acute cases the sputum may show blood streaks. There may be fever or one or two degrees, accelerated pulse, a slight leucocytosis and aching of head and limbs. If the medium and smaller bronchi are involved there may be early sibilant rales. As the exudate becomes more free the pain in the chest lessens, the cough becomes loose and productive and bubbling rales may be heard.

Many mild cases of acute tracheo bronchitis get along well under treatment without being confined to bed. Avoidance of fatigue and of cold air, with adequate fluid intake, a light nutritious diet and correction of osteopathic lesions of the cervical area, the cervicodorsal junction and of the upper thorax is entirely adequate in a large majority of cases. Correction of lesions of the upper four or five ribs are of marked importance. These cases should be carefully examined to detect lesions, not only of the areas mentioned but of the clavicles and of the entire thoracic cage. Osteopathic diagnosis and treatment consists in finding lesions, evaluating lesions, and then normalizing those lesions and the associated lesion pathology. For the cough, particular attention should be given to normalization of contracted and contractured muscles in the second and third intercostal spaces (especially on the right side) and to the upper fibres of the trapezius.

In the more severe and persistent cases, with marked toxemia and other aggravated symptoms, rest in bed is necessary with osteopathic treatment twice daily. Counter irritation of the chest is beneficial and the use of a pneumonia jacket, to keep the entire thoracic wall warm, is well indicated. Saturation of the air in the sick room by means of the evaporation of water, containing three or four drops each of camphorated oil and oil of eucalyptus is of definite benefit in relieving chest pain and cough. A daily enema is to be used if necessary. Any active or marked purgation is unwise as it lowers general resistance. Sedative medication for the relief of cough is to be avoided, if possible. Excessive use of expectorants is undesirable because it tends to upset the stomach. Refer again to the preceding paragraph on the osteopathic treatment of cough.

Arthur D. Becker, D. O.

DR. AND MRS. W. S. ASPEN-GREN—

of DeKalb, Ill., announce the arrival of Alfred Emil, February 12.

Assemblies

On February 8 the college was honored by the presence of Drs. Blackburn and Whipple of Kentucky state associations that they are anxious for more graduates in osteopathy to come into the state. There was no doubt in their sincerity and undoubtedly there are many opportunities there as in other localities sparsely populated with our profession.

A fine film of the anatomy and physiology of the foot was offered on February 17. This film is to be sent to the library of the A.O.A. for use by the profession. If we may offer some comment it would be that too much is covered in too little time. It seems to us that one subject only should be attempted in these films and that taken up in considerable more detail than this and some other films we have seen to show. Our profession certainly needs more educational films but they must not make us think too fast.

The Psi Sigma Alpha fraternity sponsored the assembly of February 24 bringing to the platform Rev. Dawson of the city. His talk was an inspiration since it was along the line of our duties and privileges as a citizen of our country. His interpretation of the integrity of the individual as shown by our popular and free democracy was fully appreciated by the student body.

A highly entertaining and instructive Hawaiian program was enjoyed March 3 thru the efforts of Max Bergau. A film secured from the Chamber of Commerce of Honolulu together with original musical accompaniment by a real Hawaiian, George Kahell and with occasional interpolations by Max in person, transported the entire student body to the beautiful isles for the entire assembly time. With the temperature hovering around zero outside it left us with that sad feeling of coming back to earth and Winter in Iowa but with the knowledge that Hawaii is ours if we but travel there for it. Thanks to Max and George.

Ethical publicity was the topic of an interesting and very instructive lecture with slides given on March 10. Dr. Becker received this from Dr. O. M. Walker, Bloomfield, N. J., and it should be seen and heard by every member of the profession. We know this is a subject for discussion but the limits of dignified and ethical advertising are clearly drawn and they must be seen to be appreciated.

Seniors Married

Two popular members or the January, 1939 graduating class who have been under suspicion for the past several months were married March 3 at the Little Brown Church in the Vale at Nashua, Ia. They are George (Pete) Marston and Velma Gehman. Our congratulations and best wishes go with this couple to Lewis, Iowa where they will open an office soon.

Northwestward Ho!!!

We recently received an optimistic communication from an old friend in the N. W. He tells us that Basic Science reciprocity is now possible between Oregon and some of the middle western states and that they need more members of the profession in the N. W. Territory. The time at which these examinations have been given in the past has been discouraging to some students. Now that these can be taken earlier in the course and with reciprocity assured we feel certain that more of our graduates will locate in the Northwest.

Personally we have a most kindly feeling for this part of the country. The fellows we know out there are doing wonderful osteopathic work. Several of them are old time windjammers and there is always a stronger bond between members of that tribe. We have always been able to get a handout when we stopped regardless of the time of day and the scenery and opportunities for recreation are there in profusion for your enjoyment. Osteopathy is in need of more practitioners in this part of the country as well as any other part and if you are looking for a location where you will be welcome in every way give this section of our country a shot. We personally like a hot dry climate and that may account for our enthusiasm for the more southern climes but we certainly have enjoyed several marvelous trips into the Northwest and we will be out that way again as soon as time and finances permit.

We must add this which is for all of you. If you want more osteopathic physicians in your state send them to us as students from your community and we will send them back to you with the best in osteopathic education.

Deaths

Dr. John P. Eneboe of the class of 1902, passed away at his home in Sioux Falls, S. D., January 20. He had practiced osteopathy in the same location for 37 years and up until a very short time before his death had been able to see a few of his patients.

The death of Dr. Don Baylor of Salem, Oregon was a shock to his many friends. Don, during his four years at Still College, was an important link in all student activities and editor of the Log Book for three of the four years. We have not been able to get the detail report of his last illness but we know his practice was very heavy and for some time he has not been in the best of health. An unconfirmed report states that he died of Hodgkin's Disease in the Veteran's Hospital at Portland.

DR. MARY GOLDEN—

of the faculty, spoke before the Nightengale Club March 14 on the subject, "Woman, Whither Goest Thou." Guests included the Nightengale class of the Central Church of Christ.

I. S. O. P. S.

May I thank you one and all for the hearty reception, received at the various districts meetings last month, and for your splendid cooperation, this kind of cooperation goes a long way to help us make this a stronger organization and to terminate a successful year.

"Publicity"

During the year 1938, public health radio programs prepared under and approved by the Committee on Public and Professional Welfare were used by regional divisional-district and local societies in 449 broadcasts (mostly fifteen minutes each) over 83 radio stations in 71 cities in 27 states. This activity is being most ably handled by Chairman Lange, and his sub committee. This form of public education by radio is becoming more and more an important part of the professions plan of Public Relations and Public Health. It was a great privilege to broadcast health topic over W. H. B. F., Rock Island and W. M. T., Waterloo in connection with the district meetings and I wish to urge that the local committees continue these contacts, now that they are established. This is a great source of Publicity and education for our profession. Stations K. F. J. B. at Marshalltown, Ia., and K. F. C. J. of Boone, Ia., are the two other stations available for health talks. Lets make this form of education and Publicity a major issue for the coming year.

"Legislation"

Your legislative committee has been very active during this session of the legislation, and has been most successful in overcoming adverse and discriminatory phases, of numerous bills, which would have been most deleterious to our professional welfare. Dr. Klein, with the able assistance of Attorney James have been untiring in their efforts; spending hours from their practice day and night whenever the occasion demanded, making the proper contacts necessary to amend our needs.

I want to thank the members here for the most pleasing manner in which they have responded to the call for the legislative quota—it has been indeed gratifying to your Executive and Legislative Committee to see this cooperative response. The legislative committee will have a great report to make at the State Convention.

"Constitution and By Laws"

Within a few days you will receive the revised copy of Constitution and By Laws with the new amendments. Please read them over and over and digest the contents, and have them well in mind at the business meeting of the convention.

"Health Insurance"

The public mind today has be-

come Health Insurance minded. And as Osteopathic Physicians to protect our practice and our patients for Osteopathy we must go into the insurance business. Sell our patients or instruct them on cooperative plans or companies that include Osteopathic Physicians, Re-Medical Cooperative or Health Insurance.

Any group of individuals can form an association to purchase medical care for themselves. The medical care they purchase may be exclusively allopathic, or it may be exclusively osteopathic, or it may include both. So long as it is supported by the private contributions of the members of the association, the type of medical care is absolutely in the control of the association.

Local medical societies and hospital groups are burning the midnight oil concocting schemes offering the services of their member physicians and institutions to low income individuals on a monthly pre-payment basis. They are doing that with a frenzy in order to forestall health insurance legislation. In the meantime these schemes are being applied to a larger and larger body of the people of this country. All of them offer medical care cheaper than the individual could buy it elsewhere, and all of them are restricted to the services of M. D.'s. The low income individual who HAD PAID IN ADVANCE for complete medical care from M. D.'s is CERTAINLY NOT A LIKELY PATIENT FOR OSTEOPATHY.

If we take no part in providing care under private cooperative or group health plans or when health insurance comes, if our participation is not protected, then our practice of the future will be restricted to the group in the income level of \$3,000 or more per year. That would drive us into the field of an upper crust specialty, and no school of medicine can survive on any such basis. That is why the Iowa Society of Osteopathic Physicians and Surgeons, Inc. advised you following the Cincinnati convention last year, to prepare for all types of local unions, cooperatives, garages, Farm Bureaus, etc., to take up with inspired plans for voluntary purchase of medical care. Your society is committed to the policy of cooperation for development of a compulsory type of Health Insurance Law in Iowa PROVIDED FREEDOM OF CHOICE OF PHYSICIAN AND SCHOOL OF PRACTICE ARE EXPRESSLY GUARDED IN THE LAW.

Health insurance is an extension of the group health pre-payment idea from local private plans to a State plan with a coverage of all the people below a certain income level in the State. In other words, instead of a number of local groups,

there would be one State group, and instead of it being a voluntary pre-payment scheme supported entirely by private contributions, it would be a compulsory pre-payment plan supported by contributions from employers, employees, and the State.

In the meantime, there are things to be done.

In localities in your territory where there are enough of you to feasibly do it, you ought to arrange a get-together to consider offering a partial or complete professional and hospital care to the low income persons in the locality giving choice of physicians among the participating members of your local society. There is no use trying to crash private (as distinct from State subsidized) medical schemes inspired and controlled by the medics. All employee organizations in your territory are now group health conscious. They are all ripe for the suggestion of group medical care. They will all be sewed up by the M. D.'s if the organized osteopathic profession in their localities does not come forward and assert a willingness and will cooperate. San Francisco, has adopted a health service plan for its employees. The plan provides for choice of osteopathic physicians by the employee and it gives all osteopathic physicians the right to participate. Consider whether such a plan ought not to be adopted in selected parts of your territory. The Iowa Society of Osteopathic Physicians and Surgeons, Inc., will advise yith you in all these things, BUT THE INITIATIVE RESTS WITH YOU.

We have recently learned through the Insurance Companies that do recognize D. O.'s information as to these companies will be gladly given, by Executive Committee.

"State Convention"

Mark your calenders now for May 11th and 12th for State Convention. We have just completed our tentative program developing a Four State circuit of speakers. These speakers making a circuit of meetings from Danville, Ill., to Minneapolis, Minn., to Huron, South Dakota the program chairman of the to Des Moines. In contacting above mentioned states, we had each prepare a list of speakers wanted to be heard; from this compilation, a rostra of speakers was built and sent to each chairman for him to select six men with the thought that all would not be available, these six were invited to make the circuit, only three were available. The three to make this four state circuit are Dr. C. C. Reid, Denver, Polyclinic and Postgraduate School, Dr. J. Donald Sheets of Detroit Osteopathic Hospital and Dr. Wallace M. Pearson of Kirksville College of Osteopathic and Surgery these will make the major part of the program, other features being added. Can you get a more variable group? You can't afford to miss this rare

treat for these men all have a wonderful message well worth hearing.

And it is now time to get your dues to the A. O. A. and State taken care of if you are not a member please note the following.

COPY OF A LETTER RECEIVED BY A SECRETARY OF A BOARD OF OSTEOPATHIC EXAMINERS.

(This letter would not have been written had Dr. been a member).
Dear Doctor:

This office is today in receipt of a communication from the United States Employees' Compensation, Washington, D. C., with reference to a voucher in the amount of \$6.00 submitted by Dr. for services rendered a Government employee.

This letter states that Dr. is listed in the 1938 Directory of Osteopathic Practitioners as a non-member, and it would be greatly appreciated if you would advise this office by return mail whether Dr. is licensed to practice in the State of and also advise the scope of practice permitted under his license.

Works Progress Administration
Division of Finance

Yours very truly,

The executive offices receive letters of this type frequently, do you want to be in this predicament.

Rolla Hook, President

Applications for Membership

During February the following applications for membership in the Iowa Society were received: Velma Gehman ('39) Des Moines; Geo. W. Marston ('39) Dexter; H. M. Patterson, Mediapolis; T. C. Stephenson, Cedar Falls; H. D. Meyer, Luverne.

F. A. Gordon, D. O.
Secretary-Treasurer.

Polk County Osteopathic Association

The March meeting of the Polk County Osteopathic Association was held at Hotel Kirkwood on Friday the tenth. After the dinner, Dr. Farmer conducted a brief business meeting which was adjourned in favor of the very constructive papers presented by Doctors Woods and Graney.

Doctor John Woods discussed the subject of nephritis from the standpoint of etiology, classification, diagnosis and treatment.

Doctor Howard Graney presented a practical consideration of the problems arising in the lower excretory tract, laying chief emphasis on stricture.

Following the formal papers, both of which were very well presented, the meeting was turned into an open forum on the general problems arising in the handling of kidney pathology.

The April meeting will embody a discussion of the gallbladder by Doctor Paul Parks.

O. E. Owen, D. O., Secy.

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 17

April 15, 1939

Number 4

Forty-first Anniversary POST GRADUATE REVIEW and CLINIC WEEK

All graduate members of the Osteopathic Profession are invited to join with us in six days of study and clinical demonstration.

May 29 to June 3rd inclusive

Classes begin at 8:00 a. m. each day

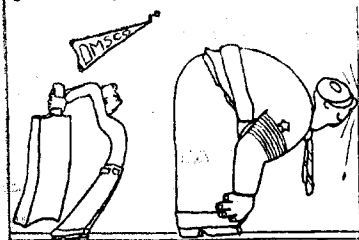
No Tuition Charge

Certificate of Attendance

DES MOINES STILL COLLEGE OF OSTEOPATHY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 A. M.	Dr. R. B. Bachman Obstetrics	Dr. E. F. Leininger Gynecology	Dr. R. B. Bachman Obstetrics	Dr. E. F. Leininger Gynecologic Endocrinology	Dr. R. B. Bachman Obstetrics	Dr. E. F. Leininger Gynecology
9 A. M.	Dr. A. D. Becker Cardiology Examination	Dr. A. D. Becker Cardiology Classification	Dr. A. D. Becker Cardiology Arrhythmias	Dr. L. L. Facto Neurology	Dr. L. L. Facto Backache	Dr. O. E. Owen Endocrinology of Obesity Illustrated
10 A. M.	Dr. M. E. Golden Nutrition	Dr. J. M. Woods Nephritis	Dr. H. V. Halladay Athletic Injuries	Dr. O. E. Owen Anemias	Dr. J. M. Woods Non-surgical Gall Bladder	Dr. H. V. Halladay Inter-vertebral Disc.
11 A. M.	Dr. J. P. Schwartz Surgical Diagnosis	Dr. H. A. Graney Urinary Obstruction	Dr. J. P. Schwartz Surgical Diagnosis	Dr. H. A. Graney Minor Surgery	Dr. J. P. Schwartz Surgical Diagnosis	Dr. H. A. Graney Minor Surgery
2 P. M.	Dr. H. E. Clybourne Foot Problems	Dr. H. E. Clybourne Foot Problems	Dr. H. J. Marshall Differential Diagnosis Throat	Dr. B. L. Cash Roentgenology	Dr. H. J. Marshall Differential Diagnosis Eye	Program subject to change as necessity may indicate Register promptly at the office on arrival
3 to 5 P. M.	Dr. R. R. Norwood will conduct his presentations in Proctology in 1st floor Amphitheatre ~~~~~ Each day there will be presentations in Osteopathic Technic on 5th floor Assembly by					
	Dr. L. L. Facto	Dr. R. B. Bachman	Dr. J. M. Woods	Dr. A. D. Becker	Dr. C. I. Gordon	
	Banquet Thursday evening at 7:00 P. M.					

FRATERNITY NOTES



N. O. I. C.

We are happy to report that the business of the Council for the year is rapidly drawing to a close. The present status is that the copy for the tickets is all in except for two organizations and we expect these in the next mail. Rooms are all assigned, menus selected and entertainment has been contracted for. Following the printing of the tickets the next move will be the final letters to the Local Representatives and to the Presidents of the Grand Chapters of the eleven organizations that make up this Council. Things have been rushed during the last few weeks but we have checked back for errors and find none to date. Obligations have been met by all except one of the group and we expect that settlement to be made before the end of the year.

H. V. Halladay, Exc.-Secy.

We Are Sorry

So much space was of necessity taken this month by our program for the week of May 29 that the usual reports from our own local organizations had to be cut. Please do not think for a second that they have been laying down on the job. All of them have been working and have their reports in. These will have to be condensed and incorporated with the next report in the May issue of the Log Book. Our frats and sorority unselfishly give way to news of state and national importance that is hot and can not be held over until the next issue.

Proctological Cases

It is planned to arrange examination for diagnosis and possible treatment for a limited number of proctological cases for the attending physicians during the week of Post Graduate Review and Clinic. Treatment in the clinic will be limited to ambulant cases. Such cases must be registered by May 15th and a registration fee of \$10.00 paid at time of registration. Every reasonable effort will be made to see that registered patients receive examination. Registered patients not receiving attention will have registration fee refunded.

Dr. A. D. B.

Wisconsin Visitors

The latter part of the month was filled with an exceptionally strong diet of Osteopathy. Drs. Rogers and Heilman of Wisconsin came to see us with a double duty planned and they left an inspired faculty and student body that hope for others of the same type.

Dr. John E. Rogers is a busy man, but those who are busy have time to do things. Having made his inspection of the college Dr. Rogers stepped into his role as Chairman of the Endowment Committee of the Alumni and met with the Alumni of Des Moines at an informal dinner Saturday, March 25. His plans and ideas are logical and the entire assembly of our graduates felt inspired by his remarks.

Dr. George Heilman of Ripon, Wisc., filled us all with a glow of pride when he said that he was startled with the many improvements at the college since his graduation eight years ago. He added that he wished that every graduate could make the trip that he did to prove that the college is advancing rapidly and with the exception of some minor matters has a most completely equipped plant for osteopathic education. We must add in passing that Dr. Hodson, who appeared at two assemblies during the past month made a trip thru the building and expressed surprise at the facilities we have for the education of a physician.

Drs. Campbell, Halladay, J. P. Schwartz and Howard Lamb of Denver also talked at the dinner and added to the enthusiasm of the Alumni group.

To the delight of the entire student body a special assembly was called Monday, March 27 so that all could hear the three visitors.

Dr. Lamb, who had remained in the city for a conference with Dr. J. P. Schwartz, talked on the function of the American College of Osteopathic Surgeons. Being president of this association he spoke with authority and clearly explained the ideals of this division of our therapeutic plan. We congratulate Dr. Lamb on the progress he has made personally and in being instrumental in raising the standards of our osteopathic surgeons of whom we are very proud.

Dr. Heilman, president of the Wisconsin Alumni again brought out the many improvements in the building and faculty and assured the assembly that they should be very proud of their association with such an institution.

Dr. Rogers also paid tribute to the advancements made by the college and stressed the point that we must develop into general practitioners first, letting the specialistic study develop with added experience. He closed with the firm statement that every student leaves his Alma Mater with an obligation that cannot be measured. With the added ability, earning power and

prestige gained thru the osteopathic education offered by our college, the tuition paid falls far short of the actual value received.

Our visiting speakers during the past two weeks have given us much more than could be measured in dollars and cents. Our thanks are sincere. Those of you who talked to us have raised us all from the routine of education into the realm of inspiration. You came at a time in the semesters work that needed an uplift from problems that seemed drab and burdensome. You gave us that extra push that put us all over the top for a better year's work. It will be permanent for when we see live forces at work the impression is not passing. We thank you.

Alumni

The work of the National and several of the State Associations continues. Michigan reports that meetings are being held and talks are planned and we know that when Michigan starts to do something, that it can be marked as done. No official report is in from Ohio but we are expecting a contact with the national president shortly and he will have some important news by that time. Iowa plans a luncheon during the state convention and another during the week of post graduate review which follows the regular college semester. Dr. Halladay will meet with the Texas Alumni at a luncheon April 8 and when he goes to the state meeting in Griffin, Ga., in May will also have lunch with several of our Alumni. Wisconsin is planning an Alumni luncheon during the state association convention also.

Roy Mount will be chairman in Ill., P. F. Benein in Okla., L. J. Grinnell in Texas, Anton Kani in Nebraska, A. L. Quest in Kansas, George Heilman in Wisc., C. M. Parkinson in S. D. and W. R. McLaughlin in W. Va. Alumni in these states will be given the opportunity to do their part in putting over the program for more students and increased prestige for osteopathy.

Alumni Note!!!

If you have any of the old catalogs of the college that should be placed in the archives, please send them to us. We are short some of the early ones due to a fire in the old building several years ago. Other old records will also be welcomed. We have collected a number of old newspaper clippings and find that these add considerably to the developing records of the early history of our college.

DR. G. J. HOWLAND—

of Decorah, Ia., candidate for re-election on the school board received the unanimous vote of the populace. This must be some kind of a record.

Interfraternity Dinner

We may not be unique but we do have one dinner a year that certainly is not duplicated in many other colleges. Our own local Interfraternity Council sponsors an Interfraternity Dinner each Spring semester and this year our Tiny Sporeck of life led us to the Hyperian Club ten miles N.W. near Camp Dodge. Over 100 of our students made this trip and paid for their own dinner. The food was good and the company better. Short talks were made by representatives of each organization and members of the faculty who were present. Affairs like these and others sponsored by the Council are putting the fight where it belongs. We have no excuse to scrap among ourselves. Our fighting must be done by a co-ordinated profession and we at Still College believe that this coordination and cooperation can best be begun at home. With the common objective of expanding the usefulness of our science we need to work together and play together more and lose our own personality and selfishness for the common good and the higher ideal.

Our Trustees and Faculty thank the Council and Howard Sporeck for this evidence of allegiance to the college and Osteopathy.

Did You Know

The outstanding publication of the month seems to be the Text-book of Neuro-Anatomy and the Sense Organs by O. Larsell. It is a practical approach to Neuro-Anatomy, including a clinical interpretation of various lesions. It is an ideal reference book for the student and the physician.

There is a newly discovered important function of the eye besides its job of seeing. It was found that the eye produces a substance which is essential for normal growth. This substance, a "principle," acts in a regulatory manner in achieving the growth-promoting effect by way of the pituitary.

Prolonged injection of acetylcholine, a chemical liberated into the body by the nervous system and believed the means by which nerves influence certain body activities, caused cancer in animals. This suggests that one cancer cause may be the body's failure to destroy this chemical rapidly enough.

The newly discovered vitamin K was found to decrease the tendency to bleeding in obstructive jaundice when given with bile salts.

The injection of pure 10% dextrose causes an increase of vitamin C in the adrenal glands and liver.

J. M. Y., Librarian.

DR. AND MRS. E. C. HERZOG—of Brainerd, Minn., announce the arrival of Mary Ann, March 24, weight 7-8.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....Arthur D. Becker

Faculty Adviser...H. V. Halladay

Editor.....E. Harwood

Osteopathy Without Limitation

Osteopathic Therapeutics

(Number 8 in Series)

REGION OF THE THORAX ASTHMA

True bronchial asthma is a fairly common disease, characterized by dyspnea of an expiratory type and occurs at all ages from early childhood to advanced age. It is caused by sensitization to a foreign protein in about fifty percent of all cases. In early childhood, this foreign protein is usually of an ingested character as egg albumin or oats or wheat. In young and middle-aged adults, the foreign protein is commonly of the inspiratory variety as plant pollens, household dust and animal emanations. This group is often seasonal and of the hay fever-asthma type. Asthma beginning in people past middle life is often due to sensitization to a bacterial protein.

Since sensitization to a foreign protein accounts for only about half of the cases, we know that about fifty percent of asthma cases must be accounted for upon some other hypothesis. Pathology in the nose and pharynx, such as deflections of the septum, nasal polypi, sinusitis and chronic infection of the tonsils act as causative factors in many cases. Most important contributing causes are osteopathic lesions of the upper dorsal and cervical areas. It is rare to find a case of bronchial asthma without a lesion of the third dorsal vertebra and the associated ribs. Lesion of the third rib on the right is apparently of outstanding importance in many cases. These spinal and rib lesions are matters of consideration and importance in cases where there is also a definite protein sensitization.

In asthma there is a narrowing of the lumen of the bronchial tubes due to spastic contracture of the bronchial musculature or there is swelling of the bronchial mucosa, with the secretion of thick tenacious mucous, or both factors in pathology may be acting in any given case. In cases with bronchitis the sputum contains Curschman's spirals and Charcot Leyden crystals. Eosinophiles are found in the sputum and are also found increased in the blood, usually five to ten percent, but sometimes as high as twenty five to forty percent. The sputum may become muco-purulent or purulent.

The asthmatic attack is of a

spasmodic character and may last a few hours or several days or even weeks. The chest is distended, as in full inspiration and the accessory muscles of respiration are brought into play. Percussion shows hyper-resonance and auscultation discloses wheezing and sibilant rales. There may be slight fever. In severe cases there may be cyanosis and evidence of weak heart action.

Treatment during the attack is directed mainly toward securing relief. The marked rigidity of the chest makes corrective treatment difficult. Deep steady pressure at the second to fourth dorsal close to the spines of the vertebrae is of value in many cases. Strong steady traction performed by hooking the fingers in the anterior axillary fold and pulling strongly toward the patient's head for several minutes will give prompt and complete relief in most cases. It may be necessary in stubborn cases to use five to fifteen minims of adrenalin sol. 1-1000, either hypodermatically or as a nasal spray. The use of adrenalin may precipitate an attack of angina pectoris in patients having any such tendency. The use of an oxygen tent may be warranted and usually gives temporary relief.

For permanent relief, osteopathic corrective treatment between attacks has yielded many successes. The lesions at the third dorsal and of the associated ribs should be normalized as rapidly as possible and maintained in correction. Flexion group lesions of the upper dorsal area should be freed. Lesions of the cervico-dorsal junction and of the upper cervical area should be carefully and completely corrected.

Pathology in the nose and throat should receive surgical attention if indicated. Where protein sensitizations can be determined and defined, attempts at desensitization have met with some small degree of success. Many cases are multiple sensitivities. Where ingested proteins are causative, the patient should avoid their use. Pollen sensitivities can often obtain relief or avoid attacks by change of location or of climate.

A. D. B., D. O.

Board and Faculty

The regular meetings of the board and faculty have been held thruout the year but have been confined to the routine necessary in the conduct of the business of the college and the problems of teaching. At the meeting held the first of this month the important matter of planning the program for the Post Graduate and Review Week came up for discussion and you may see the result by referring to the front page. We sincerely hope that you will plan to be with us for this valuable week of review and contact with friends who may give you just the inspiration you need for another year.

Assemblies

It is necessary at times to take an assembly period for the purpose of attending to affairs that are of common interest to the entire student body. This was done on March 17 and the major theme was a report on the progress of the Year Book. The collection of material has advanced according to plans and the presses will soon be turning out pages that will furnish many of you with a permanent record of the college. The matter of finances was discussed and some items that were rather hazy were cleared to the satisfaction of all. Dr. Becker was glad to make a second announcement relative to Dr. A. G. Hildreth's book, several copies of which have been requested by students who did not take advantage of the first opportunity. Before closing his talk Dr. Becker reviewed the progress of our osteopathic education from its beginning to the present time.

Assembly closed with an announcement of the All-school Dance that evening. Our new piano duo consisting of McGill and Brail furnished music for the assembly.

The Delta Omega sorority sponsored the assembly of March 24 with Becky Richardson as Emcee. Taking advantage of the visit of Dr. Walter Hodson to the city, the girls brought him to the college and without any fear of contradiction we can state that he gave us the most inspirational talk we have heard in many months. Dr. Hodson has been known to members of the profession for some time for his fine lectures on health but none of us suspected that he could talk Osteopathy in such a convincing manner. We will not forget that, "When you walk into your office, your first patient is there. Your health is the foundation of your own success."

Following the precedent set by the Deltas the Phi Sigma Gamma mindful of the good things of the previous week again presented Dr. Hodson. His reception proved his popularity and he again held the student body at attention with a discussion of the ever present topic of Science and Religion. His viewpoint certainly offers an opportunity for a settlement of the argument and his statement about "definite decisions" was one that should be taken seriously by all of us. We were very glad to be able to hear Dr. Hodson again and hope that when he returns to Des Moines that he will be available for other talks to our group.

DR. H. V. HALLADAY—

got around this last month. One of his pictures was printed in the Register's Roto section, he addressed the Women's Division of the Chamber of Commerce on "Archiology and Anthropology" and met with the Rock Garden Division of the Garden Club of the city showing movies and discussing "Cacti in the Rock Garden."

Boy's State Basket Ball

Thru the courtesy of George Brown of the tournament management several of the Seniors were privileged to work with the teams entered in the contest. All report favorable on the attitude of the coaches but also report that due to the fine condition of the players that there was little to do. A number of minor charlie horses were treated and a few cases of rhinitis that might have led to serious infection if not controlled. All four teams that stayed until the finals were treated, the two taking first and second places given more attention than the others. Coach Varner of the Diagonal team and Coach Hopkins of Creston each expressed their appreciation of the service and remembered our work on previous visits to the state meet. As an added duty this year Mr. Brown put the boys at work taking care of some of the spectators. The boss of this group of Senior workers laid low on a high perch and snapped some good action pictures.

Mrs. Frank Dunlop

Some were surprised and others merely lifted a knowing eyebrow when the news leaked out that Lilly McClure was an old married woman with a family. Our only fears for her future are that she is not likely to be that of as a dignified matron but always as Lilly with that cheerful smile as a morning greeting even in the first class.

George Bunge

Our hearts were saddened with the unwelcome news of the accident which resulted in the injury of Howard Johnson and Donald Brail, and in the death of George Bunge.

George will be remembered by his fraternity brothers at the Atlas Club as one of the most co-operative and affable men they have had for some time, by the faculty as a steady conscientious student, and by the student body as a good citizen and worth while friend.

Many fellows attending school away from home are want to forget the home folks, not so with George Bunge whose thoughts were ever with Mrs. Bunge, their daughter and the members of his immediate family.

So death climaxes our Easter Holiday, at a time when ones memories have been refreshed with the confidence of spiritual resurrection, and though we join in mourning with the Bunge family, we are always with the memory of that great promise.

"Though ye die, yet shall ye live." H. S.

I. S. O. P. S.

It is just a few days short of four weeks and then our annual convention at Hotel Savery, May 11th and 12th. This is the time to prepare your patients, informing them of your intentions to attend this state convention. We have prepared a great feast of good things osteopathically, one you can not afford to miss. Look this program over now, be there, partake and be filled, with that morsel of sustenance which goes to make better osteopathic physicians.

PROGRAM

41st Annual Convention
THE IOWA SOCIETY OF OSTEO-
PATHIC PHYSICIANS AND
SURGEONS, Inc.
HOTEL SAVERY
Des Moines

THURSDAY AND FRIDAY
May 11th and 12th, 1939

- 9:00 Invocation — Rev. Stodard Lane, Congregational Church.
Address of Welcome — Mayor Mark L. Conkling.
Response President — Dr. Rolla Hook, Logan, Ia.
10:00 Dr. C. C. Reid, Denver Polyclinic and Post-graduate college. Subject — Personality in Practice.

11:30 Business Session.

11:30 Lunch.

- 1:30 Dr. A. E. Allen, Minneapolis, Minn., President of American Osteopathic Association. Subject — Professional Affairs.

- 2:15 Dr. Wallace M. Pearson, Kirksville College of Osteopathic and Surgery. Subject — Osteopathic Problems relative to Nervous Physiology and the Vegetative Nervous System.

- 3:15 Dr. C. C. Reid. Subject — Sinuses in General Practice.

- 4:15 Dr. J. Donald Sheets, Detroit Osteopathic Hospital Subject — Diagnosis and Treatment of Prostatic Hypertrophy.

- 6:30 Banquet—Address Governor, George A. Wilson, Des Moines, Ia.
Entertainment — C. W. Schmidt, Agency, 421 Fleming Bldg., Des Moines, Ia.

May 12th

- 9:00 Dr. Wallace M. Pearson, Kirksville College of Osteopathy and Surgery. Subject—The Use of the X-Ray in Understanding Osteopathic Principles.

- 9:45 Dr. J. Donald Sheets, Detroit Osteopathic Hospital. Subject—Diagnosis and Treatment of Duodenal and Gastric Ulcer. (Illustrated).

- 10:45 Fred E. Rankin, Omaha, Neb., World Insurance Special Representative (Nebraska Osteopathic

Hospital Association).
Subject—The Osteopathic Physician and Hospital Ins.

11:30 Business Session.

12:30 Lunch.

- 1:30 Dr. C. C. Reid. Subject—Personality in Practice (Continued).

- 2:30 Dr. J. Donald Sheets. Subject—Diagnosis of Genito-Urinary Pathology (Illustrated).

- 3:30 Dr. Wallace M. Pearson. Subject — Demonstrating Technique.

IOWA OSTEOPATHIC MOMENTS AUXILIARY

Officers—Mrs. B. C. Elliott, President; Mrs. Rolla Hook, Vice President; Mrs. W. L. Tindall, Second Vice President; Mrs. H. H. Jennings, Secretary-Treasurer

CONVENTION PROGRAM

Thursday, May 11, 1939

Younkers Tea Room

12:00 Noon

Program Chairman—Mrs. B. L. Cash, Des Moines.

Welcome—Mrs. J. P. Schwartz, President, Des Moines Auxiliary.

Response—Mrs. M. G. Tincher, Fort Madison.

"In an Insane World"—Rabbi Eugene Mannheimer, Des Moines

Business Meeting—Mrs. B. D. Elliott, President, Oskaloosa.

Friday, May 12, 1939

10:00 A. M.

Breakfast — Walnut Woods State Park.

Des Moines Auxiliary Entertaining Members of State Auxiliary

Polk County Osteopathic Association

The April meeting of the Polk County Osteopathic Association will be held on Friday evening the fourteenth, with the dinner at the East Des Moines Club and the lecture and business session at the office of Doctors Park and Farmer in the Teachout Building.

This place of meeting was chosen at the invitation of Doctors Park and Farmer on the event of completion in the remodeling of their offices along with the installation of a new X-ray unit.

Doctor Park will present the paper of the evening on the subject of "Diagnosis and Treatment of Gall-Bladder Disease."

There will be some very important items of business to come before the group. As the year's activities of the organization comes to a close, it is the desire of the Executive Committee to express their appreciation to the various members of the association for the splendid way in which they have cooperated not only in committee work but by attendance at the regular monthly meetings.

O. E. Owen, D. O., Secy.

Kansas News

For the past several weeks we have all been waiting for news from Kansas. Just what bearing it may have on other states is hard to predict but it certainly is up to us to watch carefully any moves in other states similar to the Kansas situation. We have a fine letter from Dr. Wallace of the hospital in Wichita and will quote briefly from it.

"Replying to yours of recent date, will say that we failed to get our osteopathic bill out of the calendar committee, so it was not given any consideration by the legislature. We all felt confident it would have been passed had we been able to get it to a vote, but the situation was so hot that many of the legislators appeared to prefer to have it remain on the calendar and the committee take the responsibility rather than wanting the opportunity to vote on the issue.

"Everyone is continuing to practice as they have been doing for the past twenty-five years under the present law, as we feel that is the only thing to do since the legislature failed to give us a hearing. So far no arrests have been made and if such should occur it is probable another case will be carried to the Supreme Court. A case is pending in the Federal Court regarding our narcotics which will probably be determined before very long. The Supreme Court Decision made last June apparently did not contemplate taking narcotics away from us as the Court said we could not use drugs as remedial agents, leaving the inference that we could use palliative drugs.

"The campaign for legislative action has been of great value to the profession from an educational standpoint as it presented the opportunity to give a great deal of information to the public regarding osteopathy and the educational standards which we asked the legislature to set up."

We have heard so many rumors about this fight and its results that it is a pleasure and privilege to quote an authority on the outcome and what may be expected in the future. We certainly are indebted to Dr. Wallace for this fine bit of last-minute news.

Missouri Board

"The Missouri Board will conduct their regular examination May 24, 25 and 26, 1939, at both the Kansas City College of Osteopathy and Surgery and the Kirksville College of Osteopathy and Surgery. Blanks must be in the office of the Secretary fifteen days before the examination. For blanks and further information, please write the Secretary, Dr. Leon B. Lake, 314 Central Trust Building, Jefferson City, Mo."

Texas and Return

Space is limited but we must say a word about the quick trip to Texas. Having some important business to conclude relative to the N. O. I. C. we took our Easter vacation for the major object of getting this done. Left on Thursday p. m. and arrived in Dallas Friday p. m. early after having stayed all night with Dr. J. W. Halladay in Afton, Okla. And in passing must say that Afton is not the hottest spot in the U. S. We nearly froze to death there. At Dallas found everyone was over at Ft. Worth at the state convention so drove the 31 miles there. McAnally had already arranged some work for us so contacted him and found everything set. Got the business of the Council finished and certainly enjoyed the remaining few hours of the stay talking with old friends and finding out about what we may expect in June. Enjoyed a luncheon with Grinnell and others from the Alumni of the college and talked with Benien about the Alumni group in Oklahoma. Spoke on the program early in the p. m. of Saturday and on the radio at 3:15. Enjoyed a banquet with the association in the evening and to bed early as an early start was necessary. Made a stop at Drumright to visit for a few minutes with Dr. Howard Martin and his father and found Howard delivering the second of two babies born in his hospital on Easter Sunday. To Augusta to gab with the Quests and on home Monday.

Texas is ready for you and you will not be disappointed with any feature of the program. The record was broken on attendance at the state convention this year even with the national so close. Real enthusiasm is being shown by every one in the state. We have made our reservation. Many of the best rooms have already been taken. Plenty are left but don't wait until you get there and expect the best room in the hotel. It will be taken before that time. You will miss a fine program of entertainment if you do not come to Dallas. We were surprised to find that Dallas is only 66 miles south of the Red River which divides Texas from Oklahoma. So while you may think you are pretty far south you still have a good many miles to travel before you get to the Gulf. Dallas is 15 hours driving time from Des Moines. The thing that puzzles me is how did that Texas bunch manage to buy so much space in Life that came out this week under the date of April 10. Better start now to get ready for the convention and see these characters making a personal appearance. We will be there Friday evening, June 23 ready to go to work Saturday morning. H. V. H.

DR. AND MRS. G. S. FOLKMAN — of Decatur, Ill., announce the arrival of Janet Sue, March 26, weight 7-12.

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 17

May 15, 1939

Number 5

Forty-first Anniversary POST GRADUATE REVIEW and CLINIC WEEK

All graduate members of the Osteopathic Profession are invited to join with us in six days of study and clinical demonstration.

May 29 to June 3rd inclusive

Classes begin at 8:00 a. m. each day

No Tuition Charge

Certificate of Attendance

DES MOINES STILL COLLEGE OF OSTEOPATHY

Our Graduates

The next three weeks will see the finish in one way of a fine class of 36. All have passed their Qualifying Exams with honor and many have already completed part of one or more state boards. A few have Basic Science Boards to their credit. We doubt if any class has graduated from the college with a better foundation for the future. They heard the warning and heeded it and their only fault will be that they are just a little too proud of their scholastic record. Look out for that fall and come down to earth.

The week of the 15th will see this group being entertained with farewell banquets and other social affairs that mark the end of four years of college attendance. May 19th is set aside this year for the class as their Class Day. The assembly will provide for them an outlet for most of their pent up emotions and the college will award them the certificates of honor in the various departments in which they have served extra curricular time.

On May 25th the college entertains the class at a banquet and the evening of May 26th will grant to each a well deserved diploma indicating a satisfactory completion of four years of intensive osteopathy. As to their future we may be permitted to peek at some information gathered recently.

L. Augenstein, Ohio Board; A. S. Barnes, Colorado and Iowa Board. Internship at Lamb Hospital, Denver, Colo.; Leigh Beamer, Iowa and Illinois Board; K. Blanding, Michigan Board;
(Continued on Page Four)

Alumni Assembly

Occasionally we are present at an event that leaves with us the thought, "Why haven't we done this before?" The inspiration enjoyed by all present brought that thought to many and probably the reason for this was that with the fine work of the several organized states in Alumni work we felt the need for a closer contact in the college. This contact was certainly felt Friday, May 5th.

The Iowa State Alumni under the leadership of Dr. Paul Park had planned this meeting but with the departure of Dr. Park and Dr. Fred Campbell for the Alumni meeting in Milwaukee the program was turned over to Dr. Halladay as Emcee. Dick McGill opened the assembly with a fine rendition of Begin the Begien and altho the audience called for more the old pest of Time kept us close to a schedule.

Dr. Halladay prefaced the program with appropriate remarks showing the necessity for a closer relationship between the Alumni, the Student Body and the College Board in securing for the college the additional students and funds needed to increase our output.

Dr. Arthur D. Becker, speaking for the college, covered the subject of the future of osteopathy and the college. He stressed the need for more of our profession and assured those present that places were waiting for them and for many others.

Dr. Farmer, Vice-President of the state Alumni association read a message from Dr. Park and added an announcement of
(Continued on Page Four)

N. O. I. C.

SORORITIES AND FRATS FINAL NOTICE

Six weeks from the date of this publication you will be in Dallas, Texas enjoying the convention and with a ticket in your pocket for your Sorority or Fraternity Reunion and Banquet. Run down the list below and put the date, time and place in your book or clip the notice and keep it for future reference. If you belong to one of the Honorary Fraternities notice that they are having their reunions on Monday night and will be thru in plenty of time to attend the President's Ball that evening.

Your social organization meets Tuesday night. Here is good news. We have just figured the average cost this year against the charges last year and you will save about two bits per ticket. In other words, the Dallas convention is going to cost you less than some in the past and since we have been down there making an investigation we will assure you plenty of entertainment and a fine program. That gives you three reasons for attending. We will be at the end of the registration line to greet you and have dusted off our Southern dialect and our best smile for the occasion. WE Goin' be there.

ACACIA CLUB—Tuesday, June 27, 7:00 p. m. Parlor 3 Hotel Baker.

ALPHA TAU SIGMA—Tuesday, June 27, 7:00 p. m. Parlor 2 Hotel Baker.

ATLAS CLUB—Tuesday, June 27, 7:00 p. m. Palm Garden, Hotel Adolphus.

(Continued on Page Four)

O. W. C. C.

The O. W. C. C. will soon conclude a most enjoyable and profitable year, full of interesting lectures and good times.

Among the speakers the club enjoyed were: Mrs. J. P. Schwartz, who spoke on her trip to Alaska; Dr. Halladay on New Mexico; Dr. Bergau on Hawaii; also interesting to the club was a cosmetic lecture by Mrs. Wilkinson of the Luzier Co., and a most informative talk on the Osteopathic Care of Children by Dr. Rachel Woods. May the club again thank all of these speakers, and also thank the Gordons, Dr. Halladay, the J. P. Schwartz' and the Beckers for opening their homes to the club for meetings.

Another of our most enjoyable meetings was a tour through the lovely Week's home.

One of the high spots of the social year was the joint Christmas party of the O. W. C. C. and the Osteo. Auxiliary. Each member brought an inexpensive toy, all of which were later donated to poor children.

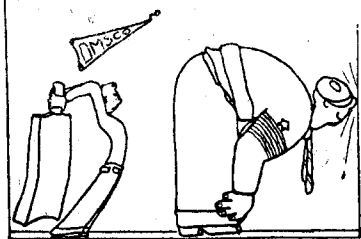
The O. W. C. C. also started another "tradition in the form of a party for the faculty wives." This affair is to be an annual one in the future.

The club will conclude its year's activity by a "husband and wives" picnic at the Becker's, and on May 16 by the semi-annual banquet for graduating wives, at the Grace Ransom Tea Room.

The only dark spot of the year was the death of our beloved former president, Patti Walker, but the club carried on as we knew she would want us to.

J. Boysko, Sec.

FRATERNITY NOTES



IΤΣ

At the last three regular meetings of the Iota Tau Sigma much has been accomplished, a new method of pledge payments has been worked out, which we think will prove very satisfactory, representatives to the national convention at Dallas, Texas selected, party committees appointed, and many other items that needed discussion settled. Everything is now organized as it should be so that next fall we will be able to start at full strength. Much credit should go to our President, Tony Sloan for the good work he has been doing in getting things fixed up in good shape. We wish to thank Charles Gray for the use of his room for most of our meetings this year, as well as Sib Barnes who secured the beautiful chapel of Dahlstroms funeral home for the initiation of Ercell Iosbaker.

Probably two of the best organizers and leaders in the field of Osteopathy will be lost from the Beta chapter on graduation this semester. They are the two big members in our organization both in weight and leadership, brothers Spork and Barnes, so instead of giving a big dinner for these two fellows, we are going to have a picnic where there will be no food but plenty of exercise available.

Well fellows there is a little more than two more weeks left of school this year, so remember this vacation to make a few contacts with prospective students, because the more students you yourself send to this school the better chance your organization has for a new pledge.

ΨΣΑ

The last meeting of the Psi Sigma Alpha was called to order at the Phi Sig house at seven o'clock, April 18, 1939. In as much as this was the last business meeting of the spring semester, there was a lot of "mopping up" of old business and final discussion on the location, speakers, and entertainment for the classical event of the term—the senior banquet. We have planned on having Dr. Hardy, an outstanding man in Osteopathic Eye, Ear, Nose and Throat work, for guest speaker. Dr. Hardy will come to us from Kirksville. Dr. Becker will be our inimitable toastmaster for the event which will take place May 9, at 7:00 P. M. in the East Des Moines Club. Most of the members plan on bringing their

girl friends and wives—not both. We regret that Brother Braille will not be able to attend but at the same time are very glad to know that he is making fast his convalescence.

For six of our members; namely: Robertson, Kitchen, Gurka, Blanding, Augenstine, and Hooper, this will be the grand finale in P. S. A., as they will be graduated with the remainder of the senior class on May 26.

ΔΩ

Miss Louise Michael and Miss Emma L. MacAdams were formally pledged into Delta Omega Sorority Wednesday evening, March 15 at the apartment of Miss Rebecca Richardson.

Miss Georgianna Harris was hostess to the girls of D. M. S. C. O. at her home, March 19, at which time the girls were introduced to a very charming little guest, Richard Frank "Dickie" Dunlop, the two and one-half year old son of Mrs. Frank Dunlop known to us as Lillie McClure, junior student at the college.

The boys of the Phi Sigma Gamma Fraternity royally entertained all the girls, March 22, at a dinner and party given at the fraternity house.

The Sorority joined with the fraternities March 23 to enjoy the second annual Interfraternity council banquet, given this year at the Hyperion Club. Howard Spork, senior student, acted as toastmaster and called upon a member of each organization to speak a few words.

An orchid to the Council for their efforts and interest in correlating the activities of the various organizations to the betterment of our institution.

ATLAS CLUB

The semester is rapidly coming to an end and soon, as Virge has warned, "that day will come—". Freshmen, Juniors and Sophomores are all busy studying and reviewing that "Fundamental Stuff". After that week, we are all looking forward to a well-earned vacation.

March and April marked a busy series of days for the members as well as the pledges. "Hell-Week" loomed up and surprised a good many pledges. The days of work and horseplay were terminated on Saturday night, with the pledges acting as "house-men" at a Millionaires' Party. Quite a few games of chance were set up and a million dollars in fake currency, was gambled here and there. It all turned out to be a great success.

Sunday, April 2, was our day for Formal initiation. The following men became active members of Xiphoid of Atlas Club: Lyle Ackerson, Paul Taylor, Robert White, Herman Gegner, Paul Rutter and Merton Worster. We were also very happy to initiate Neal R. Kitchen of

the Faculty to an Honorary Membership in our Fraternity.

Since our last report, the following doctors have honored the Atlas Club with their presence and valuable and interesting lectures: Dr. Humphreys, on Technique; Dr. Facto, on the Pituitary Gland and Dr. Campbell, on Pneumonia.

Howard Johnston has returned to Detroit where he reports everything is going swell. Bud Brail is still in the Des Moines General Hospital, taking it easy and feeling for the Sophs and their finals.

Comes now—the time to say—
—Au Revoir. J. S. C.

ΦΣΓ

The Phi Sigma Gamma annual spring dance was held Saturday, April 29th. We give a vote of thanks to Chairman Charles X. Hall and his co-workers for the splendid party. The house decorations were mainly blue and white aided by green foliage and spring blossoms. About fifty couples, members, and guests enjoyed the music of Walter Wickshire and his orchestra.

Guests present were Dr. and Mrs. Howard A. Graney, Dr. and Mrs. Edward Leininger, Dr. and Mrs. Byron L. Cash, Drs. John and Rachel Woods, Dr. and Mrs. S. Klein, Dr. O. E. Owen and guest Miss Ann Soter, Mr. and Mrs. Neal Kitchen and members of other fraternities and sororities.

April 23rd Paul Kimberly and fiancée Miss Blaney were guests for Sunday dinner.

We are also proud to say that the Phi Sigs won the school bowling championship for 1939, and prospects look very good for 1940.

The remainder of the term will probably find most of us busy with banquets, picnics and last minute cramming.

We wish the graduating seniors the best of luck and plenty of it. G. H. W.

ΣΣΦ

With this issue of the Log Book Sigma Sigma Phi concludes in many ways one of its most successful years in its existence.

The fraternity beginning on May 17th will conclude activities for this semester in a fitting fashion. We are expecting a large turnout of activities as well as pledges and alumni members.

Thursday, May 11th, the banquet was held honoring our graduating seniors. The entire group was present, among them several alumni members who spoke. Several of our faculty members were among those missing due to the conflict with the State Association Banquet the same nite. It was a pleasant evening, and the Keo Grill served an excellent meal for us.

The Bowling Tournament this year was by far the most successful of any held yet. The permanent plaque was awarded

the Phi Sigs in assembly Friday, May 12th at the same time as the individual awards. These were in the form of keys presented to "Becky" Richardson and Jack Miller for high scores in the men and women's division respectively.

Tuesday nite, May 9th, one of the largest classes ever to enter were initiated into Sigma Sigma Phi. The following men came into active membership: Harry Plautz, Dale Widmer, Harland Hofer, Harold Taggart, Charlie Grey, Jes Clapperton, Thomas Koenig, Earl Lindsley, John Schott, John Engeman, George Sutton, and Lester McNichols. We are happy to announce these men as new members, and welcome them into active membership.

ΑΟΓ

To our new Fraternity Brothers of C. C. O., whom we had the privilege of officially installing as the Claviculae Chapter of L. O. G. National Fraternity, we extend our hearty congratulations.

The Ritual Team who made this pleasurable and memorable trip were Dr. Berck Advisor, Cerebrum Feldman, Arthur Friedman, Irv. Ansfield and Max Greenhouse (M. C.)

Following the Installation Dinner at the Mayfair Hotel, two of the honored guests, Dean Whitten and Prof. Sy. Hirtzfeld, courteously showed us through the fine Chicago College of Osteopathy and Hospital.

The National L. O. G. convention was held at Philadelphia, April 29.

Fraters are urged to save all lesions for the next meeting. Principals of Technic will be the main topic of the evening.

Our erstwhile pledges will give the A. B. C. of Embryology, in a nutshell, as it were.

News from Dr. A. Yarrows in Colorado, comes to us. Congrats on passing the Colorado board, and thanks for writing.

Flash! L. O. G. in Bowling finals! A ball whizzes down the alley. Strike! "Love is on my side!" burbels Iverson. Another ball speeds in the same general direction. "Woe is me," moans Hagy. It's a "split." P. N., Howie, and Bud made up the remainder of the Atlas team, who succeeded in spilling more lumber than the L. O. G.'s, but it was a lot of fun, and we are looking forward to another successful tournament next year. Sigma Sigma Phi really did this one up right and to them we extend our heartiest congraulations.

This semester is drawing to a close. Preparations for finals. Basic Science and State boards are industriously under way. Books and cars are being swapped, and in one instance, a trailer being repainted, all aimed at hitting the trail for home. God-speed to all, and best of luck!

M. N. G.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....Arthur D. Becker

Faculty Adviser...H. V. Halladay

Editor.....E. Harwood

Osteopathy Without Limitation

Osteopathic Therapeutics

(Number 9 in Series)

REGION OF THE THORAX PLEURISY

Inflammation of the pleura is a common involvement. It is usually secondary to disease of the lungs or bronchi. More rarely it occurs by extension from disease of the ribs, vertebra, mediastinal lymphatic glands, oesophagus or even from the abdominal viscera. In occasional instances it may be primary.

Pleurisy is the result of an infection, the most common organism the tubercular bacillus. The pneumococcus and the streptococcus are relatively common causative organisms in pleurisy, complicating the pneumonias. Staphylococcus, typhoid bacillus, colon bacillus or Friedlander's bacillus may occur alone or as a part of mixed infections. Most so called idiopathic pleurisy occurring in otherwise apparently well people is tubercular. Pleurisy following chill and exposure or chest trauma, with the exception of perforating wounds, is usually tubercular. A very high percentage of patients who have repeated attacks of pleurisy will later give clinical evidence of pulmonary tuberculosis. It is a safe rule to consider idiopathic pleurisy as tubercular in origin until it is proven otherwise.

Pleurisy may be classified as fibrinous or dry pleurisy; sero fibrinous or pleurisy with effusion; empyema or purulent pleurisy, and hemorrhagic. It may also be designated as localized, encapsulated, or diffuse, unilateral or bilateral, apical, interlobar or diaphragmatic depending upon its extent and location.

Acute dry pleurisy (fibrinous or plastic) is characterized by sharp pain, usually in the side of the chest, dyspnea and frequently there is a dry cough. There may be fever, usually slight in degree. The important diagnostic finding is the friction rub which is easily heard in typical cases and which may be evident also upon palpation. The pain is aggravated by the cough and by respiratory movement. In apical pleurisy the pain is not marked and is described as sticking pains. In diaphragmatic pleurisy, the pain may be abdominal and simulate biliary, gastric or renal colic. In the

apical, interlobar and diaphragmatic types the friction rub is not readily obtained.

The sympathetic nerve supply to the pleura is from two different sources according to Pottenger (Symptoms of Visceral Disease, 5th edit. 1938 p. p. 335) The visceral pleura innervation comes from the first six dorsal ganglia with the pulmonary innervation. The parietal pleura receives its sympathetic nerve supply from the entire twelve dorsal ganglia. Sensory fibres are connected with each dorsal segment from one to twelve. The para sympathetic innervation is by way of the vagus.

Many cases of dry pleurisy run a fairly mild course and respond promptly to treatment. Care should be exercised to detect fluid if it develops. Rest in bed while there is fever or severe pain is indicated and the patient should have a light, nutritious diet.

The best and most efficient treatment in these cases of dry pleurisy is the careful articulation of the heads of the ribs on the side involved. This should be done daily, or more frequently if the case is severe. Gentle but insistent stretching of intercostal muscles and tissues is a necessary part of such treatment and the normalization should extend from the first to the twelfth rib. By gentle but insistent leverages the dorsal vertebra should also be articulated one with another. This articulation of vertebrae should include the cervical vertebra to normalize the action of the vagus affecting the functional capacity of the pleura, lungs and heart.

The involved side may be strapped by the use of adhesive plaster tape to limit movement. These straps should cross the middle line both front and back and should run at right angles to the direction of the ribs. They should be smoothly and snugly applied in full expiration. An ice bag applied to the painful area is well indicated and often gives additional relief. Some patients prefer heat to cold and apparently the results are quite exactly similar. The need of anodyne medication is rare under this plan of treatment.

(Discussion of pleurisy to be continued)

A. D. B., D. O.

DR. H. V. HALLADAY—drove to Galesburg, Ill., April 20 to appear on the program of the district meeting. His talk on "The Intervertebral Disc and Foramen" was followed by a clear explanation of the work of the legislative committee by Dr. Willard Brown, state president. About thirty members of the district association attended, many driving thru heavy rain. Dr. Halladay will meet with the Georgia State Association at Griffin May 12 and 13 and expects to broadcast over W.S.B. Atlanta at 3:45 p. m., Saturday, May 13.

Alumni Activities

A seed is planted in the center of a concrete block. There is no natural or logical reason for it to grow and bear fruit. A seed is planted in a fertile field and with reasonable care it rewards us with rich returns. A seed was planted last Summer by our national president, Dr. H. E. Clybourne, and we have watched the growth of this idea into a live working organization that is filled with visible evidence of healthy fruitful returns. The Alumni of Still College are at work and will continue to produce. They have the best of reasons for the efforts they are making. This college has for over forty years graduated osteopathic physicians of the highest type. Forty years have developed a clinic that is invaluable in teaching osteopathy. We may be slow to realize this but there is a very great advantage in this prestige. With the need for greater numbers in the profession the Alumni of our college have set for themselves a goal that will add to the number in school and will assure the college of funds for research and additional activities of great benefit in the education of osteopathic physicians. At this time we see the organization of about two thirds of the Alumni into state groups. Others will follow and we want every Alumnus of this college to have the opportunity to become a part of this commendable work initiated by Dr. Clybourne and his officers. We want the enthusiasm already evident in those states with the larger representation to be extended to those that have only a few of our graduates. You who are not already a part of this program do not have to wait. Write the national president, Dr. H. E. Clybourne of Columbus, Ohio and he will put you to work. The whole is only as strong as its individual units and every graduate of this college has a duty to the college that needs to be fulfilled.

The Iowa group under the direction of Dr. Paul Park has completed part of its years program. Much is to be done yet but with the meetings planned and the work outlined results will begin to show in the Fall class in September. In addition to his duties in the state of Iowa Dr. Park accompanied by Dr. Fred Campbell, National Student Recruiting Councilor, drove to Milwaukee to aid in the state organization May 4. Dr. Park's report which follows will make you stop and think.

"After a very enjoyable drive to Milwaukee Dr. Campbell and myself arrived in Milwaukee and met with the Wisconsin Alumni assembled at the Pfister Hotel for a luncheon May 4. Eighteen very enthusiastic Alumni of Still College were present and the meeting lasted until about 2 p. m. extending into the business program. Dr. George Heilman

presided and introduced the speakers. Dr. John E. Rogers of Oshkosh, Wisc., National Endowment Councilor and past president of the A. O. A., explained the endowment plan for the college and stressed the reasons why Still College and the profession needs this program completed. The ideal location and the advantage of teaching facilities built up during the forty one years of its life means a great deal to any college. Osteopathy can be taught better where there is the quantity of patients anxious for osteopathic care. Drs. Davis, Campbell and Park followed adding to the enthusiasm initiated by Dr. Rogers. Among those assembled Drs. Hitchcock, Gordon and Friend brought out suggestions and voiced their willingness along with all present to do just a little more to put over the constructive program planned in each state. The time passed too quickly. Dr. George Heilman was elected to the presidency of the state Alumni association with Dr. Ralph Davis as Secretary-Treasurer. This meeting was a true inspiration to carry on and Dr. Campbell and myself felt amply repaid for the trip to Milwaukee."

On May 6 Dr. Park and Dr. Campbell met with the Alumni in St. Paul under the leadership of Dr. Doyle Richardson of Austin, Minn. Dr. Halladay drove to St. Paul for this meeting also and reports 27 attended a luncheon at the Lowrey Hotel. This was more than was expected for the notices were not mailed quite as early as they should have been and this group showed plainly that they were attending something that filled a long felt want. Following talks by Drs. Park, Campbell and Halladay many of the Alumni expressed their appreciation of the meeting and pledged their support of any movement that would increase the number of osteopathic physicians in Minnesota. The heavy downpour of rain did not dampen the spirits of any present for most of the group assembled wanted to say something and were gladly given the chance. Graduates from as early as date as 1902 on up to 1938 were present and it would be difficult to judge which were the most enthused by the prospects of something to be done and the willingness to do it.

Dr. Doyle Richardson of Austin, Minn., was reelected state president and we will soon have the completed list of officers and further announcements on the organization of our sister state to the north.

Ohio is planning an Alumni luncheon May 16 and Georgia will have one May 13. Michigan started this at the state meeting last Fall and it proved so popular and enjoyable that other states have fallen into line realizing not only the accomplishment of a purpose but the pleasure of an hour of good fellowship with fellow graduates of our college.

I. S. O. P. S.

This column carried last month a complete program of the meeting to be held in Des Moines, May 11 and 12. Since the Log Book goes to press too early for details of this meeting and too late for any additional advice from your officers we can only say that those of you who will attend the meeting will be given full reports of the work of the various committees throughout the year. The report of the Legislative Committee which was to appear will be better understood as given at the official meeting. This is also true of other detailed reports. Our next issue will report for those so unfortunate as to not be able to attend.

Applications for Membership

J. R. Forbes Fort Dodge
Marvin Green Storm Lake

Polk County
Osteopathic Association

The Polk County Osteopathic Association will hold the last meeting of the year at the Hotel Kirkwood on the evening of May Nineteenth.

The speaker of the evening will be announced in the very near future.

One of the main features of the business meeting will be the election of officers for the coming year. There will also be some other very important items of business to be brought before the group.

As the year's activities near a close, it is the desire of the Executive Committee to thank all of those who have served on committees for various purposes toward making the events of the year a success. There has been good attendance at all of the meetings, with whole-hearted cooperation of all. The open forum discussions which have followed many of the meetings, proved to be of great interest and benefit, may we have more like them.

We will look forward toward an even more interesting and profitable year to come.

O. E. Owen, D. O., Sec.

DR. GEORGE RILEY—

of New York, rated a half column in the Times May 2 answering a statement made by Dr. J. F. Rooney on the status of the profession in New York State. As is usually found in these statements made by our medical friends, the claims were based on antiquated records and when a true comparison was made our profession rated just as high as those carrying the M. D. degree. Dr. Riley is to be complimented on this reply and the space given it.

Our Graduates

(Continued from Page 1)

John Boysko, Missouri Board; E. G. Callahan, Minnesota Board; Chas. Creighton, Michigan and Maine Board; Arley Edgerton, Nebraska and Minnesota Board; Carl Ellis, Iowa Board; Ervin Emory, West Virginia and Kentucky Board; Paul Feldman, Oklahoma Board; Gordon Fischer, West Virginia and Tennessee Board; Laurence Ford, Iowa and Illinois Board; Beryl Freeman, Iowa and Texas Board; Max Greenhouse, Missouri Board; Joe Gurka, Maine and Massachusetts Board; John Hagy, Illinois and So. Dakota Board. Internship at Widney Hospital, Lexington, Nebr.; G. Hooper, Colorado and Wyoming Board. Internship at Lamb Hospital, Denver, Colo.; H. Hutson, Iowa and Minnesota Board; Erwin Iverson, Nebraska and So. Dakota Board. Internship at Anton Kani Hospital; Neil Kitchen, Michigan and Kentucky Board. Internship Detroit Osteopathic Hospital; Bohdan Kogut, Michigan Board; Don Leigh, Maine Board; R. W. Long, Florida Board; C. E. Mathews, Michigan Board. Internship Detroit Osteopathic Hospital; Louise Michael, Ohio and West Virginia Board; C. W. Millard, Wisconsin Board; P. N. Munroe, Michigan and West Virginia Board; H. McCollom, Illinois and Texas Board. Internship at McCallister Hospital, Houston, Texas; R. W. Ritter, Michigan and Florida Board; Joe Robertson, Ohio and Texas Board. Internship at McCallister Hospital, Houston, Texas; J. F. N. Schneider, Complete the Ontario Board; Phil Sheets, Ohio Board; H. Sporek, West Virginia and Pennsylvania Board; Irving H. Walters, Michigan and West Virginia Board.

Alumni Assembly

(Continued from Page 1)

the meeting to be held May 12 during the Iowa State Association meeting and another May 30 during the Review and Post Graduate Week. May we add our congratulations to the Iowa D. M. S. C. O. Alumni for the fine constructive program they have and are putting into effect.

Dr. Rachel Woods was prepared with cards indicating prospective students who were to be contacted personally and put over her part of the contribution from the Alumni.

Drs. Caldwell, Moore, Barquist and Sargent responded to requests for talks and Dr. Della Caldwell, representing the class of 1902 made a lasting impression with her recital of many of her interesting experiences of more than thirty years ago.

Letters full of inspiration were read from Dr. H. E. Clybourne

our national president, Dr. J. P. Leonard, our national chairman of state organizations, Dr. F. D. Campbell, our national Councilor of Student Recruiting, Dr. Robert Morgan, state president in Michigan and Dr. Tracy Patrick, state chairman of Ohio.

Henry Goeken, representing the student body thru the Student Council, next talked for a short time on loyalty to this important cause and urged greater activity individually among the students. Neal Kitchen, president of the Interfraternity Council, spoke on the importance of the fraternities and sororities in this drive for support of more and better osteopathic physicians. Both of these students are to be complimented for the excellent manner in which they presented these important subjects.

The time passed quickly. No one got up to leave, finding the meeting dull or boring and we believe that every student left inspired to assume a part of the responsibility for our program to augment the size of the student body. It is unfortunate that those of you who, on account of distance, could not attend, should be denied the thrill of such a meeting. Our feeble efforts at reporting this assembly cannot carry to you the sincere enthusiasm that followed each message. We can only ask you to listen when a student tells you of it some time this Summer for assemblies like this do not fade from the memory.

N. O. I. C.

(Continued from Page 1)

AXIS CLUB—Tuesday, June 27, 7:00 p. m. Parlor G, Hotel Adolphus.
DELTA OMEGA—Tuesday, June 27, 7:00 p. m. Parlor D, Hotel Adolphus.
IOTA TAU SIGMA—Tuesday, June 27, 7:00 p. m. Parlor A, Hotel Adolphus.
PHI SIGMA GAMMA—Tuesday, June 27, 7:00 p. m. Parlor E, Hotel Adolphus.
PSI SIGMA ALPHA—Monday, June 26, 7:00 p. m. Parlor F, Hotel Adolphus.
SIGMA SIGMA PHI—Monday, June 26, 6:00 p. m. Parlor A, Hotel Adolphus.
THETA PSI—Tuesday, June 27, 7:00 p. m. Parlor I, Hotel Baker.

N. O. I. C.—Monday, June 26, 12 m. Parlor D, Hotel Adolphus.

Members of the National Osteopathic Interfraternity Council will receive shortly an official notice of the meeting and the routine of business. The membership of the sororities and fraternities will not be served with a special notice except in this published form. Members who are expected to attend a special business meeting will be notified by the officers of the time and place of such meeting.

I want to thank the Dallas Committee and especially their official worker on this division of the program, Dr. Mary Lou Logan, for her diligence in bringing this work to a successful completion at the right time. We have checked and rechecked the above list. As an officer or member of any of the organizations listed it is your duty to also check this list and write us immediately if you discover any errors.

H. V. Halladay, Exc. Sec.

Drake Relays

Each year the last week in April attracts about two thousand athletes to the city of Des Moines for the purpose of exhibiting their prowess in the field of track sports. As in the past, Still College sent its Seniors out to the Relays to offer what aid was necessary in the care of this fine assembly of anatomical perfection. This year due to the fine condition of the contestants and the perfect weather the injuries were few and far between so the boys, most of the time, sat out on the bleachers and acquired a sun burn that plainly told the story. Augustine, Barnes, Emory, Hutson, Kitchen, Munroe and Sheets report a very enjoyable work-out with some valuable contacts made for osteopathy. It is quite evident from some of the reports that we still have some colleges and universities over the country that do not know the value of Osteopathy or any other method of caring for the injuries of athletes. We thank Pitch Johnson of Drake for his cooperation.

Born

To Dr. and Mrs. W. E. Hinds of Hillsboro, Ore., April 11 a son, William Ernest.

To Dr. and Mrs. S. L. Michelman of Bonested, S. Dak., a son, April 26.

To Mr. and Mrs. Bob Bennington, April 19 a daughter, Maris Lynn.

To Mr. and Mrs. Harold Stanford, April 26 a daughter, Marilyn Rose.

To Dr. and Mrs. J. I. Royer of Woodward, Ia., a son, John Thomas, April 12.

To Dr. and Mrs. F. L. Buchacker of Marseilles, Ill., a daughter, Roberta Elaine, April 30.

To Dr. and Mrs. G. K. Neihouse of Salt Lake City, Utah, a daughter, Sheilah Ann, April 30.

DR. L. J. MILTNER—

(M. D.) of Davenport, Ia., spoke to the state Medical Society recently in Des Moines on the subject, "The Technic of Examination of the Spine and Manipulative Treatment."

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 17

June 15, 1939

Number 6

Graduation

The final ceremony necessary in the making of an osteopathic physician is the one that requires only five seconds to change a student into an Alumnus. The members of this class will remember Friday, May 26 at 8:48 p. m. as the day and hour.

Dr. Arthur E. Allen, president of the American Osteopathic Association, delivered the address. It was the proper length and it consisted of sound advice and promises of future success. Following the presentation of the class by Dean Schwartz and the awarding of the degrees by President Becker, Dr. Allen was next in line to extend congratulations. This was highly appreciated by the members of the class.

Mr. George Sutton of the Junior class furnished appropriate music for the occasion.

An informal reception was held immediately after the recessional for the many relatives and friends.

This class has been highly
(Continued on Page Three)

The Senior Banquet

Over eighty gathered at Yunkers to honor the graduating class at its final banquet sponsored by the college. The class of thirty five was augmented by many relatives and the faculty and the room was filled with a contented crowd. The meal was enjoyed by all and the decorations were tasty.

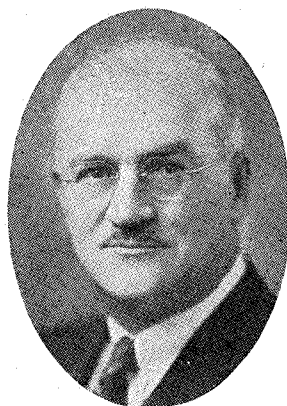
Dr. Arthur D. Becker, president of the college, introduced Dr. J. P. Schwartz, Dean, who urged the class to cooperate in all things, keep out of a rut and add constantly to their mental equipment. Dr. Facto, "Warden" of the Class, spoke to the class on their obligation as the best physician in their community. He reminded them of the change in responsibility with the acquisition of the degree, D. O. Dr. Bachman brought out the need for persistence and self-reliance and Dr. Halladay asked the class to keep a contact with the college for neither wants to lose sight of the other.

Howard Sporck, speaking for the class expressed the appreciation of the Seniors for the opportunities offered and assured the faculty and trustees that we would hear much good from this group.

Before closing, Dr. Becker read a telegram of congratula-
(Continued on Page Four)

OUR LEADERS

We have closed a good college year. Our student body did not decline in numbers altho our increase was nothing to brag about. Our students left with the promise that they would return either with a new member for the Freshman class or a certified promise of an early matriculant. Our faculty worked hard all the year and have just been complimented highly by the visiting P. G. Class. Much of this inspiration has originated with our leaders. Still College is proud to picture below the two men who have the most to do with the regulation of the policies of the college and the conduct of its classes and clinics. Neither of these leaders need to be introduced to you.



Arthur D. Becker,
B. S., D. O., D. Sc. O.

Our president graduated from this college in 1903. Since that time he has had perhaps the broadest osteopathic education of any man in the profession. From the beginning of his graduate activities he has been an integral part of every movement for the betterment of the science of osteopathy. Early in his career he served on state osteopathic boards, followed thru the offices of state association activity and assumed the obligations of national committee work. For many years he has been known as an authoritative teacher and writer and is in demand as a consultant. He has filled with honor every office offered by the profession having been president of the American Osteopathic Association in 1931. Since then he has been elected repeatedly to the board of trustees of the national association. Students trained under his watchful osteopathic eye have little reason to wander from the truths of our science. His experiences in the field of practice enable him to view the future for the student and his keen appreciation of the problems of teaching fit him truly for the responsibility of directing the education of your prospective students of osteopathy.



John P. Schwartz
D. O., F. A. C. S.

Work melts before him. Our busy Dean has many irons in the fire but he makes use of all. He is a recognized authority on Surgery and Diagnosis and views his work from an osteopathic standpoint. Young in years but old in experience, for the past twenty years have seen him taking only a few short vacations. He is devoted to the advancement of his specialty and deeply interested in the success of the college. His clear and concise manner of presentation of his subjects keeps the interest of the student to that extent that our graduates are in demand as interns in osteopathic institutions all over the country. As a member of the Board of Trustees of both the college and the hospital he understands the problems of each and brings the two institutions together in close association. He is in demand as a speaker at all professional meetings and his advice is sought in legislative and other legal matters having to do with the welfare of the profession. Knowing the answer is his hobby and at his home you will find the reason in the form of the most complete private medical and osteopathic library in the state.

Corporate Board

Each year in June the president of the college calls together those members of the profession known as the Corporate Board of the college, for the purpose of hearing a report of the accomplishments of the year and to elect officers for the next 12 month period.

Dr. Arthur D. Becker called the meeting to order at 8:00 p. m. sharp and following a roll call declared a quorum so that the business of the board could be transacted. May we in passing offer the information that all members of the corporate board were not present. Some did not express their interest even by proxy, but those attending were certainly repaid for their interest in the affairs of the college.

The auditor's report this year was very encouraging. The college year closed in a satisfactory manner showing a wholesome and sound financial condition. Comment from the group present indicated the satisfaction of all with the efficient administrative methods of the Trustees and other officers.

Dr. Arthur D. Becker, president of the college gave a brief report of the year's activities in all departments of the college. He stressed the loyalty of students and faculty members and the few cases where friction of any consequence occurred. The small enrollment in the last two classes was again mentioned and the fact that the augmentation in the upper classes from other colleges had saved the total enrollment for this year. The college authorities are optimistic for they know that the Alumni are at work and there is that greater feeling of pride thruout the profession that will add to our strength in the next and following classes. Dr. Becker also mentioned the many improvements in the facilities and faculty and ended with a report of the P. G. Course just finished and complimented so highly by those attending. We are sorry that it is impossible for us to repeat his remarks in full but we must add that his entire talk radiated an enthusiasm not found in years past.

With the opening of nominations for the offices of the president, secretary, treasurer and board of trustees, Dr. Lovegrove rose and made the motion that the entire official family be re-
(Continued on Page Three)

N. O. I. C.

This is our last message this year. Attention all members of the organizations that make up our National Osteopathic Interfraternity Council!!!!

At the end of the line of registration at Dallas you will be greeted by a couple of young ladies who will take your money for a ticket to your Reunion and Banquet, Tuesday night. This affair is in the early part of the week. There is not much time to figure on attendance unless you complete this registration at the time you sign with the A. O. A. and the Local Committee. Those who expect to drop in nonchalantly at five minutes before the meal is served, may find themselves without even a napkin.

Plans are complete at this writing for the accomodation of ten luncheons and banquets under the Council plan. The local men and women who have been working on this for months have everything ready and have worked hard to make your meal and other features the best. I am leaving early for the convention. Registration will begin Saturday, June 24th and we hope to see each of you there. Make your plans to be with your organization Tuesday night, June 27 or Monday night with Sigma Sigma Phi or Psi Sigma Alpha.

H. V. H.

Senior Class Day

May 19

All of the pent-up something-or-others came out at the assembly dedicated to the Senior Class of May, 1939. With Max Greenhouse at pedestal in the role of Emcee, the several contributions by the class moved rapidly and left no doubt in the minds of the students and visitors where to find entertainers. Costumes were the order of the day and the stage and halls presented a varying picture, the characters depicting all classes and stages of existence, even being taken from some of the more popular ones of the comic strips.

The usual features of History, Will and Prophecy were clever and offered the usual opportunity of embarrassment to those mentioned. Tiny Sporck stepped lively from one role to another and in the office of Class President presented the college with a file cabinet for the clinic records. This was received by Dr. Becker and is truly a fine gift. The satires on members of the faculty were tinted a little high but they got the laughs and that is what we all need. Dr. Halladay and others were shocked almost into a coma to see a fine Hawaiian Orchestra emerge from the curtains and made up entirely of members of the class. Three of the five had hidden under a bushel for four years.

Following the entertainment planned by the class, Dr. Halla-

day (also dressed, for protection, as a tropical hunter) took the job of announcer and asked Dr. Becker to make the honor awards to the class. General Clinic certificates were given to: Beryl Freeman, Joe Gurka, Max Greenhouse, R. W. Long, Chase Mathews, Ralph Ritter, Frank Schneider, and Irving Walters. Those earning special mention in Obstetrics were, Beryl Freeman, Max Greenhouse, Neil Kitchen, Chase Mathews and Louise Michael. The single certificate in Proctology was awarded to Joe Gurka. Anatomy certificates were given to Kenneth Blanding, C. H. Creighton, Paul Feldman, Max Greenhouse and Cliff Millard. Carl Ellis and Spoon Hutson had acted the heavy in the band and were given recognition for their services.

Henry Goeken, president of Sigma Sigma Phi, awarded the trophy for Excellence in Osteopathy to Max Greenhouse and the one for Special Service to the College to Howard Sporck.

Joe Gurka was announced the winner of the \$25.00 Essay Contest and in accepting it stated that he hoped that more would compete in the future. There was much to be gained by the extra research necessary.

Freshman Osteology Keys were awarded by Dr. Halladay to Anderson, MacAdams, Raditsky, Rosenthal, DeLaurier, Hally and Woods. These students made a grade of 95 or over on the final in Osteology.

The assembly closed with a rousing song by members of the Senior Class with some aid from the audience and all departed with tags and various souvenirs collected by the class from generous merchants in the city. It was a great day.

Our Local Organizations

With the advent of the vacation period our fraternities and sorority have closed an especially active year of excellent work. All have successfully carried out their plans for the year and have elected officers and made arrangements for their opening shots to be fired early in the month of September. The few students who remain for clinical credit during the Summer act together as one unit and organization names are for the time being forgotten. Our August number will carry the Fall officers of each of these groups and we assure you that they will be on the job before the opening of school. They will be glad to aid in securing comfortable rooms for new students and offer their services in any way that may make the Freshman feel at home sooner. With a member of the National Council on our faculty you may be assured that each of our organizations is carrying out its part of the program as an individual and in cooperation with all of the others.

Our P. G. Course

We are afraid that too many superlatives will creep into this report for from the opening day until the last lecture of the week we heard nothing but compliments on the work given and the full enjoyment of the fellowship. When a course attracts 136 graduate osteopathic physicians from 17 states and they stay the full week, you know they are interested and happy.

Dr. R. R. Norwood of Mineral Wells, Texas, and Dr. H. E. Clybourne of Columbus, Ohio, both Alumni of the college were the guest speakers and were the feature attractions. Dr. Clybourne could remain only the first two days but not only gave some excellent work on the foot and in orthopedics but was instrumental in putting over one of the best Alumni meetings we have had. Over fifty of our graduates attended a luncheon served in the college building in one of the spacious laboratories. A separate item will complete the report of this meeting.

Dr. Norwood has a style of lecturing that is individual and his work is of the highest standard. The week was crowded with interesting clinics and each afternoon the pit was filled to capacity. Even with two additional fans going at full blast the heat was a little troublesome but the enthusiasm never waned. The class was there to learn and they did. At the close of the course Dr. Norwood expressed his appreciation for such a fine crowd of interested physicians and they in turn complimented him highly for his carefully prepared condensation of the course.

On Thursday night of the week an excellent banquet was served at Grace Ransom's Tea Room and there was no argument with the fried chicken or any part of the meal.

Dr. George Basore, president of the class, acted as toastmaster and the following responded: Dr. R. R. Norwood, Dr. A. D. Becker, Dr. J. P. Schwartz, Dr. H. V. Halladay, Dr. J. M. Woods, Dr. H. E. Graney, Dr. O. E. Owen, Dr. Mary Golden, Dr. Paul Park, Dr. Fred Campbell and Dr. M. E. Sutphin.

Dr. James Gray, chairman of the committee on resolutions, nearly made a speech but retired in favor of Dr. Hazle Clark who had been selected to read the resolutions. A copy of these follows:

Resolutions

"WHEREAS, we have been duly appointed by the Post Graduate Class of Des Moines Still College of Osteopathy, May 29th to June 3rd, 1939, to draft resolutions for the class, the committee submits the following resolutions:

1. "Be IT RESOLVED: That we express our appreciation to Dr. A. D. Becker and Dr. J. P.

Schwartz, respectively President and Dean of Des Moines Still College of Osteopathy, to the faculty and visiting instructors, and to all who have helped make our week's study a profitable and pleasant experience.

"AND WHEREAS, the members of this class have been the recipients of the generous giving of time, knowledge and interest on the part of the faculty of the post graduate school.

2. "THEREFORE BE IT RESOLVED: That we extend to this group of able instructors our sincere and whole-hearted thanks.

"AND WHEREAS, we practicing physicians deem it a valuable privilege to participate in this course of study.

3. "THEREFORE BE IT RESOLVED: That we heartily endorse the continuance of this annual school of post graduate review.

"AND WHEREAS, we appreciate the high standard of instruction which we have received, and the outstanding osteopathic atmosphere which has pervaded the class-rooms.

4. "THEREFORE BE IT RESOLVED: That we devote ourselves to the recruiting of new students for Des Moines Still College of Osteopathy.

5. "BE IT FURTHER RESOLVED: That a copy of these resolutions be sent for publication to the Log Book, and to the Journal of the American Osteopathic Association, and that a copy be filed in the college office.

(Signed)

James E. Gray
T. A. Kapfer
Hazel A. Clark

Dr. Eddie Baird as secretary and treasurer of the class later presented the college with a gift of money to be used to extend the usefulness of the college library.

The college officials are very happy to be able to offer each year to the profession a complete week of review. We try to bring to you the latest in the several subjects that are of the most importance to you in the field. The course is not designed for undergraduates. It is condensed and new and in addition we try to bring you some special features that we know many of our profession are deeply interested in. The fact that we have repeats each year is certainly indicative of the high type of work offered. We, as officials of the college, feel deeply indebted to those who attend. We enjoyed the week with you and we hope to have you and many others back next year for another review.

MR. AND MRS. DON SLOAN announce the arrival of James Emerson, Friday, May 12.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President..... Arthur D. Becker

Faculty Adviser..... H. V. Halladay

Editor..... E. Harwood

Osteopathy Without Limitation

Osteopathic Therapeutics

(Number 10 in Series)

REGION OF THE THORAX PLEURISY (Continued)

Serofibrinous pleurisy may be acute in onset with pain, cough, chilliness, moderate fever and increased pulse rate. In other cases the disease develops slowly and without pain or other marked symptoms. Some febrile reaction is usually found even in these more insidious types. Loss of appetite, sense of fatigue and slight dyspnea may be the only symptoms. The leucocyte count is usually within normal limits in serofibrinous pleurisy.

Idiopathic serofibrinous pleurisy is usually of tubercular origin. The exudate may be pale yellow and clear or it may be cloudy, milky, or hemorrhagic. The specific gravity is usually 1.020 or over and the fluid coagulates on standing.

The exudate may be small in amount and encapsulated, when it may be difficult to discover. If the effusion is of considerable size, it is readily detected by physical examination. Inspection shows limited movement of the involved side and in thin individuals may show prominence of the intercostal spaces. Palpation shows loss of vocal fremitus over the effusion. Percussion is a valuable means of investigation and shows flatness over the area of fluid. A peculiar woody resistance is detectable by the pleximeter finger. The upper limit of fluid (Ellis' line) may be determined. Change of fluid level may be demonstrated on change of posture but several minutes may be required for such change to occur. The lung above the fluid may show hyperresonance (Skoda's). A paravertebral triangle of dullness or flatness on the well side (Grococ's triangle) is due to dislocation of the mediastinum by the weight of the exudate, if large in amount. The heart is pushed toward the uninvolved side in cases with large effusions.

Auscultation over pleural effusions shows absence of breath sounds and of vocal resonance. Occasionally one can hear breath sounds and vocal resonance and even detect vocal fremitus over fluid. These paradoxical findings are probably due to large and dense bands of adhesions acting as bridges between the visceral and parietal layers of the pleura. Friction sounds are absent in cases of effusion. Ex-

amination by means of X-Ray gives definite information and should be done when possible.

Treatment of serofibrinous pleurisy may be carried out as follows: Rest in bed with limitation of fluid intake and a salt free diet is very important. As much fluid intake may be given each day as the amount passed in urine on the previous day. Osteopathic treatment once or twice each day is of great value. Careful articulation of dorsal vertebrae and of rib heads secures normalization of vaso motor tone, promotes absorption of the effusion and enhances recuperative processes. It is a fundamental law in osteopathic therapeutics that the inherent recuperative powers of tissues involved in pathology are set free activated and made available by normalization of osteopathic lesion pathology of anatomically associated spinal segments. The ribs should be carefully raised and the intercostal tissues gently but insistently freed. Cervical normalization should be accomplished daily. Lower dorsal and dorso lumbar treatment supports elimination. The clavicles should be raised and carefully articulated at both the sternal and acromial ends.

If after ten days or two weeks of conservative treatment the amount of fluid is not measurably less or if there are troublesome symptoms such as cough, dyspnea, cyanosis, or other untoward symptoms, paracentesis should be done. Withdrawal of a part of the exudate may serve as an effective stimulus for the absorption of the remaining portion. As a matter of choice paracentesis may be done without waiting. For technic of paracentesis thoracis, its contraindications, possible complications and accidents the reader is referred to any good surgical text. The diet should be liberal and every effort made to maintain nutrition.

Empyema or purulent pleurisy may be purulent from the beginning or it may go through the phases of plastic pleurisy, serofibrinous pleurisy and finally empyema. It occurs as a complication in lobar pneumonia, as a pneumococcus infection, and in streptococcus infections of the lung, as in streptococcus broncho-pneumonia possibly as a part of influenza. It may occur as an independent streptococcus infection. In occasional cases saprophytic bacteria may produce putrid empyema.

The physical findings in empyema are much the same as in serofibrinous pleural effusions. In empyema there may be edema of the chest wall over the exudate. The symptoms usually indicate a more serious involvement. Evidences of sepsis, with chills, irregular fever, sweats and pallor are present. The leucocyte count is high (18,000 to 50,000). Exploratory puncture is warranted as a means of diagnosis to determine the character of the exudate and thus to confirm other findings.

The treatment of empyema is

surgical and should be carried out promptly. The pus should be evacuated and free drainage secured.

Here again in these cases of empyema every effort should be made to maintain nutrition. Diet and nursing care are of major importance.

A. D. B., D. O.

Corporate Board

(Continued from Page 1)

elected for the ensuing year. This was seconded and passed without a dissenting vote. Dr. Lovegrove stated that she felt obligated to make this motion in view of the excellent report from the president and the auditors. Drs. Owen and Leininger were elected to the corporate board and the business of the year was apparently completed.

Dr. Caldwell feeling the urge to express her sentiments added complimentary remarks in behalf of the official family and wished that others could feel the same high degree of pride in being a member of the corporate board and a graduate of Still College.

Dr. J. P. Schwartz took the opportunity to express the feeling of all present of confidence in the future and pride in the progress of the past four years under the able leadership of our president, Dr. Arthur D. Becker. He expressed the hope that we could continue to advance the interests of the college by maintaining the same efficiency and leadership for many years to come.

It was indeed a meeting that left those present with a warmth of heart and an inspiration for the future. It is regrettable that more of the profession cannot attend and be a more intimate part of this extremely important phase of the development and growth of our profession.

A short meeting of the board of trustees of the college immediately followed that of the corporate board. At this meeting Dr. J. P. Schwartz was re-elected Dean of the college and Dr. O. E. Owen was elected to assist Dr. Schwartz in the discharge of the duties of this office.

We are now ready to meet you in Dallas.

Graduation

(Continued from Page 1)

praised for its academic standing and its attention to the more practical part in the college clinic. As evidence of the confidence that many of our osteopathic hospitals have in the graduates of this college we are pleased to report that more than one third of the class start immediately as interns and we have more opportunities for this additional training than we can fill. Every member of this class is placed either in practice or as an intern. This is a record that is difficult to exceed. We sincerely extend our congratulations and best wishes.

At Dallas

We will not be able to reach all of you with this issue of the Log Book for some will have left for Dallas when this arrives. Those of you who are not yet started should be reminded again that there are two items of interest to you that you must not neglect.

The Booth

The college, following its custom for several years, will have a booth at the Dallas Convention. Mrs. K. M. Robinson will be there to answer your questions and to furnish you with tickets to the banquet. Every member of the profession is invited to visit this booth and register. If the Log Book is coming to you and yet with the wrong address you are fortunate. See our secretary and give her any change in your address and also any new names to be added to our Log Book roll or list of prospective students.

The Banquet

Wednesday evening — Baker Hotel — Room No. 1 — 7:00 P. M. All Alumni put this date down as one to make if no other. An excellent program has been prepared for you and it consists of some of the best in the field of entertainers. Do you want to see a dancer that was a hit at the Casa Manana last year? Of course not, but you do want to hear the fine reports that will be given at this meeting. Bring your wife.

To Georgia

After a lapse of several years we finally got into the S. E. instead of the S. W. and what a wonderful time we had. The trip had to be made on the train but the boresomeness of this was amply compensated for by the fine reception in Georgia beginning at Atlanta with the family of Dr. Hoyt Trimble.

Forty of the 62 members of the state association were at the official meeting held in Griffin and from the beginning to the end all were enthused over their program. Our part consisted of four talks on the regular program and two broadcasts, one from Griffin and the other from Atlanta. It was a great pleasure to see our next A. O. A. President again and also to meet with several others whom we are sure, deserve to be given recognition for their fine work. Dr. Trimble and others have put over a legislative program that is almost unbelievable considering the few that are practicing in the state.

It was a real thrill to get into the South at this time of year and to see flowers of every description in bloom, to be able to get into the lighter weight clothing and to hear first hand the many stories of osteopathic success from some of our former students. We salute the South and hope we got by with them half as well as they did with us.

H. V. H.

I. S. O. P. S.

The 41st annual convention of the Iowa Society of Osteopathic Physician & Surgery, Inc., was one of the best attended conventions ever held in the history of the profession. It was most gratifying to see the good fellowship and harmony that prevailed through the entire convention.

I wish to thank all those, who were instrumental in helping to make this convention such a tremendous success.

The following is the official family and committees appointed to date. A complete list will be printed at some future time.

President, Hook, Rolla, Logan.
Vice President, Jordan, Holcomb, Davenport.

Secretary Treasurer, Gordon, F. A., Marshalltown.

DEPARTMENT PUBLIC AFFAIRS

D. E. Hannan, Perry, Ia., Chm. Maternal and Child Health: Mary Golden, Des Moines, Ia.; Industrial and Institutional: P. O. French, Cedar Rapids; Publicity: N. A. Cunningham, Colfax, Ia.; Public Education: M. Biddison, Nevada, Ia.; Radio: O. Edwin Owens, Des Moines, Ia.; Child Health Conference: Lydia T. Jordan, Davenport; Convention Exhibits: L. A. Nowlin, Davenport, Ia.; Veterans Committee: E. D. Wright, Hampton, Ia.

DEPARTMENT OF PROFESSIONAL AFFAIRS

J. J. Henderson, Toledo, Ia., Chm. Convention Program: Holcomb Jordan, Davenport, Ia.; Hospitals: W. D. Andrews, Algona, Ia.; Ethics and Censorship: Della E. Caldwell, Des Moines, Ia.; Vocational Guidance: M. G. Tincher, Ft. Madison; Convention Arrangements: Carl Seastrand, Des Moines, Ia.; Special Committees: Constitution and By-Laws: Bert Rice, Cedar Rapids, Ia.

LEGISLATIVE

D. E. Hannan, Perry, Ia., ('44); S. H. Klein, Des Moines, Ia., ('43) Chairman; R. P. Westfall, Boone, Ia., ('42); N. A. Cunningham, Colfax, Ia., ('41) Secretary; J. P. Schwartz, Des Moines, Ia., ('40).

It is but a very few days until we can again rub shoulders at Dallas. We all need this vacation once a year to refresh our minds, of the new things taking place in the profession, to contact old friends, classmates and colleagues.

I urge the entire profession of Iowa to attend this convention if at all possible.

Expecting to see you at Dallas.

Rolla Hook, D. O., Pres.
June 6, 1939

Applications for Membership

D. H. Stone, Knoxville.
H. M. Fredericks, Ankeny.
Paul E. Eggleston, Winterset.
J. H. Broadston, Newton.
A. S. Barnes, Des Moines.
F. A. Gordon, Secty.



ALUMNI NEWS

The Merry Month of May furnished two important luncheon dates for our graduates. Both were exceptionally well attended and each contributed a great deal to the expansion of our major Alumni idea. We want you in the field to take advantage of every opportunity to get together and talk over the advancement of the college. Luncheons and dinners will do it better than any other method. Our annual breakfast at the national convention has been in vogue for many years and this year is changed to an evening dinner. These affairs are bound to bring together a congenial group and one that can accomplish much good for the college and the profession. Keep this idea in mind when you meet even in the smaller groups and make it a habit.

On May 12 during the annual Iowa state convention the officers of the state Alumni association called a meeting of all those attending the convention. This followed closely the Alumni luncheons held at Milwaukee and St. Paul and with the Iowa officers in charge the program moved swiftly and was enthusiastically received. Nearly fifty attended and as a compliment to the excellent services of the officers, they were reelected for another year.

We want to compliment the official Alumni group here in the state of Iowa. Dr. Paul Park who has assumed the leadership in this movement has given freely of his time and funds to put over a program of really great constructive possibilities. Dr. Bruce Farmer has also been of great assistance in the organization of the state group. Dr. Ruth Paul is the efficient secretary and treasurer. Dr. Rachel Woods is very much alert to the possibilities of student recruiting. This association has a fine compact organization getting deeper into the needs of the college for the program of expansion. More students—better teaching facilities and clinical service—and more in the field will increase the strength of our profession so that we can get things done. There was never a time when we needed both quantity and quality more than the present. We are glad

to see the work of our Iowa D. M. S. C. O. Alumni continued under the officials that initiated it in the state.

Another luncheon of considerable importance was held during the P. G. Course. Dr. Clybourne, national chairman of our Alumni conducted the meeting which was held in the college building. Fifty two attended and not only enjoyed an excellent meal but according to some pictures snapped by one of the photographers, enjoyed being together as former classmates. (See above). Talks were made by Drs. Clybourne, Campbell, Halladay, Park, Farmer, Paul, Woods and Becker and spontaneous expressions came from the floor at every opportunity.

The major theme here, as at other meetings like this, was that a unification is needed now. The increasing need for trained osteopathic physicians is getting beyond our number. We need more in the colleges in order to advance the services of the profession. Any increase in the total number of practicing osteopathic physicians must be rotated thru our colleges first and if we are to look ahead four or more years we must start with more students in the class entering this Fall. Each of the speakers brought out some item of interest to all present and as on other occasions, it was difficult to find a good time to stop. The college appreciates this new life and energy that is being put to excellent use in many of our states and we are anxious to see it continue to gain in strength.

W. C. Holloway of Thomasville, Ga., will assume the leadership in that state and John Hall of Kendallville, Ind., will act in the same capacity in his state. Give these voluntary presidents your support when a meeting is called and do your part towards increasing our numbers.

The Senior Banquet

(Continued From Page One)

tions from the Los Angeles college and expressed his appreciation of the courtesy. The Psi Sigma Alpha award for academic excellence was won by Neil Kitchen with Beryl Freeman, Paul Feldman, Lowel Augenstine and Joe Gurka dangerously near.

Polk County Osteopathic Association

The Polk County Osteopathic Association held the last meeting of the year on the evening of May 19th at the Hotel Kirkwood.

The meeting consisted of important committee reports, correlating the work of the organization during the past year, along with the discussion of plans to be carried out when the group convenes again next fall.

The following officers were elected to serve for the coming year: President, Dr. O. Edwin Owen; Vice-President, Dr. Earl Sargent; Secretary, Dr. Ruth Paul; Treasurer, Dr. Robert Fagen.

May the coming year be one of continued activity for the mutual advancement of every Osteopathic Physician in Des Moines and Polk County.

Ruth Paul, D. O., Secy.

The Year Book

It will be out soon. At the present writing the book is in the hands of the printer and will be ready for binding in the next few days. We have looked over much of the text and pictures and find them well arranged and certainly interesting. You will not be afraid to leave this in a conspicuous place for perusal by any of your patients. The staff, altho small and too busy with the college work, has done a fine job and are to be congratulated. If your copy is ordered you will get it soon and it will be a pleasure to look thru its pages.

Married

Two weddings of considerable importance occurred immediately after the close of the college year.

On Saturday evening, May 27 Dr. Clifford Millard and Miss Charlene Henson were married at St. John's Lutheran Church. This beautiful ceremony was followed by a short informal reception in the lobby of the church and later in the evening by a formal reception at the Ft. Des Moines Hotel.

On Saturday evening, June 3, Paul Kimberly and Miss Aileen Blaney were married at the Highland Park Church of Christ. The double ring ceremony being used. Open house for the couple was held at the home of the bride's parents on Sunday, June 4th.

We extend our sincere congratulations to these couples. Dr. Millard a member of the graduating class will probably locate in his home state of Wisconsin. Mr. Kimberly will graduate in January and has proved his ability as assistant in the department of Anatomy of the college for the past year.

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

THE LOG BOOK

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Volume 17

July 15, 1939

Number 7

THE DALLAS CONVENTION

ST. LOUIS NEXT

The fact that we predicted last October that the next convention would go to St. Louis had nothing to do with the final decision of the board of trustees of the A.O.A. We figured that it would be the logical place to go next and we are glad to start now to make plans to attend the 44th annual meeting of the profession. St. Louis had better begin now to make a few changes in her climate or date the meeting at a time when fairly cool weather will prevail. Dallas has tempered the wind to the shorn lamb and given us weather that many did not anticipate. Some of you who stayed away for climatic reasons were sweltering in heat at a higher degree than those of us here at the convention.

In rambling around we ran into Walter Bailey. He makes a statement here below for your consideration. We predict one of our largest conventions in this city. In about 50 words Walter has covered the items that in the future will attract the convention to any city.

"St. Louis should attract a large group of members and exhibitors in 1940. Geographic location (The Hub of the Nation), trained and organized association workers in the local committee, adequate facilities, comfortable housing and pleasant public relations should assure a successful convention and the advancement of Osteopathy."

Walter E. Bailey.

We are headed away from Dallas and the South. We have enjoyed a fine convention in many ways. We are now on our way to St. Louis.

Officers

We are always interested in who will lead us through another year. Our election of the national president in the preceding year gives us a chance to get acquainted with him and gives him that opportunity to acquaint himself with many of the problems of the profession. We know in advance that Frank Jones of Macon, Georgia, will make us an excellent president for the coming year. That much is assured.

Dr. F. A. Gordon of Marshalltown, Iowa, drew the office of interest to all, since he steps into the shoes vacated by Frank

Jones. Dr. Gordon, better known as "Pat," will be our president a year from now. Iowa takes pride in this distinction. Pat has served the state well for several years as its secretary and in his odd moments has done a vast amount of work as a member of the board of trustees of the A.O.A. He is a well known leader in progressive things. We have his statement below, which although brief is comprehensive.

"I fully appreciate the great responsibilities not only of the anticipated year of my presidency but of this coming year in preparing the path I expect to follow. This is an honor and a great privilege and I hope to discharge my duties in such a way that Osteopathy will continue to step forward unhesitatingly. I urge you to make every effort this year and from now on to fill our colleges. We are too few in number. We need greater strength and this strength must be drawn from our graduating classes. Start now to help make 1940 the beginning of a new year in osteopathic power."

F. A. Gordon.

Iowa is certainly back of you, Pat, and we know the rest of the profession will cooperate in every way possible.

C. R. Starks of Denver is now 1st V-P. and Eva Magoon of Providence, R. I., 2nd V-P. E. W. Culley of Melbourne, Australia, was elected 3rd V-P. Dr. Arthur Becker, our president, and Dr. Chester Morris have retired from the work of the trustees, each by self request. Elected trustees are A. G. Reed of Tulsa, T. T. Spence of Raleigh, N. Car., Grace McMains of Baltimore, O. M. Walker of Bloomfield, N. J., and Frank McCracken of Fresno, Calif. Willard Brown of Springfield, Ill., takes the place of Dr. F. A. Gordon, filling his unexpired term. We agree with others that this is a strong group of osteopathic physicians, all with recognized ability.

The O.W.N.A. reelected Georgia B. Smith as president. Mary Lou Logan of Dallas will be 1st V-P., and the other officers are retained for another year.

Associated colleges this year will be under the leadership of W. W. W. Pritchard of Los Angeles. J. S. Denslow was re-elected secretary.

A considerable degree of enjoyment of the convention in Dallas was fulfilled through the efforts of the Women's Auxiliary. This was reorganized and now assumes the name of the National Women's Osteopathic Auxiliaries, with Mrs. W. K. Fasnacht of Cranford, N. J., as president and Mrs. J. M. Peach of Kansas City as V-P. The office of Secy-Treas. is yet to be filled.

C. Haddon Soden of Philadelphia will be program chairman for our next convention. His assistant will be selected later by the president-elect, Dr. F. A. Gordon. With Soden at the helm on the program we will be assured of a continuance of deep osteopathic study and inspiration.

Rambling Around

Registration started off with a bang on Saturday, June 24. Sunday opened up well and repeated the records of past years. Monday fell a little below the usual number and Tuesday did not do so well. The registration was satisfactory, but not record attendance. As mentioned before, many no doubt stayed away for fear of the heat. Right now we are writing this at the Baker Hotel in Dallas. We have the air-conditioning turned off and the window open in order to gather in a little heat. The day is darkened by a few clouds and a little rain fell last night. The weather has been fine and we are sorry some of you used that as an excuse to stay away from Dallas. You have missed something.

The exhibitors did not favor us with quality this year. Those who have attended have expressed themselves in different ways. Some have kicked because of the splitting of the crowds between the two hotels. That brings up the matter of facilities, and we covered that last year in the Log Book in the October issue. We still think that the city asking for and securing a convention should have the proper facilities for a convention. The A.O.A. is getting too big to be housed in one hotel of average size. This needs real serious thought.

We are sure that Des Moines has enjoyed the convention. Our Booth, with Mrs. Robinson on the job, has been the meeting place of many of our graduates that have not attended a con-

vention for some time. She has picked up a number of good prospective names and has contacted some of the Alumni who have been hiding. Each convention brings a few out of hiding and we are always glad to get these names back on the roll.

The D.M.S.C.O. Reunion and Banquet was attended by 62 graduates and their wives. Dr. H. E. Clybourne took charge of the program of speakers and it clicked through on schedule. The reports from the officers of the Alumni association were encouraging, and we wish that every one of our graduates could have been there to hear about the vast amount of work that has been done and is yet to be done in the next year. We are glad that Dr. Clybourne has assumed the leadership for another year. Dr. Paul Leonard of Detroit will be secretary of the national organization and the other officers are to be retained. Many good suggestions came from the floor. These were not planned reports, but spontaneous and enthusiastic talks inspired by the reports given previously. We predict continued and added interest in the policies of the D.M.S.C.O. Alumni Association. We know that each of you want to be a part of this group and if you are not doing something, get in touch with any of the officers and you will be given the opportunity. Des Moines had the second largest Alumni banquet. Four other colleges had planned banquets and it is quite natural with the large number of Alumni of Kirksville that they should have the greatest number. Des Moines Alumni responded beyond our original prediction of the number. We are starting now to get you together next year, and so save that one night for your college.

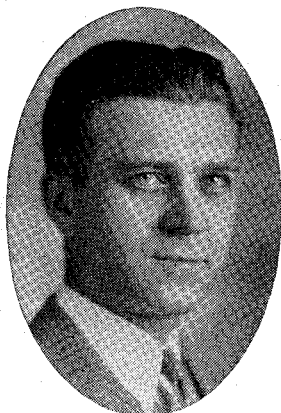
Entertainment

Every one has had a good time. We have been kept busy with the scientific program and the entertainment features. Monday night the ball room was filled and the orchestra and entertainers excellent. No one will ever forget the two little negroes and their act. It was big time stuff and should be featured in many centers of entertainment.

Tuesday night is taken by the Frats and Sororities. The attendance was not quite up to

(Continued on Page Four)

H. J. Marshall,
D. O., F. I., S. O.



Another member of our faculty in charge of a department is Dr. Harry J. Marshall. To list his activities would take too much space for since his early association with osteopathy he has assumed many responsibilities. These have mainly been offices having to do with his specialty of ear, nose and throat but he has served on the state board of examiners and is now a member of the board of trustees of the college and also treasurer.

In addition to his lectures and clinical supervision of cases at the college, Dr. Marshall is a busy member of the staff of the Des Moines General Hospital and one of the licensed surgeons. The minor surgical clinic at the hospital has grown almost beyond the capacity of the institution due to the efficiency of this work in the hands of experts like Dr. Marshall and others of the staff. Such experience as this is invaluable in planning a practical course of lectures and demonstrations for students. New methods must be tried. The better ones accepted and constant attention is given to the results before authoritative instruction can be given. Dr. Marshall is methodical and conservative and as such is a valuable member of the staff of both institutions.

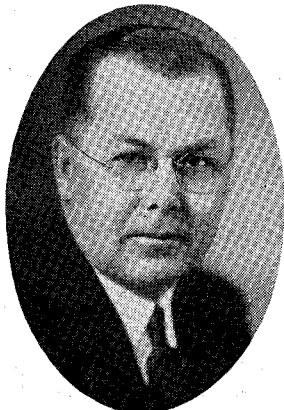
H. V. Halladay,
F. A., D. O.



In the very beginning of osteopathy Dr. A. T. Still stressed the importance of a thorough knowledge of Anatomy. His conception of the subject was different in interpretation from that in

the mind of the average physician. In Dr. Halladay, head of our department of Anatomy, we have that keep appreciation of the osteopathic viewpoint and at the same time the ability to impress the detail and scope of the subject upon the student's mind. His experience was gained in the laboratory where his research on the spine proved many of the theories of osteopathy and put osteopathic technique on a true scientific basis. For the past 25 years he has been a regular speaker at the national convention and many state conventions. His interest in Orthopedics and trauma has resulted in him being known throughout the country as an authority on athletic injuries not only within the profession but among coaches and trainers of many of our best known teams. Dr. Halladay has also gained distinction as a writer, having compiled his research into book form and is a frequent contributor to the scientific publications of the profession. As Executive Secretary of the National Osteopathic Interfraternity Council he has done much to raise the standing of our osteopathic organizations and bring them into a harmonious working group. He is a member of the board of trustees of the college.

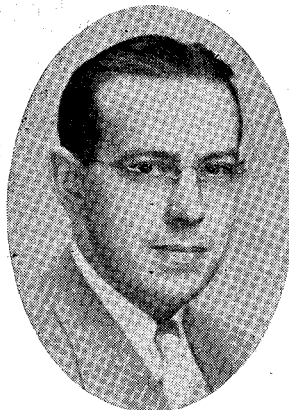
John M. Woods, D. O.



Beginning in September '38 Dr. Woods assumed full time responsibility on the faculty taking over part of the clinical examination schedule in the afternoon and continuing with his regular class schedule in the mornings. This was filling a much needed place in the clinical staff. Dr. Woods has been with the college since his graduation in 1923 and except for one semester's absence due to illness has been a most reliable and popular teacher. His experience in the field plus his keen detailed knowledge of the several clinical subjects have fitted him especially for the role of contact physician between the patient and the student.

Dr. Woods is interested in all student affairs and extends his influence into county and state organizations also. He has served thru several of these offices and recently held the chair of president of the Iowa state association.

E. F. Leininger, D. O.



The department of Obstetrics continues to cause this member of the staff to lose too much sleep. With the care of nearly four hundred cases a year and the responsibility of the clinical laboratory in Gynecology the matter of regular lectures in the two subjects is a mere small item. Dr. Leininger has no hours that he may call his own for his work requires attention the full twenty four per day.

Following his graduation from the college in 1935 he extended his studies as an intern at the Des Moines General Hospital and specialized in the care and treatment of Obstetrical and Gynecological cases. His success in this type of work led to his being elected to the faculty as a full time member of the staff. His statistics covering the cases in the department for the past year will soon be available and always show the superiority of osteopathic treatment and care in this specialty. Students at Still College enjoy the privilege of quantity in this clinic that is not found in many medical institutions.

Mary E. Golden, D. O.



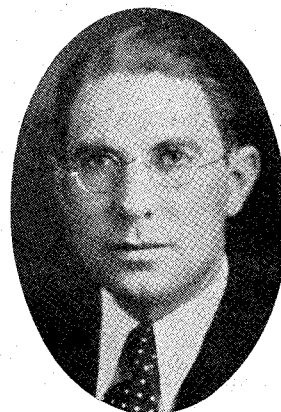
Men are not the only successful members of our profession. Dr. Golden, head of the department of Pediatrics, not only is an instructor in the college and conducts a large practice but has been president of the O.W.N.A. and for the past year Third Vice President of the A.O.A.

Her activities since her graduation from our college prove that there is a distinct place in the profession for women. Not only is she busy with the usual affairs of organized Osteopathy

from district to national groups, but she finds time to associate herself with many local clubs. It is not unusual for her to appear several times each month speaking before civic or educational gatherings on the subject of health or like topics.

Dr. Golden's specialty of Pediatrics is one that can win many friends and develop an extensive practice, for she stresses the osteopathic viewpoint beginning with the child and her success in this field can be repeated by anyone who will devote their talents and time as Dr. Golden does.

O. E. Owen,
B. S., M. A., D. O.



The subjects of Pathology and the Basic Sciences need a teacher well grounded in all sciences yet with a full appreciation of the osteopathic application. Dr. Owen fills this requirement for his preosteopathic college and university training and teaching of science gave him a background essential in the successful interpretation of these subjects. To be able to actually see the story told by a microscope is only half of the duty of an instructor. He must also be able to separate these findings into units that may be understood by the novice so that the field is not a confusion of stains but an interesting story of the minute changes that mark the beginning of disease in the body.

Dr. Owen takes pardonable pride not only in the excellence of his class and laboratory courses but also in the accumulation of a fine museum of Pathology which is of great value in demonstrating the gross changes that are found in diseased tissue.

For the past two years he has been aiding with the evaluation of credits and with the schedule of classes acting as an unofficial aid to the Dean. This year the trustees seeing the need for a permanent office of this type have elected him to the position of Assistant to the Dean and recently the Corporate Board elected him to membership in that body. Added responsibility means crowding more closely the many useful things he does and thru it all we see the sincere interest Dr. Owen takes in raising the standard of the teaching and practice of our science.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

Editor.....E. Harwood

Faculty Adviser...H. B. Halladay

President.....Arthur D. Becker

Osteopathy Without Limitation

Osteopathic Therapeutics

(Number 11 in Series)

REGION OF THE THORAX THE HEART

The first heart problem to be discussed in this series of articles is a serious one and one which has not received the attention which logically it deserves, namely, the **heart in acute toxemia**. In acute infectious diseases ranging from acute follicular tonsillitis to more serious diseases, such as pneumonia, many vital organs are injured either temporarily or permanently. The kidneys, the liver, the bone marrow, the spleen and the heart suffer pathological change. In this connection and at this time it is the cardiac problem which is to be considered.

The pathology in the heart in short and mild acute toxemias is chiefly that of cloudy swelling and granular degeneration of the heart tissues, predominantly the myocardium. Such pathological changes are not inconsistent with complete resolution. In the more severe and prolonged acute toxemias the pathology is greater and focal areas of necrosis and even actual acute myocarditis may occur. Such advanced pathology in healing does not obtain complete normality and more or less permanent damage results.

Cardiac symptoms at the time of the involvement are not such as to attract attention as a rule. The heart sounds may be blurred or less distinct, the rate is increased more than the temperature would warrant, a soft systolic blowing murmur may be heard at the apex and the patient may complain of subternal discomfort. An irregular pulse may give evidence that the cardiac conduction apparatus is disturbed. Such arrhythmias may vary from premature systole to complete heart block and are usually transient, frequently disappearing as the toxemia is overcome. Appreciation on the part of the physician of the probable involvement is a most important element in the diagnosis.

One very important factor in treatment is that of combating toxemia. To this end increased fluid intake, sponge baths, enemas and good ventilation are of great value. Osteopathic treatment is of primary and outstanding value. The upper dorsal spine (first to eighth dorsal vertebrae) and the associated ribs should be carefully examined for lesions and all lesions normalized and maintained in normalization by gentle but insistent leverages.

Treatment should be given every day in mild cases and twice or more daily in more severe cases. Gentle but insistent leverages should be devised which will secure through and through movement of the upper dorsal spine. The treatment of the ribs should incorporate gentle but firm stretching leverages which give ample opportunity for freeing the intercostal tissues, affording mobilization of the entire thoracic cage, enhancing the functioning capacity of the heart, promoting more efficient respiration and thus improving the general circulation of blood and lymph.

Osteopathic treatments to normalize the entire cervical spine are indicated, which normalization should include the cervico-dorsal junction area. Vasomotor tonicity of the circulation to the medulla is maintained as a result of such treatment. It is to be remembered that cardiac centers, respiratory centers and heat regulating centers have their location in the brain stem.

Osteopathic treatment of the cervical spine and upper thorax, as indicated during the acute disease, serves a further value in the fact that it tends to protect the cardiac tissues from damage by enhancing trophism to these tissues through repeated normalization of their innervations.

Careful normalization of the lower dorsal, dorso-lumbar junction and lumbar spine is a most important method of supporting elimination by way of the kidneys and bowels and a further method of successfully combating toxemia. It is to be remembered that whenever there is irritation or inflammation of viscera, reflex or viscerogenic lesions will occur in anatomically associated areas of the spine. This fact supplies the logic for the necessity of repeating treatments and maintaining spinal areas in normalization. In many of these acute toxemia cases, impaction and immobilization are more common spinal lesions than is malalignment. Repeating here a statement that should always be in the very fore front of osteopathic thinking, reflex or viscerogenic spinal lesions act as maintaining causes of the pathology that produced them.

Attention should be called to a very common error in caring for acutely toxic cases. This error consists in allowing patients to resume activity too quickly following such acute toxemia without allowing adequate time for repair of vital tissues and organs involved in pathological changes. These patients, with mild toxemias, should be given several days rest after the more acute symptoms have subsided, and, in more serious and severe toxemias, they should be given several weeks of carefully guarded rest during which time reflex spinal lesions should be normalized two or three times each week.

(Discussion of the heart, to be continued)

A. D. B., D. O.

ANY SCHOOL?

I THINK *—if I were sending ***** a student into Osteopathy this Fall I would look over the offerings of the various colleges and weigh carefully a number of items that I am sure would be major influences in the development of a better trained Osteopathic Physician than I was when I left college. All of our colleges have improved but we have no perfect college yet. I am going to run over some of the things that I think should influence your decision. You may not agree with me but you can bear with me.

LOCATION *—is an important ***** item. The city should be of sufficient size to furnish the quantity and variety of clinical material that will enable my prospect to really make contact with a sufficient number of cases so that the scare is eliminated. We gain confidence by experience with Osteopathy and if this is offered in quantity in our college work we have that added background that is necessary for the presentation of the science to the clientele we expect in the field. Our patients expect us to be practiced as well as practicing physicians and our students need quantities of clinical material to get this training.

THE FACULTY *—should be ***** one that is more interested in Osteopathy than any other subject. Regardless of the specialty that they have developed they should be teaching it from a purely osteopathic standpoint. I would want the best known authorities obtainable in those subjects that build the foundation for the osteopathic concept. I would want the more advanced teachers to keep constantly before my student the theory and practice of Osteopathy, for this is the one therapeutic agent that we have that others need and are using more and more. One more idea that I would want to be certain about is—are these members of the faculty paid or do they serve for the honor of the position. I want a faculty that is paid so that I know they will be there every day and not just when they are inclined or have nothing else to do.

EQUIPMENT *—is most es***** sential in the teaching of Osteopathy. I want to know that my student is entering a college with sufficient laboratory equipment and all other physical facilities that are necessary in the training of a modern physician. I want to know that these courses requiring a specified number of laboratory hours do conform to the regulations of the A. O. A. or other educational boards. I want to know that this equipment is being used and in such a way that the student has the opportunity to put his theoretical knowledge into practical use.

HOSPITAL *—training is a ***** necessary part of the education of every physician. I want to know that the opportunity is there for my student to become acquainted with hospital methods and the routine in more common usage. I do expect my student to graduate from four years of Osteopathy carefully trained in modern surgical diagnosis and methods. I do want him or her to be well rounded in the more common "General Practice" and not narrowed to one specific application of the osteopathic concept. I think that if he shows a tendency to specialize that this will soon manifest itself in General Practice and he will then continue his study along more specific lines. I do want him to have the opportunity to contact all of these including Surgery but not Surgery at the expense of General Osteopathic Practice with manipulative therapy as the basis.

EXPENSE *—may be an im***** portant item in convincing a student that he or she should study Osteopathy. I would look into this not from the standpoint of the least charge in tuition or living expenses but what is secured for the financial outlay. There is also the item of the opportunity for self-help in the way of part-time work. If a student is certain of earning his board by working two hours a day outside of his college work that might be the little aid necessary to insure his entrance and continuance of the course.

DECIDE *—for yourself which ***** of the recognized colleges you think is the best for your student. Weigh carefully the above items that have a bearing on the future of your student. You certainly want your student to have advantages that you did not enjoy. What did you lack when you graduated and where can that loss be best eliminated? Keep in mind that none of our colleges have an endowment. Support must come from within and you in the field must give some of your time to the encouragement of more students for our profession. Each student adds to our strength and helps to build a more secure osteopathic future for you. More students assure the permanence of our osteopathic colleges and other institutions and each new member of the profession in practice adds to your prestige in the field.

SEND YOUR STUDENT TO
THE COLLEGE THAT WILL
PREPARE HIM TO PRACTICE
OSTEOPATHY AS A TRAINED
PHYSICIAN.

—E. H.

I. S. O. P. S.

(Dr. Rolla Hook gave an excellent address at the state meeting this year. We have the complete manuscript but our space is limited and we regret that it cannot be published in toto. We have taken the editorial privilege of cutting it to the salient features and hope you will expand his thoughts. With this as a platform we hope for the continuance of the fine plans initiated under his leadership and wish for him the best year in the life of the Iowa state association. E. H.)

On January 8, 1939 your board officially designated that I be your President. By this action they conferred upon me the highest honor within their power to grant. With this honor comes responsibility and with responsibilities come opportunities, and those opportunities are opportunities of service.

One must accept such an honor with humility, for one must realize that one cannot discharge efficiently the duties that one assumes and must be called on frequently to make decisions that will not be approved.***

Our security in legislation lies in the balances of those friends of Osteopathy made through friendly and personal contact, and the desire of those to see fair recognition for a principal that is right.

By virtue of that fact, your legislative committee has functioned through the past legislative session, with the result that we have gone through the session without any discouraging or discriminatory acts being passed. I wish to commend this committee for their constant endeavor and untiring efforts in bringing us successfully through this legislative year.

The pioneer Osteopathic Physician established a basic legislative policy designed to keep Osteopathy an independent school of medicine. Our present policy includes, in addition, the protection of the public in its right to free choice of physician. With a basically sound constitutional form of Government and a basically sound organization and legislative policy adopted by our profession, we need only adapt ourselves to changing social forms, to continue our steady evolution and progress.***

This in turn comes to membership, and the well-intentioned but uninformed non-member constitutes one of the greatest hazards to progress of the profession. We need the membership, which means funds to direct the policies necessary to keep the machinery of this organization proficient.***

Financially and numerically we are at a great disadvantage but by great good fortune and

the willingness of your committeeman, board and executive committee to work gratuitously, we have done well. By multiplying the power of the individual by organization, national, state and local, we activate the influence necessary to our existence as a separate school of therapy.***

To date our profession has no plan or solution to the voluntary insurance problem as we had hoped would take the place of existing County Medical Plans. Until a possible solution has been inaugurated either through Voluntary Insurance plan or some enactment by state of federal legislations, we should be educating our patients and F. S. A. borrowers to be alert to any contract which does not allow free choice of physician.***

How will we do this? How educate—by word of mouth to the patient over the treating table, in the community by being community minded, talking before civic organizations at every opportunity, through the press, through the radio. **We live by Osteopathy, but are we living for Osteopathy?*****

As we start on a new year, look about you and see whether you're doing your part. If not **do something**, small though it may be. It's all needed and will react to your own good as well as the good of others. Our profession requires the good will and respect of the people and to maintain that good will and respect is to maintain the quality of our professional service to the public.***

One of the heaviest duties now resting on the profession today is recruiting students for our colleges. If we must maintain our profession and quality of professional service, we must make our problems interesting to the educational world. It behooves each and every osteopath to delegate him or herself to send a student to an Osteopathic college a year. Dr. Tinchner of Ft. Madison, Iowa, chairman of Vocational Guidance Committee has instituted a plan: He has started a campaign of direct contact to educate Presidents and the instructors of Vocational Guidance in all colleges, both large and small, in the state, of Iowa, by sending them informative osteopathic literature.

Another step along this line to interest both colleges and students is to establish several Osteopathic Scholarships. The plan is that each district support one scholarship of \$100.00 each year. This need not be confined to districts, but could be sponsored by any division, individual or auxiliary.

Our colleges are priceless pos-

sessions of our profession, but our duty to them has not been fully conceived. The Osteopathic practice had its birth in the osteopathic college and has much of its subsequent development there. No professional group can possibly develop without strong institutions to train men and women for practice, for research, for teaching, and to teach men and women already in practice. The surest way to keep a profession from evolving is to cripple its colleges by forcing or leaving them to a precarious existence.

It is logical, that to increase enrollment, to improve and evaluate our institutions, the effort should come within the profession first rather than appeal from the outside to foreign and unfriendly sources.***

Let's you and I go home with full intention to help this scholarship plan materialize and send a student a year from our respective community to an Osteopathic College.***

I wish to congratulate and commend those of the profession who have so stolidly and steadfastly adhered to the true Osteopathic Concept.

The Osteopathic School of Practice is the tangible outgrowth of the idea of one man—its founder Dr. Andrew Taylor Still—that is the discovery of the lesion and its correction. Dr. Still at one time said: "Our therapeutic house is just large enough for Osteopathy and when other methods are brought in just that much Osteopathy moves out."***

In closing I wish to thank all committeemen, and women, for their splendid cooperation and affiliation during these few short months, that I have served you, and may you continue to give as good service to my successor in the coming year.

Rolla Hook, Pres.

Applications for Membership
H. A. Crawford, Dyersville.

Vacations

The popular time for a week or two or relaxation this year must needs be after the Dallas convention for the majority of the faculty and others interested in the welfare of the college. Northwest seems to be the favorite direction but other vacations spots have attracted our staff.

Dr. Arthur D. Becker expects to divide his vacation time between the two sons, the one in Kentucky and the other in Michigan. A drive into W. Va. is planned and golf and fishing in northern Michigan will help considerably with his Fall vocabulary.

Dr. J. P. Schwartz takes time off at his cottage at Lake Okoboji and will avoid the heat of June, July and August by mak-

ing trips to this Summer hide-out.

Dr. H. V. Halladay will continue on South following the convention and stalk a few more cacti in the Big Bend region of Texas. He expects to annoy the Peterson's at Marfa part of the time.

NOTICE

Reciprocity has been opened for a limited time in Texas with the states of Iowa and Missouri. If you are interested write and send complete qualifications to Dr. R. H. Peterson, Wichita Falls, Texas.

DALLAS

(Continued from Page 1)

the average but the reports are that every one had a fine dinner and the meetings were satisfactory.

Wednesday night now seems to be given over to Alumni dinners, and we have reported on that.

The big dinner and ball Thursday night was a complete success.

The Program

The usual complaint was heard here as at other recent conventions. Too much going on and the various meetings scattered over two hotels made it a little hard to get orientated. However, the two hotels were across the street from each other and the little delay at two stop lights was made up for by the few extra seconds offered for more personal contacts as members of the profession streamed from one to the other. We agree that it would be ideal to have the entire convention housed in one building, but the program was excellent. Collin Brook is to be congratulated for bringing to the profession able speakers with a definite message, and much that showed the many advances made by our profession during the past year. With Collin on the job in St. Louis, we will be assured of expert help in many ways, smoothing over some of the little rough spots found here.

We are glad we came to Dallas. We knew we would like it and we have not been disappointed in any feature of our 43rd Annual Convention of the A.O.A.

Turn your eyes now to St. Louis.

Dr. Homer E. Bailey Dies

The entire assembled convention was shocked to learn of the death of Dr. Homer Bailey on Sunday, June 25. Dr. Bailey, the father of Dr. Walter E. Bailey of St. Louis, has been one of our strongest pioneers in the advancement of Osteopathy. He graduated in 1898 and is one of a family of many osteopathic physicians. Our sincere sympathy is extended to the family.

NEXT CLASS--SEPTEMBER 5

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 17

August 15, 1939

Number 8

Looking Around

The college building about this time of year begins to look like the flowers in the Spring. New paint and cleaning thruout brings light into corners that have been a little dull due to the smudge deposited during the Winter months. Charlie and Ole Man have worn out several orders of sponges and other cleaning tools and needs in chasing dirt out of sight.

New laboratory supplies and equipment will soon be in place and in about two weeks from the time you read this the place will hum with the activity of a beginning school year.

Prospects look much better than last year. There is no doubt but that we will have a fine large class register September 5th. For the past month the office has been busy with letters to new students who have waited until almost the last minute to ask the final questions.

The Clinic has been exceptionally busy all Summer and these records will be available for our next issue. We compliment the few who stayed over to extend their clinical knowledge. They have had a busy Summer with very little time for vacation purposes.

The hospital has also been running at top speed all thru the vacation season and has already scheduled an unusually large number of tonsil cases for the month to date. Fair Week means overtime for the entire hospital staff as many of the Fair visitors take advantage of their presence in Des Moines to have minor surgical work done.

We have learned from years of experience that if a vacation is in order that it cannot be taken in Des Moines. The farther away the better. There is always something to be done around the college or hospital.

The Year Book

After two unavoidable delays in the making up of the Year Book it is in your hands now. Considering that it is the product of a staff that filtered down to three workers in the end and the majority having had no previous major experience on year books we think it is exceptionally well done. There will be objections to the photographs and the

(Continued on Page Three)

D. M. S. C. O.



Vacations

Drs. John and Rachel Woods enjoyed a two weeks trip into the Northwest visiting Seattle, Victoria, Vancouver and Lake Louise.

Dr. O. E. Owen drove West taking in Colorado and on up into Yellowstone Park. With plenty of camera equipment in color and black and white Dr. Owen should return with a good coat of tan and plenty of pictures to prove he left town.

Dr. Mary Golden took time off before the convention to see some rare spots in Mississippi, Louisiana and Texas. Natchez, New Orleans, and Corpus Christi seem to be her favorites.

Dr. E. F. Leininger drove West and made his first stop at the Rodeo at Cheyenne, Wyo. Ed

got some fine pictures in color and enjoyed the big show. On N. W. he made Yellowstone and the Tetons and brought back both movies and stills of that great scenic country.

Mrs. K. M. Robinson drove North into her favorite Minnesota and Southern Canada territory. She will come back with tales of the beauty of the woods and the lakes and the tasty food found only in this vacationland.

Dr. H. J. Marshall is spending week ends at Clear Lake but will make a trip later in the season and probably go out after big game again in the late Fall.

Dr. Shumaker is doing some research work this Summer in Minnesota but will sandwich in considerable fishing.

13—Count 'Em

By H. V. H.

When I planned my Summer tour, which included the convention at Dallas, the primary objective was the collection of a few Cacti. I impose on Cacti, making them the excuse to get away for a couple of weeks into a hot dry climate that bakes part of the meanness out of me each Summer. The extent of my explorations for Cacti would take up too much space and has little to do with Osteopathy, but from out of dust and sand there emerged a feature of my Summer tour that has left a deeper impression on me than the cacti. The sharpness of their spines cannot compare with the acuteness of many osteopathic brains that I encountered on this trip. The surprising thing is that this was not planned. It grew with the trip and I wish all of you could go thru the same experience. I visited thirteen osteopathic hospitals this Summer. I am going to list these in the order of the visit and make a brief comment about each. The major fault with me is that I do not stay in one place long enough to get the proper perspective of a place. In reality this is good sense for it leaves me with an unfilled ambition to go back and get the rest of the story. This is true of each of the following except one where I tarried for two or three days sandwiching the hospital in between Cacti. I will have to paragraph it.

TULSA OSTEOPATHIC HOSPITAL and CLINIC

Tulsa, Oklahoma

This is the institution at which Cousin (not brother) John digs for hemostats and is successful now and then. My short stop in Tulsa on the way to the convention did not permit of any detailed inspection of the institution but it is well situated just off of the main east and west arterial hiway and is a model of efficiency. It has everything that any modern hospital has and is giving a service that is fully appreciated by the people of Tulsa and surrounding territory.

SPARKS CLINIC and HOSPITAL

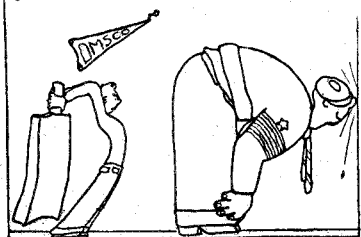
Dallas, Texas

I was in this ultra-modern hospital twice during the convention week. In architecture and appointments it is out in front. It is the only air-conditioned hospital.

(Continued on Page Four)

NEXT CLASS -- SEPTEMBER 5

FRATERNITY NOTES



N. O. I. C.

Even as of last year, some members of the Council failed to be at the business-luncheon on Monday of the Dallas convention. No one can say that they did not receive the notice as it was purely a matter of neglect. Several rather important things happened. One was that in the rotation of President if fell to Pat Gordon to take over the reins. And true to form Pat has been giving the matter some thought. He has revived and regenerated an idea initiated about three years ago by R. C. McCaughan who wanted to know what the fraternities and sororities were doing aside from passing out pins and collecting dues. Pat has initiated a friendly contest among the organizations to see who can make the best showing in membership in the A. O. A. next year. It is not too early to get busy on this.

Baird's Manual came up the first thing after the return from a little trip. In fact it was waiting when I opened the door. Blanks have been sent out to the colleges and to all members of this Council. Most of them have been returned. The lagards will have to be reminded again. This is a very important publication and we must not let this opportunity slip by to improve our standing and classification. We want the young college boys and girls to see that we have well organized fraternities in the Osteopathic Profession as well as in others.

This next month will see the beginning also, of our work with the St. Louis Committee. It looks like the next convention is a long time off but you will be surprised at the time it takes to make and polish the plans for our little part of the annual meeting. It would take less time if all would respond in a reasonable length of time. I expect to make a trip to St. Louis early in the Fall to get a line on some things and I want responses before that trip. When I write you personally try to get the reply back at the time indicated.

The Council has grown in ideas and this year will make a contact with each chapter of each organization and the colleges. We all want a little closer and more efficient practical program carried out in each of the subordinate chapters. Each of our Council members stands for something. We are not satisfied with "standing." We want "progression towards a definite goal."

H. V. Halladay, Exc. Secy.

Local Chapters

Still College boasts of active chapters of the majority of our Council membership. When we designated them as "active" that is exactly what we mean. These local chapters have banded together to form their own local interfraternity council which regulates certain activities of the group. Last year much was accomplished and this year we will expect more to be done. Below we will list the local chapters of our membership, together with their president and secretary. These organizations will be here ready to go to work the day that school opens. September 5th you will find them ready to help the Freshmen and other new students with any of the problems that new students may find unsolved. Introductions, directions straightened out, streets named, friends located, rooms secured, help with baggage and all of those little things that go to make a new student feel glad he came and not sorry. The spirit of the college itself is reflected in our active fraternities and sorority. We are ready.

ATLAS CLUB

Dale Widmer, Noble Skull.
James Clapperton, Stylus.

DELTA OMEGA

Georgiana Harris, President.
Rebecca Richardson, Secretary.

IOTA TAU SIGMA

Don Sloan, President
Charles Grey, Secretary.

LAMBDA OMICRON GAMMA

Martin Friedenburg, President
Edward Kanter, Secretary.

PHI SIGMA GAMMA

Edward Reese, President.
George Wirt, Secretary.

PSI SIGMA ALPHA

Robert McKay, President.
Harold Bahling, Secretary.

SIGMA SIGMA PHI

Ercell Iosbaker, President.
Dan Toriello, Secretary.

Byron L. Cash, D. O.



The operation of an X-Ray machine and the interpretation of its finding is not a job for a novice. In Dr. Cash we have a man of vast experience over a

period of years and covering not only the usual type of X-Radiance but the use of its many variations. Having taken special courses in Chicago, at the University of Michigan and in California, Dr. Cash is qualified to judge and grade the work of others and is familiar with the newest equipment in Roentgenology and Physio-Therapy. The installation of the new high voltage machine at the hospital has enlarged the work of the department in both photography and therapy and enables Dr. Cash and his assistants to more accurately diagnose and treat the cases that come under his jurisdiction.

He is in demand as a speaker and consultant and takes an active interest in the professional groups of the state and national organization. His laboratory, advice and findings are available to the student body, his lectures at the college being supplemented by many interesting films taken from his extensive library.

Howard A. Graney, D. O.



When a surgeon selects an assistant it is done with the utmost care and consideration. Dr. Graney is first assistant to Dr. J. P. Schwartz of the Des Moines General Hospital and as such has a responsibility that requires complete understanding and a trained and steady hand. Two years as an intern and four years as an assistant has brought Dr. Graney up in surgical work and his lectures and demonstrations are highly praised by the student body. Surgery is a mechanical art. It is therefore closely related to Osteopathy. Each has its place and the successful osteopathic surgeon fully appreciates the value of each and applies this knowledge. Dr. Graney has proved his ability.

J. B. Shumaker A. B., M. S., Ph. G.

Chemistry under any other name would be as difficult and would, as it has in the past, continue to be an oil burner into the wee small hours and eerie wail at the heels of all students. The difficult problem confronted

by most of us is to get the fundamental idea and using it as a basis apply it to the three divisions of the study that are use-



ful to us in therapeutics. Professor Shumaker knows Chemistry. He thoroughly understands it but his hardest job is to get these fundamentals across to you. He is a graduate of Cornell and Iowa State University and has had teaching experience in several colleges including Still from 1929 to 1931. This Summer he has been in Minnesota doing research work in Chemistry and each year takes time off to keep up with the newer ideas that are presented for us in the laboratory and commercial field.

Polk County

Altho the season is not quite upon us the Polk County Osteopathic Association has already started the years work. In anticipation of the first meeting the Executive Committee met at a noon luncheon at Grace Ransom's Tea Room Thursday, August 3rd to consider plans for the coming year and to approve the appointment of the following committee chairmen. Earl O. Sargent will be in charge of Programs this year. Robert Fagan, as well befits the job of treasurer, will increase the membership. Saul Klein will watch Legislative matters. Mary E. Golden will maintain the Public Educational program. Arthur D. Becker will regulate the Ethics. Fred D. Campbell makes the Public Relations contact. Bennie Devine is responsible for Entertainment.

Dr. Earl Sargent is preparing an unusually interesting program for the first meeting of the 1939-40 year which will be held at 6:30 p. m., Friday, September 8 at the Kirkwood Hotel. Reserve that evening now and let's see every osteopathic physician in Polk County at this meeting. With our numbers in the city we should have at least fifty there.

FLASH—The subject for the meeting September 8 will be "Mastoiditis in General Practice," Dr. Vern Wilson, speaker.

O. E. Owen, Pres.
Ruth Paul, Secy.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

Editor..... E. Harwood

Faculty Adviser..... H. V. Halladay

President..... Arthur D. Becker

Osteopathy Without Limitation

Osteopathic Therapeutics

(Number 12 in Series)

Region of the Thorax The Heart (Continued)

Rheumatic heart disease provides a problem of great importance to both physicians and patients. It is a common disease and has its beginning chiefly between the ages of five and twenty. The results of rheumatic heart disease may be in evidence for varying periods of years following. It is, by a wide margin, the most common heart involvement of children and young adults and constitutes approximately fifty per cent of all heart diseases.

The cause of rheumatic heart disease is without doubt due to an infection by one or several varieties of the streptococcus group. Usually secondary, it is closely related to acute rheumatic fever, chorea, and follicular tonsillitis. There seems to be good evidence that rheumatic infections have a familial tendency. It is more common among the poor and among those who live in unsanitary surroundings.

The chief pathology in the heart in this disease is usually considered to be an endocarditis, but in recent years there is increasing appreciation of the fact that the heart muscle and the pericardium are involved in most cases to a measurable degree. The endocardial inflammatory reaction affects chiefly the mitral valve. The aortic valve is also involved in many cases. The endocardium covering the chordae tendinae and the valve bases is sooner or later involved, and produces serious changes as time goes on. The myocardial pathology consists for the most part of the formation of Aschoff bodies at the time of the acute rheumatic disease. Except in rare cases of a very severe character, the myocardial involvement is not persistent, permanent scarring in the muscle being of rare occurrence. The pericardial inflammation results in the formation of adhesions and may be limited or extensive. The term "carditis" or "pancarditis" gives a more graphic description of rheumatic heart disease than does the more common designation, endocarditis.

It will only be possible in this necessarily abbreviated description to outline symptoms in a somewhat general way. One outstanding characteristic of rheumatic infections is the tendency to recur. The heart damage, as

a rule, results from a repetition of attacks of rheumatic infection. Severe and even fatal damage may result from the initial attack. The heart symptoms at the time of the acute attack are usually obscure and may easily be overlooked. The discussion in the immediately preceding article in the July Log Book on "Cardiac symptoms in acute toxemia at the time of the acute involvement" apply equally well here and will not require repetition.

It is to be remembered that rheumatic infections in young children may occur without any evident joint involvement or with very slight joint involvement. The so-called "growing-pains" of childhood are, without doubt, manifestations of rheumatic infection. Rheumatic heart disease may develop without any other symptom of rheumatic infection. In many cases, the evidence of the heart involvement is discovered weeks or months or even years later, with the typical and characteristic symptoms of chronic valvular disease. Attacks of heart failure of increasing severity are common in this type of condition, and may occur over a period of years. Many of these cases have their final attack of heart failure between the ages of thirty and fifty. One may find organic murmurs and other evidences of heart involvement following rheumatic infections, in patients who have never had any actual attack of cardiac failure.

Osteopathic treatment has much to offer in this type of heart disease, both at the time of the acute attack, and in later developments. At the time of the acute attack, treatment is logically directed to the problem of the primary disease. Correction of all thoracic osteopathic lesions with thorough mobilization of the upper thorax is an osteopathic measure of primary importance. Such treatment is an important prophylactic measure and tends to protect heart tissues from damage. This treatment also serves to minimize damage in those cases where heart pathology does occur. The entire cervical spine should be carefully examined for osteopathic lesions, and such lesions, when found, should be carefully normalized and normalization maintained.

It will be remembered that the sympathetic preganglionic innervation of the heart is from upper dorsal segments. These fibres run to the cervical ganglia. The post ganglionic innervation is by way of the cardiac nerves given off from the superior, middle and inferior cervical ganglia. The osteopathic cardiac center is third to fifth dorsal with the associated ribs, particularly the ribs on the left side. The parasympathetic innervation of the heart is by way of the vagus which nerve arises in the medulla.

These anatomical considerations are also of primary importance in the treatment of

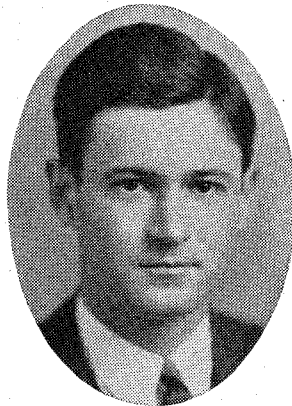
heart-failure attacks and for the relief of such symptoms as may occur in chronic rheumatic heart involvement. Normalization of cervical and upper thoracic lesions adds to the patient's resourcefulness in the establishment of compensatory mechanisms essential in these cases. The value of treatment is evidenced in many cases by the relief of symptomatic distress such as dyspnea, cough, pain, and gravity edema. Osteopathic treatment has made large contribution to the therapeutics of rheumatic heart disease.

Removal of foci of infection, such as infected tonsils, devitalized teeth, and other foci, is indicated. Building up general resistance and doing away with dietary deficiencies are valuable measures.

The consideration of acute and subacute bacterial endocarditis (malignant types) has been omitted in this discussion.

A. D. B., D. O.

Hugh D. Clark, Ph. D.



Dr. Clark comes to us this year from the University of Michigan having been teaching assistant and research assistant in the departments of Anatomy and Biology. His record in science is a very enviable one and he will fill a long felt want in the subjects now classified largely as the Basic Sciences. With the coming rearrangement of the schedule due to the additional pre-osteopathic requirements the subjects under the direction of Dr. Clark will have to be presented in a different manner than in the past. We feel fortunate in securing Dr. Clark for this important schedule.

Faculty Assistants

It is not the policy of the college to assign undergraduates to regular faculty work unless they have had special preparation for it and are constantly under the supervision of the head of a department. Realizing the need for training instructors for the future we are glad to be able to use the talents of two young men who have already proven their ability.

Paul Kimberly

has been assisting in the department of Anatomy for the past two years and continues in that role this year. Coming

from a family osteopathically inclined and with his mother a practicing osteopathic physician it is no surprise to find him thinking Anatomy along the more strict osteopathic plan.

Charles Stull

of Westerville, Ohio received his degrees from Otterbein College in science. He will assist in the department of Bacteriology and is spending the Summer taking a special course in the subject.

The Year Book

(Continued from Page 1)

electroplates but there can be no criticism, except complimentary, on the makeup of the book and the text. We will prize it for it is our first Stillonian for several years. It does carry very complete information about the college and the activities of not only the departments but also the several special groups. It contains a very accurate listing of our Alumni. There will be errors in this for it is impossible to keep a directory up to date. Too many move, retire or die without any notice coming in to the college.

Paul Green waved a magic wand when he talked to advertisers and without their support the book could not have been published. The cost per volume exceeded the original plans of the staff by nearly 100%. Jean LaRoque did a fine job of editing, keeping the material clean and yet with an occasional touch of humor found only in a college of our type. Joe Prior has shown his artistic ability all thru the book. The rest of the staff worked hard also but these three put in many long weary hours not only during the Spring semester but for several weeks after the college year closed.

May 1938 Class

Early in June the May '38 Class almost had a reunion in Des Moines. The major event at the time was the marriage of Clive Ayers and Miss Vashti Hubbard at the First Methodist Church in Des Moines. Other news events that leaked out at the time relative to class members made it an occasion for checking on most of them.

Ed Theilking was married May 28 and is practicing in Tucumcari, N. Mex. This accounts for his absence from the P. G. Course.

Bernie Moeller (Connelly) has moved to Ellensburg, Washington. Her husband is attending college there.

Bob Irwin has located in Minnesota and has moved his family to their new location near Austin.

Charles Houghan, now practicing in Ft. Morgan, Colo., was married June 15 at Ames.

Local members of the class who are keeping track of items of interest are Anna Slocum, Ruth Paul, Garth Anderson and Earl Sargent.

I. S. O. P. S.

(We are again assuming the editorial privilege of cutting and we do not like to do it. The report of the state secretary was full of fine things that you should read and know about but space again limits us to the high spots. Give these state problems a shot. Vacations are over and it is time to buckle down and get some important things done. Iowa needs to step out and do some things. When needed work is to be done the quicker you respond the sooner the task will be ended.—E. R.)

Report of Secretary-Treasurer

F. A. Gordon, D. O.

This report is for the most part a running account of events during the past year, with some comments on the future.

Membership during the past year has maintained a constantly higher level than previous years. With the usual great number dropped on September 1st there were still 20 more regulation members than in 1937. Since that date 30 have been added to the rolls, for a total of 215 members as of May 1st.

During August warning came from American Osteopathic Association to be prepared for Voluntary Health Insurance, such as has only recently started to develop among some 9,000 Iowa farm families, who are dependent on Farm Security Administration for rehabilitation. This movement has caused no little concern to your Chairman of Public Affairs, who with your Secretary recently spent several hours in conference with State Director Anway of Farm Security Administration in Ames.

It seems truly pertinent that you give immediate and serious consideration to the approval of some plan for consideration by the Medical Director of Farm Security Administration.

Early in September your Chairman of Veterans' Affairs attended the National Convention of the American Legion, where a resolution, passed by five State Legion conventions, was presented. That resolution provided for Osteopathic services being made available by the Government to disabled veterans. Let's add Iowa to that list of states adopting this resolution!

From better understanding of the state machinery required for P. & P. W. service, we learned in Cincinnati that our Publicity committee should be assisted by a chairman of Radio and for contacting Editors. Accordingly the latter was delegated to your Public Education committee and a Committee on Radio was established. In short order thereafter Dr. Lange's Radio committee found itself with two weekly broadcast schedules operating. KFGJ, Boone and KFJB in Marshalltown.

In behalf of that committee

please estimate, if you can, the value of one year of weekly broadcasts, over five widely separated Iowa stations, to your problems of legislation, Endowment, College enrollment and general public appreciation. Fifteen stations are now broadcasting these weekly P. & P. W. programs. It is interesting to note that once these programs have been established, (and they are only available for Public Service or free radio time) they have never yet been discontinued by the station. Your Publicity Chairman has lost no opportunities to have Osteopathy and the local doctor given an official press release when the local doctor has cooperated promptly with data.

On orders from the United States Compensation Commission, the Iowa Compensation Officer of Works Progress Administration requested a conference with your State officers and the Secretary of the Board of Osteopathic Examiners. From that conference it seemed as if the administration of the Burks-Drew law was to mean something to injured employes of the Government. Months passed by before we could obtain (and we did obtain through irregular channels) copy of instructions to Timekeepers which hold that cases of doubtful disability arising out of injury can only be diagnosed by "unlimited practitioners." Timekeepers are therefore obliged to give "sprains" and in some cases "back-injuries" a form "C-17" which precludes their acceptance by D. O.'s except in cases of emergency. Government Employes desiring services of D. O.'s are expected to make special request for such service.

Since January 1st little has diverted our attention from legislation. Those who followed closely the performance of our legislative committee during the past two General Assemblies will agree that our profession now enjoys a new and dignified status among the Iowa legislators. Your committee were tactfully successful in preventing usual discrimination from the presented form of numerous bills. They were equally successful in their patient and frequently required efforts before the Health Committees.

The February circuit meetings were well attended. By special action that week had been set aside by A. O. A. as Special Valentine Membership Week. With the help of Dr. Becker's special Des Moines Luncheon, we totaled 24 A. O. A. members signed in Iowa that week. This was away-and-by-far the best report returned by any state.

13—Count 'Em

(Continued from Page 1)

tal in Dallas. It is perfect in my eyes but of course by this time Sam probably has found something that could be changed to improve it. I don't know where. He and Muriel even have a pent house on top and all I can say is this—I if I am going to die I think I would be more contented to do so in Sparks Hospital but if I am going to live take me up on the top to the pent house. Nearly 100 operations were performed in this brand new hospital during the convention. I mean majors and not just tonsils. Sam has something there.

NORWOOD CLINIC and HOSPITAL Mineral Wells, Texas

I have been just a little skeptical about this injection business. The anatomy of it is not exactly clear to me yet but it has cleared some. I watched Dr. Norwood at our Review Week in June and stopped over for a day or so with him following the convention. I saw patients and saw him operate. I talked with some of his patients and I tried to figure out the magic of it all. My feeble brain does not quite get it yet but I saw enough to convince me that Dr. Norwood and others who are doing this work are getting satisfactory results. Dr. Norwood has a fine place and is busy. He keeps his son and Dr. Brown and several others on the jump all the time.

CORPUS CHRISTI OSTEOPATHIC HOSPITAL Corpus Christi, Texas

I arrived at the wrong time. Dr. Tyree was operating but I did take a look around and found a beautiful institution that is also modern in every way. I hope to go back and get deeper into this small but efficiently built and arranged hospital. The nurse and attendant that met me were very courteous and the rooms that I did see were all that anyone could ask for.

PETERSON HOSPITAL and CLINIC Marfa, Texas

Look it upon the map, folks, and see if you can spot it without turning to the index. There they are, John and Claire, away out in the far corner of a rather desolate district. Pioneers in a region where you have to speak some Spanish. A fine little hospital serving a large radius and doing exceptional work. Lots of babies being born here. The usual run of hospital cases and too many of the knife or bullet emergency cases. Yes, they bring them in here for miles around with half of their intestines hanging out or two or three bullets imbedded somewhere and expect John and Claire to sew and probe and bring 'em back alive—and they do it.

We had finished dinner Saturday evening, July 8th and were sitting talking when the phone

rang. Miguel Alvarez—esta malada—mucho dolor-ven aca pronto to el Doctor. Could you answer that call? John Peterson, one of the War Babies, two hundred pounds of he-man turned quietly and said, "Come on, Virg, let's see what is the matter with the little Mexican boy." Out to the edge of town to a 'dobie home. Dark now and I stumbled over the rough flagstones that led to the door. The room dimly lit by a kerosene lamp disclosed not only the sick boy but numerous anxious faces from the old grandmother down to many youngsters peering around corners and thru windows. To be sick and call the doctor is an event not to be missed, even this late when perhaps some should be in bed. Temperature, pulse, some questions and papation. "We'll go back and send Dan out for a blood count" and Pete gave some orders in Spanish to the older sister. Back at the hospital Claire, sensing an emergency, started the machinery and Nurse Moreland and others got busy. The blood count was 17,000 whites and so the boy was brought in. At ten the operation was started with Claire at the ether can. It was one of those stubborn cases with a retrocaecal appendix, a small thin youngster and gas to combat in the intestines, but Pete knew his stuff and I have a letter since that says that Miguel went home perfectly well, recovery uneventful. What did I get out of this besides some good pictures of the operation? I saw with my own eyes the fine team work of two of my former students saving the life of a little Mexican boy down near the border in a lonesome place where men are men and women are governors and I don't mean maybe. My hat is off to Pete and Claire. To add to the pleasure of this visit I found two rare cacti on one of my daytime trips into the Big Bend region.

DONOVAN OSTEOPATHIC HOSPITAL Raton, New Mexico

Last year I saw this fine hospital in the process of being made. This year I saw it at work and it is just as efficient as it was planned last year. Dr. Donovan was in Denver and I saw him later but his assistant, Dr. Barber, took time off to remove a nasty looking splinter of glass from the hand of a little fellow who had been brought in 18 miles by his father. Here is another of our institutions that is serving a community that fully appreciates a better hospitalization program. The bare rooms of last year and the trash in the patio have all been magically changed into a modern hospital and a cool inviting patio for patients that may be out during the day.

(Read the rest of this interesting article in the next issue of the Log Book. Seven more to see)

NEXT CLASS--SEPTEMBER 5

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 17

September 15, 1939

Number 9

Freshmen

Late in the Summer we had occasion to write to most of our Alumni about the prospects of the class entering this last week. The correspondence and the steady flow of matriculation blanks was more encouraging than for many years. On the first day of August we had more already matriculated than the total of the class entering a year ago so we were certain of a gain this Fall. We did not anticipate that the figures would run quite as high as they have.

The majority of you know that Still College has never had a large student body. Our classes seldom have numbered over fifty. We do not want them too large for we firmly believe that the classes of about fifty certainly get more individual attention and have a greater opportunity thruout the course. With the added requirement of last year the Freshman class took a decided slump and it was of considerable concern to the trustees of the college. The matter was taken into hands by the Alumni of the college and we now see the results of their years work. Our new class numbers over forty which is about 150 per cent increase over last year and brings up the number to about what we must have in each entering class.

This class has come to us with full and complete credits the majority of them having more than necessary for entrance into the college. They are here for work and with the inspiration of its size we will guarantee that they will get the opportunity. We as a college are truly grateful to the profession for this visible evidence of your confidence. The class is not complete at this writing and statistics as to the number coming from each state are not available. This will be worked out and a report made in our next issue.

If the Alumni and friends of this college can, with the effort expended this last year, add this fine class to the strength of the osteopathic profession we know that a little more effort and that effort spread to a higher percentage of the profession, will work miracles for our colleges and will certainly assure the osteopathic profession of the growth it so well deserves. We again thank our Alumni and friends and assure you of our continued efforts to maintain and increase the efficiency in teaching that we have already established.

Eye, Ear, Nose and Throat

For the past thirty years or more the osteopathic profession has been gradually proving its worth in the field of specialistic practice. At the annual meeting of the profession we find several groups convening under the title of their specialty and providing a full program of scientific lectures and reports. One of these has advanced far, not only with its organization but in obtained results by expert care including osteopathic treatment. We, of course, refer to the Eye, Ear, Nose and Throat society of osteopathic physicians.

This department at Still College reflects the integrity of the man in charge, Dr. H. J. Marshall. For many years Dr. Marshall has been closely applying his talents in developing every phase of the diagnosis and treatment of this class of diseases. As a member of the surgical staff of the Des Moines General Hospital he is largely responsible for the management and care of the many clinical cases of this type. At the college Dr. Marshall lectures and conducts clinics thruout the year. Many of these cases are taken to the hospital where his surgical skill is demonstrated before the Senior class in this subject. The quantity and variety of cases that come to the college clinic assures the student of contact with practically every type of case classified in this department.

We asked Dr. Marshall to make a statement relative to his specialty and we quote him.



OSTEOPATHIC TREATMENT IN EYE, EAR, NOSE AND THROAT DISEASES

Because of the opportunity of examining large numbers of clinic patients at Des Moines Still College, Des Moines General Hospital and the Taylor Clinic, it has given me a chance to observe the results of Osteopathic treatments in Eye, Ear, Nose and Throat diseases. I also have many patients who have been referred to me from the doctors in the field. It has been my experience that the students in the College and the doctors in the field who have treated their patients Osteopathically have a much smaller percentage of Mastoid cases requiring operative interference. Those patients who have been treated Osteopathically early for colds, seldom develop into sinus involvement, and those who have had Osteopathy early in sinus involvement seldom need surgical work done on the sinuses. If there is a place where Osteopathic treatments serve as a prophylaxis, it is preventing Otitis Media, due to bad head colds. Theatrical people and public speakers seek the services of an Osteopathic physician at the first sign of Laryngitis because experience has taught them that they can obtain the most satisfying results by this therapy.

H. J. Marshall, D. O.

We recently went thru the files of this department at the college and found one case that reverses the usual reports. The customary plan in the publication of a case report is to bring out the beneficial effect of osteopathic treatment. This

(Continued on Page Three)

To Colorado

Dr. H. V. Halladay made a quick trip to the Colorado Conference September 7-8-9 doing most of the milage in the air. Due to the uncertainty of the train schedule out of Greenwood Springs he hitch-hiked to Denver in order to catch an early plane back home. If he really had as much fun as he says we expect to see him on the hi-way often.

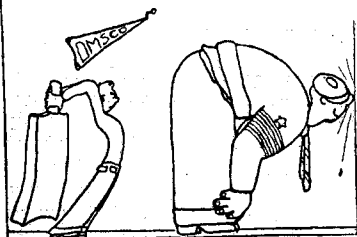
He reports that a Colorado D.M.S.C.O. Alumni Association was formed at a luncheon held Friday, September 8, with Dr. Elmer Lee as president and Dr. E. M. Davis as Secy-Treas. With the increasing number of our graduates in the state and more Colorado students in the college we are sure that this group will find plenty of active service.

Altho the Conference was held at some distance from the actual center of the osteopathic population of the state the attendance was good and the meeting enthusiastic. Dr. Abbot of Los Angeles alternated on the program with Dr. Halladay in the afternoons and evenings and assisted in the surgical clinics in the mornings. Thru the generosity of a local medical physician the profession was granted the use of a very fine hospital and several surgical cases were successfully cared for. Colorado is to be congratulated on the excellent spirit of cooperation and the superior work being done by the members of its association. Glenwood Springs is reported to be an ideal place not only for a convention but also for complete rest and recreation. Maybe you would like to hear Dr. Halladay tell the Antlers story, which we assure you has nothing to do with osteopathy.

Assembly September 8

The introductory assembly this Fall varied from the usual plan in that the college had the opportunity to hear Miss Nedra McCall of the A.I.B. Dr. Becker took advantage of the first meeting of the college group to express his appreciation of the increase in Freshmen and to welcome all back to another years work. Miss McCall's readings were applicable to the occasion, the opening of the college year, and were highly appreciated by all present. We hope we may have the privileges of a return date with this talented entertainer.

FRATERNITY NOTES



N. O. I. C.

The program of the Council for the year is laid out and the first letters have gone forward. Replies have been received from four appointing their Local Representatives and from the same number but not exactly the same ones enclosing their annual dues. Since this appointee is not due until the first of October we feel that the Council is a little ahead of schedule in everything except dues. These we are sure will be taken care of by the first of the month. We have yet to hear from two organizations on the matter of their material and cuts for Baird's Manual. Unless this is in very soon we are sorry but these two will be left out of the listing in this very important book.

Contacts will soon be made with the several chapters of our group according to instructions given at the annual meeting in Dallas. Dr. Gordon is pounding away at the membership for increased A.O.A. support and is getting results.

I expect to make a trip to St. Louis about the middle of October to see about some things and will want everything up to date by that time. A meeting will be called of Local Representatives and I am sure that with this good start we will have our work done before any other associated group. Remember that the convention this next year is a little early and with that in mind we must be a little early too.

H. V. Halladay, Exc. Secy.

ATLAS CLUB

After returning from three month's vacation, the fellow at the Club came back to more than books and lectures. During the summer, the house committee found a house they thought would suit the needs of the Club, and with proper authority, bought the house for the permanent home of the chapter. The new location at 1615 Arlington avenue will accommodate more fellows more comfortably than the old house. Undoubtedly many of the members have a score of fond memories concerning the old place, but everyone pitched into the spirit of setting up the new house and things are coming in a fine shape. If enthusiasm is any gauge, the new home should be a complete success.

To the members of the freshman class and the transfer

students from other colleges, we at the Club extend our heartiest welcome. Not only does the freshman class have numbers; but they seem to be quite a cosmopolitan group, having members the rock bound coast of Maine, others from the Lone Star state, Texas, and a couple of others hail from Canada. We are all sure that they will not regret the choice of their profession and also the choice of D.M.S.C.O. as their college.

—R.J.H.

AOF

The first meeting of the season found practically all members of the fraternity back from far flung corners of the land with tales of an interesting and sundry nature. Summer activities varied from the spraying of bananas to selling horse blankets, and from mountain climbing to dispensing liver pills behind someone else's drug counter at sweat shop wages. But no one failed to reveal with minute details the interesting results obtained in demonstrating to reluctant relatives the value of ten fingered Osteopathy.

The preceding year has been a successful one for L.O.G., and Cerebrum Martin Friedenberg on behalf of fraternity wishes to express to our brother organizations and interfraternity council for their cooperation, goodwill, and fellowship.

L.O.G. shall endeavor during the coming year to do everything within its power to further the aims and ideals of our school and profession.

Welcome to the freshman class! Feel free at any time to call on us for any help which we may be able to give. You have shown by your numbers that Osteopathy is forging ahead.

D. G.

ΦΣΓ

With the start of the new semester brought from all parts of the country, members and pledges of Phi Sigma Gamma, back to school ready to start the new semester.

The sound of wedding bells were heard by brothers:

H. Bowden

H. Wirt

E. Detlaf Reese

With the loss of Archon Reese and Pronaterius Wirt from the house brother Ferris was elected Archon and brother Koenig Pronaterius.

When inventory was taken this semester we found that they have a capacity house. This question was settled by putting J. (Ivan he Red) Yagoobian in the phone booth.

Warning to all pedestrains!!!

Be on the lookout for a green Buick coupe, Munger at the wheel.

T. R., Sec.

ITS

The first meeting of the new school year was held Wednesday evening at Brother Blackwoods apartment.

Brothers Blackwood and Fisher attended the National Convention at Dallas this summer. Their report on fraternity affairs as discussed at that time was interesting and well received by the fraters. We were glad to learn of the activities of the other Chapters and to note that all have been quite active this past year and progress made.

The brothers reported on their summer activities and from reports it appears that all spent a profitable summer, returning to school with renewed enthusiasm and coats of tan.

Plans were formulated for an early initiation of the present pledges and a schedule of meetings worked out for the coming year.

Iota Tau Sigma greets the new students and wishes them the best of luck in their new work. The members are all willing to render any assistance within their ability to the new students and wishes them to feel free in asking.

D. E. S.

ΔΩ

Summers end, announced by the ringing of the school bell, is here. The time has come to drop out of the light vacation vein and into the more serious artery and assume the role of students.

The ranks of Delta were depleted by the graduation of Beryl Freeman and Louise Michael but we are still going strong.

Louise is practicing in Alcester, South Dakota. Beryl is staying in Des Moines, practicing in the Equitable building. Don't go away Beryl, we need your guiding hand.

Dr. Dorothea Farling, Oxford, Michigan, dropped in the other day. She's proving to the natives that a local girl can make good. In her honor the Deltas lunched at Grace Ransom's Tea Room.

To all new students may Delta Omega extend her hand in greeting and welcome and to our Alumni, let us hear from you.

ΨΣΑ

For the present we all seem to be busily engaged in greeting old friends coming back to the alma mater after spending a profitable summer (we hope) at home; or getting acquainted with new friends from other schools of therapy and new matriculants.

As yet this organization has had no meeting, being busily engaged in reacclimating ourselves. Your correspondent has not fully checked up but believes all of our members have returned to school—ready for work with more enthusiasm than ever. We too wish to fall in line in

extending a warm hand of congratulation and welcome to new students of this college. It is our hope that we can familiarize you with our activities, hopes and ambitions in the very near future.

G. T. F.

ΣΣΦ

The "usual weather" of the past week makes one think that school should be out instead of beginning. But—when we see new faces and old ones in the halls and the excitement of the beginning of a new semester's work we know the year has begun. Sigma Sigma Phi welcomes the new classmen and also those who have been so wise as to transfer from some other college. We are at your service and want to help if you have any problems that we can aid in solving.

Our program of activities is not entirely planned yet but will be announced shortly after our first meeting which will be September 26. Members take note of the date and be there.

G. S.

Polk County

The Polk County Osteopathic Association held its first dinner meeting of the year on September 8, at 6:30 p. m. at the Hotel Kirkwood with President O. Edwin Owen presiding.

The membership was well represented. The organization is offering Associate Memberships to Osteopathic Physicians outside Polk County but within the vicinity of Des Moines at \$1.00 per year. Several have already accepted this offer. The Association heartily welcomes these new members. If anyone wishing to become an Associate Member will inform the Secretary, a program card will be mailed to you each month.

The same offer has been extended to Senior students at Still College. Very interesting and worthwhile programs have been arranged for the year. Plan to take advantage of this privilege.

The speaker of the evening was Dr. Verne J. Wilson, who very ably presented "The Diagnosis of Mastoiditis as it Affects the General Practitioner." An open forum followed.

The October meeting will be a joint one with the Polk County Osteopathic Women's Auxiliary and will be held on Saturday evening, October 7. The place will be announced at a later date. This will be a Founder's Day Meeting which the Auxiliary plans to sponsor as an annual affair. Dr. A. D. Becker will be the speaker. All members please keep this date free for one of the most important event sof the year.

Ruth Paul, D.D., Sec.

EDWARD D. REESE—

of the Senior class and Miss Marjorie Bailey were married September 9 at Meadville, Mo. Congratulations and best wishes.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

Editor.....E. Harwood

Faculty Adviser...H. V. Halladay

President.....Arthur D. Becker

Osteopathy Without Limitation

Osteopathic Therapeutics

(Number 13 in Series)

REGION OF THE THORAX

The Heart (Continued)

Angina Pectoris.—Among a number of cardiac problems with pain as the presenting symptom, angina pectoris or "breast pang" is the most frequent in occurrence. It must be differentiated, if possible, from similar conditions. Pain is not a prominent symptom in most cases of cardio-vascular disease. Among a number of conditions in which pain may be a prominent symptom it would be well to include: aortitis (leutic or atheromatous), aortic aneurysm (usually involving the arch of the aorta), acute plastic pericarditis, coronary occlusion, advanced valvular disease and neuro circulatory asthenia. To be carefully differentiated from cardiovascular disease are those conditions in which there is pain in the thoracic wall due to intercostal neuralgia associated with rib lesions or with spinal disease, as arthritis, potts Disease, spinal cord tumor or severe spinal trauma.

Angina pectoris is usually the result of disease of the coronary arteries. The attack may be due to a vascular crisis or spasm (functional), or to well defined organic disease as the result of vascular syphilis or atheromatous disease. The condition is most common in patients over 50 years of age (usually over 60) although many exceptions occur.

Pain in angina pectoris is characteristically in the left pectoral area and radiates down the inner side of the left upper arm. It may be mild but is frequently agonizing and associated with a feeling as if the chest were being squeezed in a vise and further associated with fear of impending danger or marked apprehension. The pain may be atypical in location and occur in the shoulder, the neck or the abdomen. Attacks of angina may occur without pain (angina sine dolorae). Even more diagnostic than the character and location of the pain is the fact that it is induced by effort or excitement. It may occur at night associated with terrifying dreams: The pain is of short duration in most cases, lasting a few seconds to a few minutes and usually arrests any activity. Anginal attacks may occur over a period of years and may be

frequent or widely spaced. Coronary occlusion may occur as a serious complication.

The diagnosis of angina pectoris is made after the careful weighing of many factors. Family history and past history are of great importance. Physical examination may reveal evidence of cardio vascular disease or may be quite entirely negative. Wasserman or Kahn tests should be done in every case. Electro cardiographic tracings give most valuable information in many cases.

Treatment in angina pectoris obviously must take into consideration the causative and associated pathology, if discoverable. Luetic cases should receive antiluetic treatment. It is of primary importance that these angina patients should be taught to live down to the level of their own individual cardiac capacity. They must avoid those activities that tend to bring on pain.

Osteopathic treatment occupies a high place in the therapeutics of angina pectoris. Thorough and searching normalization of lesions of the upper thorax and cervical spine is of first importance. In this connection the reader is referred to the discussions on osteopathic treatment in numbers 11 and 12 of this series, duplication being thus avoided. Where the condition of angina is functional, the relief from pain is prompt and often permanent. Even where the causative factors are organic, the benefits of osteopathic lesion correction are measurable and in many cases of outstanding value. It may easily take several weeks to several months' treatment to secure necessary normalizations. In luetic cases treated by antiluetic remedith the normalization of osteopathic lesions should be carefully and thoroughly carried out in addition to the antisiphilitic treatment.

The use of nitrites in many cases gives prompt relief. The effects are transitory and have no curative value. Their use as palliative measures is well advised in many cases.

A. D. B., D. O.

A Scholarship

The college has awarded to Dr. D. E. Johnson of Grinnell, Iowa, a scholarship in the General Clinic for the year beginning September, 1939. Dr. Johnson will assist in the work of the Clinic and attend certain specified classes thus earning his year of Post Graduate work. A year ago the college made this scholarship and two others available to graduates of the college, reserving the right to make the selection from the list of applicants.

DR. LAWRENCE FORD—

of Lamont, Ia., and Miss Francille Bloedorn were married August 17 at Davenport. Dr. Ford graduated in the last class and our best wishes and congratulations are extended.

Eye, Ear, Nose and Throat

(Continued from Page 1)

will be shown but the results were not obtained by the usual method.

Mrs. K. H. came in to the college clinic September 7, 1938, age 28 and employed by a manufacturer of cosmetics. Her major complaint was continued soreness all over the body centering in the upper thoracic and cervical regions. To be brief the examination showed slight throat involvement, tonsils removed, teeth OK, eyes and ears OK and systemic reports negative. The major finding was that the cause of the irritation was a badly bent septum. Lesions were found in the cervical and upper thoracic regions.

It was that the correction of the osteopathic lesions would relieve the nervous symptoms and that the condition of the septum could be taken care of after the patient had been under osteopathic treatment for a short time.

Don Sloan of the Senior class was assigned to the case and instructed regarding the treatment. His observation following a reasonable elapse of time was that altho the treatment relieved the case for a short time, that the lesions recurred and the symptoms, while showing improvement, did not disappear as was expected. A consultation with Dr. Marshall resulted in the immediate operation for the straightening of the nasal septum which was followed by regular treatment especially to the areas indicated primarily by the presence of the lesions. The final report shows that in a very short time the case responded to the osteopathic treatment, the lesions were corrected and remained normal and the pain and soreness disappeared completely.

Our comment on this case is that osteopathy recognizes not only mechanical lesions of the spine and other articulations of the body but also takes into consideration lesions such as this one found in the nose. We do not often see a case quite as stubborn as this. The usual type will respond to treatment and we see the patient built up to where the operation is the final chapter. This case plainly shows that the primary lesion was the bent or deviated nasal septum with the resultant toxic cervical region. The contraction of muscles as a reflex, produced the lesions found in the cervical and upper thoracic regions and these being secondary would not respond until the primary irritation was removed. The tertiary factor which was the major complaint of pain and soreness thruout the body was the result of the physical imbalance and responded when the primary obstruction and secondary osteopathic lesions were removed.

Dr. C. I. Gordon

Due to the request of Dr. C. I. Gordon for a year's leave of absence from the faculty a few changes have been made in the schedule. Dr. Gordon is doing some special work in therapy and will return following the completion of his research.

The May 1938 Class

June 11 was almost a class reunion for the May '38 bunch in Des Moines. It is a date that will be remembered by Clive Ayers and Miss Vashiti Hubbard for they were married at the First Methodist Church in Des Moines and attended by as many of the class as could be found in the city. Other news items leaked out at this event.

Ed Theilking was married May 28th which accounts for the absent mark against him at the P. G. Course.

Bob Irwin has located near Austin and has moved his family there.

Bernie Moeller will shortly move to Washington State and will practice while her husband attends school there.

Local members of the class who can easily hold a class meeting almost anytime are, Garth Anderson, Ruth Paul, Earl Sargent and Anna Slocum.

Trustees and Faculty

The first official meeting of the Trustees was held September 11 and followed by the regular Faculty Meeting. The usual routine of reports and regular business was run thru rapidly in order that there might be mutual congratulations on the large Freshman class. It is needless to add that at no time has there been a trustees meeting with the outlook as encouraging as this one at the beginning of the year.

The Faculty Meeting was called to order by Dr. Arthur D. Becker and following the introductions of the new members took up the discussion of more effective methods of teaching in the several departments. Dr. Clark and Professor Stull were introduced and responded. Several committees were appointed to take care of the business of the faculty group for the year.

DR. HARRY M. IRELAND—

of Denver, Colo., a graduate of Still College and a former member of the faculty, died August 2. His many friends, not only in Colorado but over the profession, mourn his passing and will miss his expert opinion and kindly advice.

I. S. O. P. S.

Hospital Ruling

Under recent date the office of the Attorney General for the State of Iowa issued a ruling on the use of Municipal and County Hospitals, wherein the facilities are declared available for the legal scope of practice of any physician licensed by the State of Iowa.

Highway Courtesy

In a recent bulletin, issued August 15, to State Highway Patrolmen, Chief C. A. Knee indicated the desire of his department to extend every reasonable courtesy, permitted under the law, to doctors on calls of emergency. A full size drawing of your A.O.A. emblem accompanied the articles so that all Iowa Patrolmen can now identify you on sight. Since Iowa Statutes prohibit the use of such devices on the windshield, Chief Knee suggests that it be placed in the lower right corner of your rear window. Such location would facilitate identification from the rear, but for prompt identification from the front, you may also want to mount your metal emblem on or nearby your radiator.

Within two weeks after that bulletin was issued, President Hook tells how he would not have been delayed for identification if his A.O.A. emblem had been mounted. Your official emblem for mounting on the rear window came with your current annual A.O.A. membership card. The metal emblem or the decalcomania emblem are available for members at Central Office. Identification of your automobile is an essential part of your cooperation with the State Highway Safety and Patrol.

Veterans Resolution

The Sixth District of the Iowa Department of the American Legion unanimously approved a resolution presented by Senator George Faul of Des Moines. Senator Faul's resolution seeks to make competent osteopathic services available to disabled veterans. While there is nothing in the federal act which prohibits this important part of their care, yet the administration of the act continues to deprive all cases of such relief.

Public Health

During a recent conference with the Iowa State Department of Health, your Society's Committee of Public Affairs presented a plan for assistance by our members, in specific projects of that Department. Copies of that plan, together with department bulletins, and information about state materials for Small Pox, Diphtheria, Scarlet Fever, Syphilis, are being prepared for distribution through the executive office of your society.

Quotas

Your Board of Trustees decided in a recent meeting that

it was eminently necessary to change the current Quota plan to a "Five-Dollar-A-Month" voluntary quota. Those attending the meeting at Hotel Savery on September 3rd will be glad to enlighten you. Local and District meetings will help you understand why the record now credits many with a full fiscal year's quota. This is your Society. This is your profession. It will command public respect in proportion to the way we SUPPORT it.

Applications for Membership

G. H. Beghtol, Danville.
T. S. Clarke, Bradgate.
W. J. Morrison, West Bend.
Leigh Whitney, Ottumwa.
Respectfully submitted,
F. A. GORDON, D.O.,
Secy-Treas.

Football

With the opening of the Athletic Clinic there was the usual rush for first placements on the Still College squad of team physicians. Still College is favored in this since each of the four hi schools and the Catholic College use our Seniors to take care of the boys from the beginning of the season until school closes in the Spring. Fourteen of the class are at work and in about a month this group will be shifted and another bunch will go in. In this way, working thruout the year, we can take care of every graduate, putting him thru actual contact experience with a team. Our Seniors get down into the locker rooms and hear and feel, smell and see what goes on behind the scenes of a football game. The following start the season: Wirt, Fisher and Blackwood at Roosevelt Hi. Renier, Kimberly and Pease at North Hi. Schloff, Jackson and Calvert at East Hi. Walker, Sanford and Woodruff at Lincoln Hi. Iosbaker and Ferris at Dowling College. The call has not come in yet but as in the past we will be working with the Freshman team at Drake and one or two professional teams in the city. Still College students in every department make actual contacts and not theoretical. Not one tenth of the class but every member has the opportunity to do this and every other type of clinical work as a part of his or her training.

DR. C. W. HAMMOND, JR.—
of Bartlesville, Okla, was last heard from somewhere in the war zone of Europe taking some special work in Surgery. We hope that Bill has been able to get back home safely.

13—Count 'Em

(Concluded from Aug. Issue)

LAMB HOSPITAL

Denver, Colorado

Coming in on Colfax the first of our osteopathic institutions to see is Howard Lamb's place. Just off of Colfax yet on a main oblique avenue you will find another of our hospitals that we can be proud of. Ted is in the X-Ray department and that is all that needs to be said. I went all thru, could find nothing to criticize and found everyone too busy to pay much attention to me. An operation was just being started and that let me out for I was not dressed for the occasion. Could I come back later and maybe we would all go fishing? I will some day but with the place full and all so busy, when do they go fishing? The City Park is not far away and perhaps they go over there to the lake.

ROCKY MOUNTAIN OSTEOPATHIC HOSPITAL

Denver, Colorado

Just down a few blocks you will find another osteopathic hospital of which we can well be proud. Plenty going on there the day we stopped. Curtis Brigham greeted me with, "Hi, Virg How are you If you were not so dirty I would shake hands with you." Too true, for he was scrubbed and dressed to operate and I was lucky to get a peek into the operating room, the patient already being under. A trip thru gave me a chance to talk for a minute to Sib Barnes, one of our recent graduates, who was working in the X-Ray lab. Another place where sick folks are cared for in the osteopathic way and another score for the list of visitations.

DENVER POLYCLINIC

Denver, Colorado

Stop at 1600 Ogden and see what Charlie Reed has done to a fine old stone mansion. Here is where he bosses the famous Post Graduate and Clinic work given thru the year. A class was in session learning some new kinks in technic thru the able demonstrator, Dr. L. D. Anderson of Boise, Idaho. Bob Starks had me by the arm and so it was hit and run. Outside I bumped into Paul Deeming of Winchester, Ind. (another cousin) and look out for him. He has some new ideas about the eye that are worth consideration.

DANIELS CLINIC

Denver, Colorado

1550 Lincoln has long been a reputable spot for osteopathy. R. R. Daniels and his corps of workers, continue to make it a service station that is recognized thruout the city. Many improvements have taken place since I last checked this down-town institution and all for the betterment of all concerned. New lab-

oratory equipment and enlarged quarters and everything up to the minute in a modern tone thruout. Was sorry to miss Dr. Daniels but I was too early.

FENNER HOSPITAL

North Platte, Nebraska

Driving back on 30 don't fail to turn south off of the hiway for a few blocks and take a look outside and in at Harold Fenner's place. Modern in every way and doing the same fine work that I found all along the route. Beautiful setting and in a quiet part of town.

WIDNEY HOSPITAL

Lexington, Nebraska

Still on route 30 turn north off of the hiway a few blocks and see what the Widney brothers have built and are running successfully. I dropped in about 9 p. m. and found Jon Hagy at the desk. A quick trip thru—introductions all around and plenty of proof of efficiency in each of the departments. Sorry to miss seeing George but the others made up for that and will see him at some later date. You will be pleased with this modern osteopathic institution.

ANTON KANI HOSPITAL

Omaha, Nebraska

An early start brought me in sight of the Kani hospital before noon and at a bad time for all were busy. This is another of our modern hospitals and with everything for any emergency or other hospitalization need. Bill Costello took time off to show me thru and the quiet dignified air of the place is certainly impressive. Anton and all of us are proud of this institution and I was glad to add it to the list. It left just the right taste in my mouth. A hot day outside but cool, quiet and comfortable inside and with that air of efficiency that one likes to feel without it being shown.

And then I came on home. This trip has been a revelation to me. I do not know yet how I got started on this hospital circuit. I do know since checking back that I could have zigzagged some and seen a few more. I almost lost sight of the primary reason for my Summer tour in the excitement of seeing another fine osteopathic hospital. Do you realize that these men and women who have built these institutions have done so with their own funds. Surely you are impressed with the stability and the efficiency of Osteopathy itself if it can be the basis for private institutions such as we have scattered thruout the country. I have always been proud of my D. O. degree. I am prouder than ever before and this mild explosion is all that keeps me from shouting from the rooftops. On your next trip stop and see a few of our osteopathic institutions and return to your practice with a superiority complex that no one can touch.

—H. V. H.

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 17

October 15, 1939

Number 10

Freshmen Figures

We are still bragging about that new class that came to us this Fall. Last month we did not have the final figures on the number and did not have the time to figure the state representation. Our smile has broadened some for when the last count was made we found we had expanded into the far corners of the country as well as making a very satisfactory impression on some of the old standbys who have supported the college for many years.

Michigan wins the honor position for greatest number in the class with Ohio and Iowa tied for second place. These three states have always been at the top in number sent to this college but the relative position of each varies with the years. We bow to Michigan and we thankfully salute the second place states with corresponding enthusiasm. We are glad to see Canada coming up. This year two of the boys from our sister nation are from osteopathic families and we begin the education of the second generation. We must take the time to figure the total of second generation students and will try to have the number for you in our next issue.

As to distance, Washington State wins the honor. Oregon is close with Maine trailing and Texas coming in not far behind. Twelve states and Canada are represented in the new class.

These 42 students show some interesting figures in preliminary education. Twenty-four of them could qualify for the two year college preliminary. Seven of the 24 have full four year college with degrees. Three have three years of college work and 14 have completed two

(Continued on Page Four)

Dr. Facto to Enter Practice

Dr. L. L. Facto, after ten years of association with Des Moines Still College of Osteopathy in the capacity of teacher and clinician, has moved to Bartlesville, Okla., and plans to enter the practice of Osteopathy.

Dr. Facto has earned an enviable reputation as an instructor and is well known in the osteopathic profession for his activity in the technic section of the A. O. A. The sincere best wishes of the entire faculty and student body go with Dr. Facto and his family in their new associations.

OBSTETRICAL DEPARTMENT

Annual Report, September, 1938 to September, 1939

With a total of nearly 400 cases a year in the Obstetrical Department it is always interesting to look back over the past twelve months and see just how the figures stack. Some items should be of special interest for in comparison they are much better than those collected thru medical sources. Here at Still College we do not take advantage of selected cases for if comparison were made on the basis of favorable cases we would not qualify with a large number, if all factors were taken into consideration. Our clinic is conducted in the homes of the patients. The class of homes that we work in could not be considered the most favorable, for many cases are housed poorly and without modern conveniences and often without proper clothing. Even with the slight handicap of some certainly unfavorable conditions our records stand out, proving the efficacy of osteopathic methods and the efficiency of the workers in this department.

This department is under the direction of Dr. E. F. Leininger and his assistants, each case being completely recorded and checked at regular intervals. These records are on file and cases delivered as far back as 40 years ago are totaled each year for the grand total of statistics that prove our superiority in this type of practice.

3,000 Pounds

The clinic this year delivered 375 babies totaling 3,000 pounds weight. The variation in size which was from 3 to 13 pounds proved the usual average of about 7¾ per baby. Over the years the boys have the lead in numbers but this year the girls made up a little of that difference exceeding the boys by 11. If you will keep that figure of 375 in mind we will run down a few items for you and you can do some arithmetic in percentages if you wish.

Thirteen of these cases were premature. This is low. We explain this by claiming that osteopathic treatment practically insures full term babies. With a related item in mind we find only 5 abortions which should not be taken from the 375 but added to it.

The high percentage of Anterior Occiput is shown with 340 cases. Breech comes next with 18 and Posterior Occiput next with 8. Six cases required the use of forceps, only one version was necessary and two Caesarians complete the list of types.

Another item of considerable interest is that out of the complete list only two suffered from Eclampsia, both surviving and giving another clean year with no maternal deaths. We think this is a record of which the profession should be very proud. May we call your attention again to the fact that many of these cases are not of the selected type. Our clinic takes them just as they come and yet shows an excellent record.

Deformities are not often found and yet under the circumstances it would not be alarming to find a higher percentage. Slight deformities of the limbs and spine predominate but only 5 cases were listed during the past year.

Seven pair of twins were brought into the world thru the clinic this past year. This is a little high. The department is still looking for that case of sextuplets that we think we are entitled to with the excellent record for over 40 years.

September, 1938 was the best month. Forty-four cases were delivered and the boys divided honors with the girls there being 22 of each. This gave the girls their best month of the year. The fewest number of girls being born in June and numbering only 9. This month, June 1939, totaled the fewest cases for any month there being only 20. March, 1939 was a favorite month for the boys. Out of 39 cases that month 24 were boys and 15 girls. The boys do not like to be born in either August or December according to this report for only 9 arrived during these months that tied for fewest number of boys born.

The best three consecutive months were January, February and March, 1939. A total of 105 cases were taken care of there being exactly one for each day in February. January and March exceeded the case-per-day record.

The statistics accumulated in this department are not the major factor of value. This whole story means that students at Still College have an opportunity not enjoyed by students of every college of therapy. We know of some medical schools that do

(Continued on Page Three)

To Wisconsin

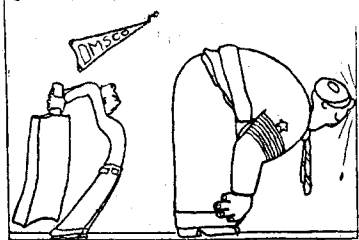
Dr. John M. Woods of the faculty made a hurried trip to Stevens Point, Wisconsin to appear on their state program October 5th. His subject for the afternoon was "Therapeutic Planning" and in the evening he discussed "Our Osteopathic Armamentarium." Dr. Woods reports a fine trip thru a country that is at this time of year highly colored by the tinting ability of Jack Frost and it was with difficulty that he drove past spots that offered excellent hunting and fishing.

Over fifty members of the state association were present and radiated enthusiasm and prosperity. Plenty of good locations are open in the state and the state secretary will help you select the best of the offerings. We do not have the information on Alumni activities at the meeting but Dr. Woods reports that he met Still College graduates ranging in graduation age from Dr. Nordoff in 1903 to Dr. Greenhouse of the last graduating class of May 1939.

Our Mailing List

Few of you realize the vast amount of work necessary to keep up a satisfactory mailing list of our graduates and friends. This past year we have spent many hours trying to perfect this list and we are still working nearly every day making corrections in it. The Log Book comes to you under a special permit and is not the kind of mail that will be forwarded to you when you change your address. If you have moved without sending us notice of your change we get a notice back that costs us two cents for the information. This is not always immediate and may not be sent for two or three months after you have made the change. In the meanwhile you wonder why you are not getting the Log Book and if some member of the faculty is present at your state convention you ask why. The answer is for you to please remember that you must send us your change in address in advance of the mailing of the Log Book or you will not get it. We are anxious to keep this list accurate and complete. Several of our Alumni have been lost for months, not due to our neglect but to your failure to remind us of your new location.

FRATERNITY NOTES



N. O. I. C.

We are glad to report that the Council and its membership is on the dot in progressing towards the goal of the year's work. President Gordon is getting his reports in on the membership drive among the fraternities and sororities. Some of these are complimentary and others not quite so. There is a great deal to be done yet by some of the officers of our membership in the matter of records accurately kept.

Every member of the Council has paid its dues up to the meeting next Summer in St. Louis. This gives us the necessary cash with which to carry on the directions given at the meeting held in Dallas. Each member has appointed its local representative and there will be a meeting of these officials at St. Louis Saturday evening October 14th. This will facilitate the working of this group and will enable us to get the little details ahead of other business.

This office has sent out a list of suggestions to officials numbering 88 from our A. O. A. officers on down thru the list to the subordinate chapters. We have some favorable responses already.

We anticipate a big convention next summer. We must be ready for more at the banquets and all of these things have to be figured out months ahead. We thank you for your cooperation and assure you all that when you come to the St. Louis Convention you will find our part of the program ready and waiting for your appearance.

H. V. Halladay, Exc. Secy.

ATLAS CLUB

The first open house of the school year was held Saturday, September 30. There was a good turn-out and everyone reported a good time.

Among the visitors we had this month was Dick McGill. Dick has dropped out for this year and is going to be back next fall. Working as pianist in Hal Leonard's band will keep him busy. His tender ballads of yesteryear are as sweet as ever. Dr. Gorey, a Kirksville alumnus, has been at the house a few days while taking his basic science examinations.

According to Brother Hagerly, the osteopaths in the next war will receive orders something like this: "Squads right, manipulate."

Sure signs that the school

year is really under way: The freshman are asking questions; the sophomores have that dazed look; the juniors are trying hard to develop that professional look, and the seniors are beginning to wonder what is going to be asked in the qualifying exams.

ΦΣΓ

The annual fall smoker was held October 4. Judge Frederic M. Miller, assistant chief justice of Iowa Supreme Court was the honored guest and speaker. Judge Miller talked on the European situation and its effect on American Business. He also gave many good ideas on fraternity. Dr. Klien, fraternity advisor, introduced the speaker. The balance of the program was devoted to talks by Dr. Becker, Dr. Owen, Dr. Halladay; songs by the P. S. G. quartette and a very excellent act of mind reading by two well known actors from Canada. The evening was concluded with refreshments.

The house is very proud of the dinner table and we have enjoyed the company of many guests including: Dr. and Mrs. Becker, Dr. and Mrs. Clark, Dr. and Mrs. Malloney, Dr. and Mrs. Shumaker, Dr. and Mrs. Braunschweig of Des Moines, Dr. J. Mattern of Kansas.

The annual fall dance is to be held October 25. With the plans already made this year's dance should be the best fall dance in many years.

With the semester well started we have at last put the pledges under the well known thumb. It is said there is safety in numbers so with the large number of pledges H. Morey is working very hard to keep his men in line. Looking into the records we find the following: Jack Mills, Bill Ball, Lionel Gatten, Cristy Henkel, Ed Parry, Victor Sperling, Marvin Ford, Ozzie Neilson, Thomas Deegan, Ralph Irish, Roscoe Irish, Roger Anderson, Wyatt Wood, Charles Randels.

We have also had visits from C. W. Millard, Milwaukee; K. R. Blanding, Jackson, Mich. Both brothers graduated last May.

T. R. K.

AOF

September 25th, marked the initiation of two new Fraters, David Friedman, and Louis Radetsky, into the realms of our fraternal life. At a dinner given after the rituals, we were admirably entertained by an extemporaneous quartette made up of Kanter, Green, Gateman, and Radetsky. David Friedman also sang. Naughty!! Naughty!!

We were honored by a visit from two of our alumni, Dr. Alvin Yarrows, now interning in the Lamb Hospital, and Dr. Maxwell Greenhouse, who recently established a practice in Milwaukee. Success to both of you.

Announcement of six week

exams sent Brother Weiss to bed with symptoms associated with allergy towards examinations. Rumors of postponement were followed by a phenomenal recovery.

D. G., S. G.

ITS

The fellows of the fraternity are well "in the groove" of things and with the school in full swing we find them busy getting their lessons, OBs, (Brother Blackwood delivering breech twins) treatments, social functions, etc.

We had a chili supper at Jack Lilly's cabin a couple of weeks ago and at this time we had a report of the A. O. A. convention at Dallas. This was a full and very interesting report of the Iota Tau Sigma work from the Grand Chapter and Council as well as the various other chapters. We were very glad to hear that all are doing very well.

We regret very much the death of Brother Sloan's father and extend our sincere sympathy to him.

Our smoker for the new Freshmen was held at the Cabin clubhouse on October 5th. We were very happy to be host to the 37 new students of the class. Each one receiving a buttonaire and a card bearing his name, carried out in our own green and white color scheme of the fraternity. We had as our speakers Drs. Benny Devine and Virg Halladay and showed obitretical and travel film. Finishing the evenings entertainment, the group were served with refreshments on the lawn outside the cabin.

We see some of the fellows doing the usual cramming before the six weeks exams and the Seniors already preparing for the qualifying.

Plans are being made for our annual Fall Stag and also for our various entertainment features throughout the coming year.

R. L.

ΔΩ

What with keeping the noses of our three new freshman girls to the grindstone and having lots of fun the Delta Omega actives have been very busy.

We regally started the semester with a banquet at Red's Barbecue on September 28, Miss Margaret Waggoner, Director of the Des Moines Dairy Council, gave a most amusing and enlightening description of how to lose, or gain weight the nutritive way. Every girl in school and also every local alumnae was present.

On Sunday, October 1, Georgianna Harris entertained the girls at her home and she really knows about refreshments.

Dr. Mary Golden invited the Co-eds to her office Tuesday evening, the 10th of October to see a remarkable film on Trichinosis. The micro-photography was enough to set even Virge agog and besides that it was full of good practical diagnosis and

treatment. Dr. Mary's office is the kind we all dream about having some day.

Until pledging, the 22, we are all going to be very busy with our books and will confine our literary attempts to notebooks.

ΨΣΑ

Our first regular meeting of the term was held September 19 at the Phi Sigma Gamma House. The meeting characterized itself as a very eventful one in as much as we initiated 12 new members in the organization. This list will be published in the next issue of the Log Book. After discussing many points of interest in business, old and new, a very complete report of the meeting of our Grand Council in Dallas last July was given. Adjournment was at 10:00 p. m.

October 10th we convened at the new home of the Atlas Club on Arlington Ave. and incidentally they have a swell set-up there. After the regular business of the fraternity was concluded the frat decided to hold the next meeting in the form of a banquet, the time, place and menu being left to the committee. Personally it makes no difference what we have to eat just so it is chicken.

G. L.

ΣΣΦ

Plans have not been completed for the list of activities for the year but have been discussed and the program will be announced later. The major change in the meeting plans has been to institute a dinner and business meeting once a month for pledges and actives at which time a speaker will be present that will bring to the fraternity some outside topic of importance. In this way the advices of the National Interfraternity Council are being carried out and we sincerely endorse these and feel that a great deal of benefit will be derived. We hope to extend these meetings to include all the subjects suggested. The first dinner of this type will be held at Red's Barbecue October 24, at 7:00 p. m. and we want every member, active and Alumni there together with the pledges. G. S.

The January Class

It is not too early to be thinking along the line of recruits for the next class. This class entering in January 1940 marks another milestone in our progress for it closes permanently the opportunity to enter without two years of college work. If you have a prospect that has delayed his or her entrance into our college and yet has the one year of college, he or she can still matriculate in January, 1940. Beginning next Fall each matriculant must have full two years of pre-osteopathic education. January is the last chance for the one year college requirement.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

Editor.....E. Harwood

Faculty Adviser.....H. V. Halladay

President.....Arthur D. Becker

Osteopathy Without Limitation

Osteopathic Therapeutics

(Number 14 in Series)

REGION OF THE THORAX Pulmonary Tuberculosis

In this discussion of Pulmonary Tuberculosis, I am planning to limit the consideration to just one particular type of involvement; namely, Chronic Ulcerative Pulmonary Tuberculosis. It is not within the scope of these brief and condensed sketches concerning osteopathic therapeutics to even attempt any adequate general discussion of this most important disease. For etiology and various etiological factors, for methods of dissemination, for pathology, for pathogenesis, for methods of physical examination, for differential diagnosis, for outlines of symptoms and complications, and for prophylactic measures, the reader is referred to standard texts on Practice.

It is my best judgment that it is desirable to present briefly here the symptoms of onset as they occur in many cases. Fifty per cent of cases of the adult type of Chronic Ulcerative Pulmonary Tuberculosis begin with bronchitis and cough as the presenting symptoms. The cough may be either a dry cough or a productive cough. It is to be noted that if fifty per cent begin with bronchitis and cough as symptoms of onset, that means that fifty per cent of cases do not have cough and bronchitis as early symptoms. Many cases are diagnosed as cases of neurasthenia, and with their mild secondary anemia, slight loss of weight and strength, indigestion, and with fatigueability as an outstanding symptom, they do present a typical picture of neurasthenia. Many cases are diagnosed as dyspepsia and treated for dyspepsia, and go from doctor to doctor, with the result that many valuable months are lost which should have been utilized for more logical treatment. Suspected cases of tuberculosis should have a two weeks' temperature chart made to determine the possibility of an afternoon rise in temperature with an associated sub-normal temperature. Still other cases may begin with attacks of pleurisy—either plastic pleurisy or pleurisy with effusion. Occasionally we find a case in which hemoptysis is a first symptom and the hemorrhage may be either slight or free.

In considering any plan of treatment for this type of pulmonary tuberculosis, it is well to recognize that the human race

as such is highly resistant to tuberculosis. Many people acquire tuberculosis in infancy or early childhood, develop a degree of pathology and become completely arrested cases without manifest symptoms, and in which the condition is only discovered at autopsy following death from some other cause. Other cases may even have reinfection—either endogenous or exogenous—and develop a fairly marked degree of pathology and become completely arrested and healed cases entirely without symptoms and without recognition at the time. Reinfected cases are usually of a more serious type than with the primary infection. There is every advantage in early diagnosis and in the early institution of proper treatment and care. More than eighty per cent of early cases of tuberculosis do well under treatment. Late, advanced and rapidly advancing cases present a much more difficult problem and many of them do not do well even under the best of care.

The three great wheel-horses in treatment are rest, fresh air, and food. They cannot be replaced by excellence in other measures. Rest means absolute rest in bed for all cases showing any evidence of an active process. This rest in bed may cover anywhere from six or eight weeks for mild early cases to that many months or more for more serious involvements. The common error is in not persisting in the rest treatment over a sufficiently extended period. Fresh air is the second important item. The patient should be as lightly clothed as is consistent with comfort. In moderate weather he should be outdoors at least one-half the time, if possible. If indoors, ventilation should be fully adequate—direct drafts are to be avoided. Young patients apparently do better in cold air than do older patients. Dry air is preferable. Good food is the third important item in treatment. The diet should be nourishing, varied, and appetizing. It should be as liberal as the patient can enjoy and digest. It is a sad mistake to try to stuff patients with more food than they can care for to advantage and to risk the possibility of a digestive upset. The diet should be rich in vitamins and in organic minerals. Food should be daintily served and uneaten portions of food should be promptly removed from the sight of the patient.

These three items—rest, fresh air, and good food—are the sheet anchors in the successful treatment of pulmonary tuberculosis and are in themselves entirely adequate in many cases. A fourth item that may be added with measurable advantage in all cases, and as an essential element in many cases, is osteopathic treatment, designed and calculated to secure and maintain normalization of spinal areas in close anatomical association with those tissues and organs immediately concerned.

The important factors under consideration in treatment are associated with lung trophism (upper dorsal), with cardiac function (upper dorsal and cervical), with digestion and nutrition (splanchic area) and with elimination (lower dorsal and lumbar). The secret of successful osteopathic treatment in active pulmonary tuberculosis is in the manner of administration. The treatment must be gentle and the dosage of treatment must be within the patient's tolerance, which is distinctly limited. Treatment must be administered with a minimum—one might almost say an irreducible minimum—of physical disturbance. The objective of treatment is to secure careful, easy and effective articulation of vertebral articular facets and of rib heads. No heavy leverages are warranted and over-long treatment is to be avoided. Should treatment cause any increase of the afternoon temperature range, the manner of administration of treatment, and possibly the dosage of treatment, is wrong. Deep, insistent and effective articulation of spinal areas can be accomplished without unfavorable reactions. I have treated numbers of patients who were not making satisfactory progress with the three great primary essentials of treatment—rest, fresh air, and good food—who promptly responded favorably to the addition of osteopathic treatment as outlined here. Other treatment is symptomatic and varies with each case.

Artificial pneumothorax, formerly used as a court of last resort, is now advocated and used as early treatment in many cases. It is good treatment and in properly selected cases it is to be warmly recommended. It should be done promptly in all cases where any marked activity of the tubercular process is evident. Advanced cases and rapidly advancing cases may require in addition to artificial pneumothorax, resection of the phrenic nerve, and may even require thoracoplasty.

Heliotherapy, old tuberculin, and exercise have no place in the treatment of pulmonary tuberculosis with any degree of activity in the pathological lesion. They all act in a similar manner and tend to stimulate the pathological lesion. There comes a time late in convalescence when such treatment is indicated and serves to increase the formation of fibrous tissue which is the method whereby more effective sealing in of the tissues directly involved is secured. I have seen many cases in which a serious error was being made in giving sun baths to patients with active pulmonary tuberculosis. Sunshine is excellent treatment for bone tuberculosis, joint tuberculosis, or glandular tuberculosis, but is contra-indicated in active pulmonary tuberculosis. Institutional treatment, while desirable and the method of choice, is not essential. Patients can get well at home and in any climate, if

Youth

Faust sold his soul for it. Ponce de Leon traveled many miles in search of it. Each of us seeks to keep it and we look for the formula that will enable us to fool our friends on our age. That prescription is at the end of our pen but some of us do not see it.

Youth consists of keeping in touch with the present and not living in the past. Youth is looking forward to another day and not reviewing the mistakes of yesterday. Youth is taking part in building and perpetuating the good things of life and not sitting idly watching others move out of his field of vision. You can be young or aged just as you wish.

I travel about meeting our profession at state and other conventions. I see members of our profession of all ages in years but I see youth regardless of many years of osteopathic service. I see age in some who have been in practice only a short time and by what standards can I judge these friends?

To me youth is the alert mind. The dimming eye and ear and the character lines sculptured in the face do not indicate age. These may be present but back of these visible marks of service I see a mind that is keen; a mind that knows by the methods of contact what has transpired, what is the problem of today and what must be planned for the future. There is no death ahead for this keen youthful mind that is acutely aware of all things that bear on his most vital interest, his profession.

There is only one way to keep this youth from slipping away. You must continue your education. You must know what is written and discussed today and you must make direct contact with your friends and neighbors in our profession. The solution is an easy one.

Those who are doing things and who are building, improving and preserving for the future are affiliated with our national organization. We look to our leaders with youthful ideas to keep our science for future generations, for our own betterment and to record our history as the days and years pass. Youth thrives on work, congenial fellowship and ideals, under which foundations must be built. Old Age creeps rapidly on those who hide from the responsibility of meeting the present and planning for the future.

The American Osteopathic Association is your foundation of youth. You do not have to travel hundreds of miles to seek it nor are you compelled to sell your soul for its benefits. Keep young longer by making this contact today. Added knowledge and renewed friendships will bring youth and the pride of being an active unit of our profession.

H. V. Halladay.

resources are adequate to properly carry out necessary measures.
A. D. B., D. O.

OBSTETRICAL DEPARTMENT

(Continued from Page 1)

not have the quantity and variety of cases that come to us here in Des Moines. You may be certain that each graduate of this college is trained at the bedside and makes actual contact with the minimum required seven cases. Many graduates are on attendance at as many as 100 obstetrical cases. Those who stayed during the Summer were too busy. A small group of Seniors handled 86 cases during June, July and August, one of these students being credited with attendance at 52 of the cases.

The Obstetrical Department is one of the clinical divisions of contact training that we are proud of. Still College has other departments that deal more with the pathological conditions found in the general type of practice. The birth of a baby is or should be a normal physiological process but the services of a physician are essential for the pathological case occurs with sufficient frequency to warrant deep study of the subject. The full appreciation and early recognition of these cases can only be based on experience and an appreciation of the normal. With the quantity of cases offered in this department the student has the opportunity of making these observations personally and not having to depend on theory, hearsay or diagrams. This clinical department is one of the reasons why Still College students are graduated as practiced physicians.

President Jones

Deep in the archives we found the book we were looking for. It was the original registration and grade book of the Southern School of Osteopathy at Franklin, Ky. Turning thru the pages we found something. Frank F. Jones entered the college as a student in February 1901 and graduated in January 1903. There follows his complete list of subjects, grades and attendance. How does your college record compare with this. Frank was absent four days in the two years. This is serious. We will have to get a report on these four days. His grades run the entire gamut from 98 to 100, one being listed as 99½ and this will have to be looked into also for we cannot understand this colossal penalty of half a point. It must have been something very serious to have cut into his average to this extent. Bad record Frank, and we must have an explanation.

Along with Dr. Frank F. Jones record we found a number of others that were of interest also. Regina Wade and R. R. Norwood were in that same class and in this book we also find Dr. Percy H. Woodall, M. D., who studied and taught at the college.

This Southern School of Osteopathy, founded by George Nason was a good school or we would not be able to turn to its records and find men and women prominent in our profession today as students and graduates of this institution. Still College absorbed this school in 1905 and we are proud to have the graduates of the Southern School affiliated with us as Alumni.

Born

Dr. and Mrs. Harold K. Morgan of Buena Vista, Colo., announce the arrival of Raymond Kent Morgan, September 17, weight 6-14.

Dr. and Mrs. C. G. Johnson of Elliott, Iowa announce the arrival of Ronald Lee Johnson September 23, Weight 8.

Freshmen Figures

(Continued from Page 1)

years of college training. The remaining 18 in the class have met every requirement of the one year that we will yet permit as entrance requirement for the next class. These credits have all been passed on by a qualified evaluator named by the committee from the Associated Colleges of Osteopathy. There is no question about the qualification of any one student in this class.

We interpret this response as tangible evidence of your confidence in our college. We cannot do more for this class than we have for others except that we feel that our equipment and our faculty is superior to what it might have been in the past. We hope that as the years roll along that we can show improvement each year in all of these factors that go to make better educated osteopathic physicians. The present demands may be hard to meet but we are meeting them and going beyond the absolute necessities in every department. We want to stay out in front with our program of efficiency and the assurance of that service will be possible only thru the fruitful efforts of our Alumni and friends in the field.

Our total enrollment goes up this year to 206. This is not as large a student body as we need but we are elated to find that we have increased the entering Freshmen 150% over the same time last year and have added 10% to the total of the number in the college. We are proud of these figures and we know you are too. It is something to talk about when we can announce to our friends that we are growing instead of shrinking.

Married

Roger B. Anderson and Miss June Beverly Green were married September 1 at Aberdeen, S. Dak. Mr. Anderson is a member of the January '43 class.

To Kansas

Dr. Halladay, having to make a quick date in Wichita, Kansas, decided to extend the first part of the round trip into South Missouri. A cousin, Dr. Otto Shade, has retired to a farm near Lamar, Mo., and Virg had not seen him for several years and this southern excursion was an excuse for a side trip with visiting on the list instead of technical talks. He reports Dr. Shade and his sister Miss Mayme Shade in good health and enjoying the quiet retirement of country life. Dr. Shade does complain about one annoying feature of his existence. It seems that even tho he has tried to conceal his identity as a physician that the neighbors have found him out and he is compelled to give ten to fifteen osteopathic treatments a week much against his will. Following the Old Doctor's methods, Dr. Shade treats them on the ground or across a bale of hay if they catch him out supervising some farm work or in the barn.

The meeting at Wichita was preceded by an informal conference at the office of Dr. Quest of Augusta relative to the Alumni Luncheon planned for the following day, October 9.

The trip to Wichita was made early in the morning and having disposed of a morning talk Dr. Halladay met with the Alumni of Still College at a luncheon held at the Allis Hotel in Wichita. Seventeen were present and following Dr. Halladay's talk offered many valuable suggestions. Sheriff Reed, Mitch, a couple of Macs and others added to the enjoyment of the occasion with considerable good natured ribbing about events during their student days. The group was enthusiastic and have started a program that will show results in a very short time. Dr. A. L. Quest of Augusta was elected president of the Kansas D. M. S. C. O. Alumni Association and Dr. J. Q. A. Mattern will fill the chair of Secretary-Treasurer. The appointive officers will be announced soon. Dr. Bridenstine, recently having located in Vermillion was the baby of the bunch and Drs. Godfrey and Pearson lay claims to having been longest in practice. It was a very fine meeting according to Dr. Halladay.

Following an afternoon talk Virg drove to Des Moines arriving in the wee hours but ready for work Tuesday morning.

The Jordan Scholarship

Des Moines Still College of Osteopathy acknowledges with sincere thanks a One Hundred Dollar Scholarship presented by Dr. Holcomb Jordan of Davenport, Iowa.

This was a very fine gesture on the part of Dr. Jordan and we appreciate the spirit prompting the gift. The Scholarship was awarded to a young man entering the September, 1939 Class and meeting the necessary qualifications.

Polk County

The Des Moines Osteopathic Auxiliary and Polk County Osteopathic Association held a joint meeting at Canfield's Party Room, 849½ W. 32nd St., Saturday, October 7, 1939, to pay tribute to the Founder of Osteopathy, Dr. Andrew Taylor Still.

Dr. O. E. Owen, Polk County President, introduced Mrs. B. L. Cash, local President of the Auxiliary, who presented Mrs. Arthur D. Becker, the first lay woman to become President of the organization. Mrs. Becker gave a history of the organizations of Osteopathic Auxiliaries and of the origin of "Founder's Day." The latter is of special interest to Iowans due to the fact that the idea was first conceived by Mrs. Rolla Hook, wife of our State President, and later due to the efforts of Mrs. Becker, accepted as a national project by the Osteopathic Auxiliaries at their meeting in Dallas, 1939. Thus the first Saturday in October will be set aside each year as "Founder's Day" and commemorated by appropriate dinners and banquets thruout the nation.

The chief speaker of the evening, Dr. A. D. Becker, in his talk on "The Contribution of Andrew Taylor Still to Therapeutics," paid fitting tribute to the Founder of Osteopathy as a man of keen observation, a student of nature possessing an original and mechanical mind, but withall a true philosopher who lived his own philosophy.

Music for the occasion was furnished by Mrs. Green, pianist, and Mr. Richard Anthens, soloist, of the Drake Department of Music.

Sixty-four Physicians and Auxiliary members from Des Moines and vicinity enjoyed the banquet which preceded Dr. Becker's address.

Within the next week Polk County Osteopathic Physicians will be contacted relative to their participation in a statewide campaign for vaccination against small pox, sponsored by the Iowa Society of Osteopathic Physicians and Surgeons, thru its Public Affairs Committee and with the cooperation of the Iowa State Department of Health, and other organizations actively interested in Child health.

The next regular meeting will be held at 6:30 P. M., Friday, November 10th, at the Kirkwood Hotel.

Ruth Paul, D. O., Sec'y.

From Joplin, Mo.

We are glad to receive the first copy of a Bulletin being issued by the Joplin General Hospital. Our own Dr. W. E. Heinlin is the surgeon and from the list of professional cards published on the last page we feel sure that he is getting the support of our profession in the city and immediate neighborhood. The Bulletin is filled with interesting items about the work being done at the institution.

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 17

November 15, 1939

Number 11

Our Standing

During the past year considerable has been written about the future of our osteopathic colleges. Perhaps we use that expression too much and should say, "the future of our osteopathic profession." It certainly is true that before any one inclined to practice osteopathy can do so that they must graduate from one of our recognized colleges and so the idea is the same altho the wording may be different. The interpretation may be different but to us it looks to be the same. Getting back to the first statement, we wonder how much more has to be written before the profession will become fully awake to the present situation. Recent figures published by the Forum and the A. O. A. Journal are factual reports from the colleges and should be given some thought by every member of the osteopathic profession.

Our college this year shows a small increase in each class and of course an increase in the total enrollment. We are making this statement with an element of pride that is free of any braggadocio. We feel that we are entitled to a degree of pride in this record. We at the college have worked hard to impress our Alumni with the need for a greater interest in student recruiting and we have had a response that has been satisfactory for the present. We have not been hiding our anxiety in this matter for the Log Book goes to approximately four thousand graduates of other schools. We hope that the things we have written have inspired Alumni of other colleges for this report recently published shows that even more enthusiasm is needed. And that is what we started out to say.

Our standing this year is at the top. We want to stay at the top and we want the other colleges to approach a little closer to our gains. We would not care if someone passed us just so we do not start in the other direction. We want a reasonable increase in students in our next class matriculating the last of January. We want more than 43 to enter our college next Fall. We need them for all the reasons that we have given you in past articles.

The people of this country need more osteopathic physicians. Our mail frequently brings requests for an osteopathic physician in some town that is twenty-five or more miles from the nearest member of our profession. The profession may not see

it now but with this decrease, plainly evident over a period of a few years, it most certainly means a drop in number among the graduates. We cannot afford that either.

We are presuming that you have read this far and this last paragraph is all that is necessary anyway. It is up to each of us to do just a little bit more than we have done in order to fill in the losses we have suffered thru this change in preliminary requirements. The adjustment will not take place in the natural course of events but will have to be worked on by each member of the profession doing something to interest more young people in the study of osteopathy. It is a serious matter of self-protection and perpetuation. Next year when this report comes out we want to see every college of osteopathy show an increase in student enrollment. This shrinkage must stop right now.

D. M. S. C. O.

announces the date of its

HOMECOMING JUBILEE

December 8, 1939

Sponsored by the Iowa D. M. S. C. O. Alumni Association and eight other organizations a day of varied entertainment is being planned for all Alumni of the college. We cannot hope that we will have 100% representation from each state but we are planning a big day and we are assured now of its success. You will not want to miss any one item of the program and your family will want to attend also. Glance over the resume of the program below and plan now to take a day off and mingle with your friends at the college and the banquet and dance.

10:30 A. M. STILL MEMORIAL PROGRAM

1:30 P. M. SCIENTIFIC PROGRAM
(For visiting Alumni)

1:30 P. M. SHOPPING—SOUVENIRS
(For visiting wives)

6:30 P. M. BANQUET, ENTERTAINMENT AND DANCE.

We approach the Holiday Season this year with a greater appreciation of our security and with a cheerfulness that is based upon the gratifying response from the field in filling our need for a larger student body. We want you in the field to meet these future members of your profession. We want you to come home for a day and see the changes that have been made since your graduation. A small fee covering only part of the expense will be charged. Make your reservation early by writing to Dr. Earl Sargent, Roosevelt Shopping Center, Des Moines.

We are expecting you.

Dr. C. N. Clark

The college enjoyed a short visit November 2 with Dr. C. N. Clark of the Central Office.

Arrangements were made for him to meet with each class in the college and explain more fully the services given by the association. Still College has a student body that subscribes 100 percent to the A. O. A. program and we are always glad to have one of the officers of our association meet with us and bring good reports such as Dr. Clark had to offer this year.

In the evening the Atlas Club enjoyed hearing Dr. Clark on a very practical subject that is not always fully covered in the regular class work. His early departure to catch a train brought out many protestations and we have a promise of a return date with more time to spare.

Freshman Reception

The customary reception to new students was held this Fall at the Hoyt-Sherman Place and was as usual a very enjoyable affair. Members of the faculty and trustees met the incoming guests and initiated the new students into the customs of the Hoyt Sherman. Phil Reams Band furnished excellent music for the dancing and those who preferred cards were provided with facilities for Bridge.

The Freshmen were lined up during the first number following the intermission and presented with miniature skeletons with the hint that they might be of value in their study of Osteology.

The evening was thoroly enjoyed by all present and ideal weather added to the pleasure of the evening.

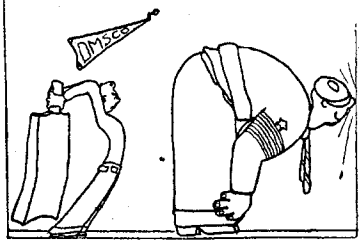
Qualifying Exams

It is really not necessary to mention that the Seniors are doing double duty this month. They are spending so much time complaining about how much they have to do that they are in danger of not getting anything done. They not only have to keep up their work in the regular classes but also are preparing for the official examinations that definitely put them on one side of the fence or the other. There is no question in our mind about the value of these examinations. They have proved of value since their initiation two years ago and the anticipation is the most distressing factor related. Dec. 8th will be a gala day for all of us and perhaps more so for this troubled class. We hope that each one will have good cause for celebrating along with the rest of us.

Dr. Don Wicke, '38

We recently received the letter promised us over one year ago when Don left for England to serve an internship. Don waited until he arrived safely in the U. S. and expressed himself in no uncertain terms about his pleasure at being home again. This is not a criticism of either the practice of osteopathy or the people in England but he feels that under the present circumstances that he would and does prefer to have his feet on American soil. Don expects soon to enter practice and will advise us of his new address at an early date.

FRATERNITY NOTES



N. O. I. C.

There is little to write at this time. The membership has been sent the letter that goes out at this time of the year on the matter of organizing the information we need early in 1940. We are not demanding this for some time yet and so everyone has plenty of time to get this done. I think the most constructive thing we have done yet was to make a trip to St. Louis the 14th of October and meet with some very important members of the St. Louis Committee. In about an hour we covered the territory necessary to get the machinery of the frat and sorority nights going well even this early. It was complimentary to find Collin Brook, Walter Bailey, E. B. Whitmer, R. Terry Larson, Ernest Moore, Norman Edwards and many others there on time and anxious to do everything to make the work of the Council as easy as is possible. If the spirit of cooperation continues in St. Louis as it has started we will have our best convention. This early start assures us of an even distribution of the work of putting on ten banquets and reunions. This is what we have been crying for. Too many times in the past we have not had this help from local groups and too many things were left until the eleventh hour. We are already enthused about the convention next year. I expect we will eventually find some things to complain about but right now everything is perfect and we are going to do our best to keep it that way. It was a real pleasure and privilege to meet with this group.

—H. V. Halladay, Exc. Secy.

ITS

Beta Chapter has had a busy season up to this time with rushing, pledging and the Annual Fall Stag. Pledges Jack Lilly, Maurice Geraghty and William Ferguson will receive their first degrees this week. The Annual Fall Stag held at the water works park was enjoyed by the members and pledges. Threatening weather dampened the boys spirits a bit but all enjoyed the affair very much. Bro. Barnes paid us a visit recently and gave us a short talk on internship which was very much appreciated by all.

The chapter extends its deepest sympathy to Bro. Gray who was called home due to the death of his father.

We were sorry to hear of the emergency operation that was

performed on Jack Lilly's mother but are happy to report that she is getting along fine and may she have a speedy recovery.

The boys are making their plans for Thanksgiving holidays and are counting the days until Christmas. At the same time the Seniors are spending all the time they can find studying for the Qualifying Exams to be held the first week in December.

Christmas Party plans are in the air also. With two days to eat turkey before Christmas we wonder what Christmas will offer for variety.

ΨΣΑ

The last meeting of the Gamma Chapter was held in the form of a banquet at the East D. M. Club. We had the privilege and pleasure of hearing Dr. Robert Bachman who brought us one of his inimitable messages on the principles of practice.

The banquet was also held in honor of our new group of pledges who turned out 100 percent. After the banquet a short business meeting was held. During the discussion Dr. Paul Park presented the proposition of having a dinner dance at the Ft. Des Moines Hotel for the next meeting. This to be in connection with the plans of the Iowa Alumni association. This met with the approval of the entire fraternity. This Homecoming promises to be a gala day and with the publicity should create deeper impression of the profession in this community. The occasion will be timely for the Seniors will be finished with their Qualifying Exams.

A combination business-dinner meeting is planned next at Red's Barbecue. This will take place on Tuesday evening, November 14th.

ΦΣΓ

Our annual pledge dance held Saturday, October 28 proved to be an event worth remembering and it is believed those who attended had a very enjoyable evening. Our guests of the faculty were: Dr. and Mrs. Shumaker; Dr. and Mrs. Johnson; Dr. and Mrs. Leininger, and Dr. O. E. Owen.

Of those in the field: Dr. and Mrs. S. Klein, Des Moines; Dr. and Mrs. A. G. Edgerton, Albert Lea, Minn.; Dr. Beryl Freeman, Des Moines; Dr. J. Peterson, Waterloo, Ia.; Dr. H. Hutson, Grinnell, Ia.; Dr. C. Potter, Hampton, Ia.; Dr. and Mrs. B. Kilgore, Des Moines.

Charles Hall worked the theme of decorations into a fall setting and Charlie did a wonderful job in making sure everyone would have a good time.

Monday evening, Nov. 6, we had a talk by Milton Strickler, attorney at law of Des Moines. We found out many things about the laws governing our profession in the state of Iowa and a slight idea of why some of the laws were made and why they are hard to change.

The job of getting the house in tip top shape is still in progress. The house now sports a new fire proof roof. The floors have been refinished and the second floor papered and painted. We are also looking forward to having the house painted next spring. The words of our Archon Al Ferris are: "it is really becoming a home away from home."

With the 2 dates for Thanksgiving some of the boys are wondering if they will be able to go home. The state of Iowa recognizes November 30, so the school is complying with the state.

December 8, has been set aside as Homecoming for the alumni of the college. All graduates in the field are invited to come. Phi Sigma Gamma extends their invitation to everyone to be in Des Moines on that date and make this first homecoming one to be remembered and looked forward to in years to come. We are looking forward to seeing old brothers and meeting new ones in the field. —T. R. K.

AOF

L. O. G. held their first monthly meeting at the J. C. C. The chief topic of discussion was the future of Osteopathy, what it held in store for its prospective students, and to outline a plan whereby L. O. G. members may interest prospective students. Each member pledged himself to try and interest some new student in the study of Osteopathy as a future.

During the business of the evening a complete outline of state laws compiled by Brother David Friedman was given, and proved enlightening, due to the fact that many changes have taken place relative to new and more encouraging legislation.

At our Social Meeting we were fortunate in securing Dr. Hooke, who is a prominent and well known Optometrist in the city, as our guest speaker. Dr. Hooke has made a special study of the abnormalities of the eye and their relation to Osteopathic lesions. Dr. Hooke has also made a special study of school children's eyes and demonstrated the value of Osteopathy in treating defects in children's eyes.

—D. G.

ΔΩ

The highlight of the past month in Delta Omega was the pledging of Mary Toriello, Rachel Payne, and Mary Williams, at Grace Ransom's Tea Room. This ceremony, impressive in itself, was supplemented by an unusually lovely buffet dinner.

The pledges were most amusing in their attempt to talk without words, to the male portion of the student body, as part of Hell Day, and had everyone wondering about their respective I. Q.'s. Intelligent girls don't carry toy drums, water bottles, gourds and market baskets to school—

or do they?

Becky Richardson and Rachel Payne were "at home" to the girls Sunday, October 29. Everyone had a good time listening to some "private stock" records, belonging to the brother of one of the girls and comparing "notes" with one another, as usual.

A group of non-plussed actives were hostess to the unquenchable pledges at a hamburg picnic held at MacRay Park, October 3. The pledges arrived on time, regardless of all plans made to waylay them en route.

Word from Dr. Louise Michael, who is practising in Alcester, South Dakota, reaffirms the opinion that there is definitely a field for osteopathic women.

ATLAS CLUB

Preparations are going on in a big way getting ready for the Homecoming Jubilee December 8th. The house is to be open to all visiting Alumni and we want you to see exactly what we have and why we are so proud of the place.

The Pledge dance was held at the home November 4th and attended by several members of the faculty and visitors from out of town. The committee on decorations spent considerable time gathering Autumnal foliage and other Iowa field products which were arranged in a tasty manner thruout the house.

The confusion arising from the double dates of Thanksgiving has not been solved and it is likely that altho the membership sticks together in the majority of subjects that it will be split on this one.

A. M. A. Journal

Several letters have come in relative to the article appearing under "Tonics and Sedatives," copied from the October Log Book. These letters prove to me that this column of the A. M. A. Journal is read 100 per cent and if the rest of the magazine is read 10 per cent I expect they are hitting a pretty good average. I may not look at this in the same light as others but if any of my stuff is to be copied by the A. M. A. Journal I would prefer it to be in this 100 per cent column for I know it will be read. Another point. Any thinking M. D. who reads it may muster up a smile but if he gives it a second that he will realize that Osteopathy is still holding its own even to the point of being chased out in the country to a farm and administered under rather unfavorable circumstances. And yet, they come back for more. Seriously, this, to me, is a rather good bit of publicity for Osteopathy. The only error that I would like to correct and which might be misleading is in the name given our college. The editor substituted the word "State" for "Still," and some might think that we were getting support from the treasury of Iowa.

—H. V. H.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

Editor.....E. Harwood

Faculty Adviser.....H. V. Halladay

President.....Arthur D. Becker

Osteopathy Without Limitation

Osteopathic Therapeutics

(Number 15 in Series)

REGION OF THE THORAX Bronchopneumonia

Bronchopneumonia (also called lobular pneumonia) is an infectious disease and may be either primary or secondary. A number of organisms may be causative, among the more common ones found are streptococci (hemolytic), pneumococci, staphylococci and influenza bacillus.

The primary form of bronchopneumonia is usually found in babies and small children and may closely resemble lobar pneumonia. When epidemic, as in the influenza pandemic of 1918, it may occur as a primary type in all ages.

The secondary form is much more common and occurs as a complication in such diseases as measles, whooping cough, and as a direct extension in colds with acute bronchitis. It is a serious complication in ileocolitis and dysentery of babies and small children. It is the usual type of pneumonia occurring as post operative pneumonia. It is the terminal pneumonia of many wasting diseases in the elderly. As can be seen from the foregoing, it is most frequently seen at the extremes of life; that is, in early childhood and in the advanced years.

The pathology is an inflammation occurring usually in small and isolated areas and involving the alveoli, the interstitial tissues and the terminal or capillary bronchial tubes. Small areas of consolidation are scattered throughout the lung and may be few and circumscribed, or numerous and coalescing. It is usually bilateral. Bronchopneumonia varies much in intensity and extent and is a common disease. It may be a very mild disease or an extremely serious one. In the primary form in babies consolidation of one or more lobes may occur quite exactly resembling lobar pneumonia.

Symptoms are extremely variable and include fever which may be moderate, 100-102, or high, 103-105, cough, usually productive with possibly blood tinged sputum (small children do not expectorate) and leucocytosis (15 to 30 thousand). The pulse and respiratory rate in children may be very high. A pulse rate of 160 and respirations of 70 being not rare. Cyanosis may be present in many cases. The disease may run a course of ten days to six weeks and the usual termination is by lysis. In elderly patients the

temperature may be but little elevated, the pulse in keeping with the temperature and the respirations 30 to 40 per minute.

Physical examination of the chest discloses rales of various types, bubbling rales, sibilant rales and moist rales. Areas of dullness are small and scattered and not easily detected unless there is rather extensive involvement. In elderly patients moist rales at the lung bases may be the only physical finding.

Every case of bronchopneumonia should be carefully watched for the possible development of empyema, the most frequent and serious complication. Flatness on percussion, possible bulging of intercostal spaces and absence of breath sounds are important findings.

Prognosis in bronchopneumonia varies and depends upon the strength and resistance of the patient. Children under five years of age and elderly patients do not do well and the mortality is high. However, the old adage, "Never give up a child with bronchopneumonia," has much to substantiate it because desperately ill patients make remarkable recoveries. Where the vitality has been greatly lowered by associated disease, as in dysentery in children or nephritis or vascular disease in the elderly, the prognosis is not favorable.

—A. D. B., D. O.

(To Be Continued)

Transfers

Sixteen students from other colleges of osteopathy transferred to Des Moines this Fall. They have blended with the student body so that at the present writing they seem to have been with us from the very beginning. Still College enjoys a subdued formality and a friendliness that welcomes any sincere student of osteopathy and offers some very distinct opportunities. Several of these students have been taking care of football teams and have at the same time been busy in the general clinic. Some of them entered the lower classes and will soon be a part of the over-worked group taking care of the many patients seeking osteopathic care. We are glad to have these students for they have added to our total enrollment and will help us in a spot that will be weak until we have filled our class rooms to capacity. We have the opportunity to give more service but we cannot do it with a small student body. We appreciate the extra man-power furnished by our transfers.

DR. AND MRS. ROLLA HOOK—of Logan, Ia., announce the arrival of Mary Jo Ann, October 7th. It is certainly a coincidence that this young lady was born on "Founders Day" which was initiated this year by Mrs. Hook. The young lady suffered for a short time with Pyloric Stenosis but we are glad to have the word from Dr. Hook that she is improving and is now past the danger point.

Associated Colleges Sponsor Textbook On Osteopathic Manipulative Therapy

At the annual meeting of representatives of the Associated Colleges of Osteopathy held in Dallas during the A. O. A. convention, one of the problems was the growing need for an up-to-date textbook on osteopathic manipulative therapy. Discussion resulted in adoption of a resolution to sponsor the publication of such a book. A Committee on Publication was appointed, with Dr. P. T. Collinge, Dean of the College of Osteopathic Physicians and Surgeons as Chairman; Dr. J. L. Jones of the Kansas City College of Osteopathy and Surgery as second member, and Dr. C. B. Rowlingson, Editor of Clinical Osteopathy, as editor of the proposed book. The following have been named as members of the Editorial Board: Dr. Ralph Lindberg, Chicago College of Osteopathy; Dr. John M. Woods, Des Moines Still College of Osteopathy; Dr. J. L. Jones, Kansas City College of Osteopathy and Surgery; Dr. J. S. Denslow, Kirksville College of Osteopathy and Surgery; Mr. Russell C. Erb, Philadelphia College of Osteopathy; Dr. Harold E. Litton, College of Osteopathic Physicians and Surgeons. It was anticipated that about two years would be required for preparation of material and publication. An appropriation was made to cover the first year's work.

The plan is to select from files of osteopathic publications the best articles on each aspect of manipulative therapy; to edit, illustrate and correlate them so that, when supplemented by material specially written by qualified members of the profession, the result will be a standard textbook to be used in each of the Associated Colleges and sold to graduates in the field.

It is realized that many D. O.'s have developed their own techniques for various purposes—techniques which are highly successful, and which others would be glad to adopt in their practice. All members of the profession who have such techniques are invited to send written detailed descriptions of them to Dr. C. B. Rowlingson, 799 Kensington Road, Los Angeles, California. Illustrations (either sketches or photographs) are valuable helps. Every technique to appear in the book will be duly credited to its source. The plan is to make the book representative of the best in the profession, and all suggestions toward this end will be welcomed.

DR. J. P. SCHWARTZ—

attended the Los Angeles meeting of the American College of Osteopathic Surgeons held October 1 to 6. He reports a fine meeting and many interesting operations along with an excellent program.

"I Don't Care"

The only person I ever heard of who went to the top with that as a basis for success was Eva Tanguay. This theme song was not seriously applied to Miss Tanguay's entire daily program for news items of that day proved that she cared about a great many things and in spite of her success as an "I don't care" singer, was an "I do care" out of character.

We have some in our profession who seem to be living by Eva Tanguay's slogan. I have occasion to write to many of our graduates and graduates of other colleges. If I get replies from ten percent I feel that I am doing well. I know that letters and important messages in printed form are too often thrown into the waste basket after the first few lines are read. And yet, we have more than ten percent of our number really caring. I think it must be the smug indifference sired by local success that these osteopathic physicians thoughtlessly show in their failure to reply.

No one can live and hold fast to the "I don't care" theme. No one can advance and follow its precepts. No one can expect to command respect and confidence by assuming that attitude. The degree of success that we see around us can be measured by that individuals interest in the welfare of every person in his community. The brief successes that we often see are cut short by an excess of selfishness that kills a sincere interest in those upon whom we must depend.

Those who really care and who are sincerely interested in being a part of a successful profession are the ones who willingly support any institution founded for the common good. No osteopathic physician can truthfully say that he or she does not care what happens, nor can they say that they do not care what the A. O. A. does or does not do. Each of us knows the value of concerted action and anticipation and preparation for the future. Each of us knows how weak we are as an individual and yet we often fail to align ourselves with our own people until that time comes when it is too late.

Preparedness is a word that is being used frequently. It is a major policy of our association and the service is there to help you when, as an individual, you need the experience and talent of those who are thinking seriously about your problems.

"I don't care" is never a logical excuse for non-membership in the A. O. A. You do care and if you hesitate a moment and figure the intensity of your "care" you will be ashamed of your neglect in signing that application blank.

—H. V. Halladay.

Dr. and Mrs. K. Y. Yzarian announce the arrival of Karla Joan, October 1, weight 6-14.

J. S. O P. S.

The last week of last month completed the Circuit District meetings, and from all official reports they were a great success, in program, and were well attended, all report enjoying the days program.

I was indeed sorry that I was unable to attend and participate in the Circuit Program, I am glad to report that our little daughter who was so seriously ill those last three weeks is now improving and we believe that she will make a complete recovery. Mrs. Hook is fine.

Each District, had business meeting adopting a New Constitution and By-Laws, which conform to the State and National Constitution and By-Laws, some with but few changes; this will make for a better working organization, and closer cooperation of the Districts with the State Organization.

The following were elected.

1st District: Met in Iowa City, Ia., October 25th—Dr. C. K. Risser, of Maquoketa, Ia., President; Dr. G. A. Whetstone, Wilton Junction, Ia., reelected Secy. & Treas.

2nd District: Met at Lennox, Ia., October 27th—Dr. N. D. Weir, Woodbine, Ia., reelected President; Dr. Bernice D. Conly, Council Bluffs, Ia., reelected Secy. & Treas.

3rd District: Met at Ottumwa, Ia., October 26th—Dr. I. S. Lodwick of Ottumwa, Ia., President; Dr. J. W. Rinabarger, Keosauqua, Ia., reelected Secy. & Treas.

4th District: Met in Charles City, Ia., October 24th—Dr. James R. Schaffer, Mason City, Ia., President; Dr. W. F. Moore, Grafton, Ia., Secy. & Treas.

5th District: Met at Sioux City, Ia., October 5th—Dr. B. W. Jones, Spirit Lake, Ia., President; Dr. D. C. Giehm, Sioux City, Secy. & Treas.

6th District: Met in Newton, Ia., October 20th—Have not had a report from them.

It has indeed been gratifying to see the appreciable response made to the call made in September and October for Legal and Legislative assistance, your committee has appreciated this support. Your Attorney, and Legislative Chairman have been very busy, for the past two months, working out the problems of your profession; but these things cannot be accomplished unless, you help our danger is not past, the society still needs your support, and to those that have not done their bit toward this legal and Legislative quota, please send your donations now to your Secretary at once.

SUPPORT ORGANIZED OSTEOPATHY.

—Rolla Hook, Pres.

Applications for Membership

Beryl Freeman—Des Moines.
Alice Paulsen—Le Mars.
Belle H. Olney—Ottumwa.

Polk County

Thirty-seven Polk County Osteopathic Physicians, in cooperation with the State Department of Health and other health agencies, are participating in a statewide campaign for vaccination against smallpox and diphtheria immunization, during the period, October 30th to November 11th, 1939. In Des Moines, this campaign is sponsored by the Parent Teachers Association, and is reaching into every home where there are children of school, or pre-school age.

The regular November meeting of the Polk County Osteopathic Association was held at 6:30 P. M., November 10th, at the Kirkwood Hotel. Attorney Paul James, President of the Kiwanis Club, was the guest speaker. His topic was "Civic Responsibility," a timely subject to which we physicians should devote more thought.

Senior students, please remember that you are more than welcome to our meetings, and that an Associate Membership is available to you at \$1.00.

—Ruth Paul, D. O., Sec'y.

Osteopathic Women's College Club

The year's first meeting of the Osteopathic Women's College Club was held at the home of Dr. and Mrs. Becker, October 4.

Nine new members were present, bringing the active roll to more than forty. Following formal introductions by Margaret Dirlam, president of the club, tentative plans for the season's activities were discussed. The Birdland Shelter House was selected as the site for a combination maquerade-box-social-get-acquainted party to be held October 17. Husbands are "invited."

Future regular meetings of the club are to be held at the P. S. G. House, 2141 Grand. The membership wishes to publicly express their appreciation to the Phi Sigma Gamma for the use of their reception room and kitchen in this capacity. Membership of the club has grown to the point where it is no longer practicable to hold the regular meetings at the homes of the members, and the central location of the new meeting place will be a real convenience.

Active membership of the club consists of wives and sisters of students. Honorary members include wives of the college faculty. The club was organized late in May, 1936, under the guidance of Mrs. Becker, with only eight charter members. It has become an important factor in maintaining the morale and good fellowship of the student body. Wives of new students are urged to join the group.

Alumni Reports

We had hoped to have reports from several state associations that have met in recent weeks giving us the information relative to Alumni activities during the state convention. These have not all arrived at the time of going to press but we do have a fine report from Michigan. About sixty of our Alumni met at a luncheon and heard Dr. Arthur D. Becker, our president, tell about the college this Fall and express his thanks for the support from our Michigan group. Dr. Larry St. Amant was elected president with C. C. Auseon Secy-Treas. and L. M. Monger and R. M. Wright, Councilors. Dr. St. Amant reports that activity is the watchword and Michigan will again lead in new students in the next class.

Dr. Alan Becker of Winchester, Ky., reports the beginning of an Alumni organization recently at the state meeting in Kentucky. He promises that we will hear more of our group there in the very near future.

Second Generation

We are not sure of the accuracy of this list but in checking over the classes hurriedly we found the following sons and daughters of osteopathic physicians: Ball, Banker, Carson, Elliot, Gehman, Kimberly, Merrill, Payne, Rogers, Stern, Woods and Wygant. Sowers and Westfall, Third generation.

This certainly does not indicate that osteopathy has failed within our own ranks. If the parents of these students have lived better in every way by the science and service of osteopathy it has been an inspiration for the children to carry on. These students have had the opportunity to see and appreciate fully what is possible for an osteopathic physician to accomplish. If they were not convinced of its advantages they would have entered a field other than osteopathic.

Assemblies

The routine of technical talks and labs has been interrupted by a varied list of interesting and instructive features during the past month.

Dr. O. E. Owen—

secured a number of fine colored pictures during his vacation this past Summer in the region of Yellowstone Park. His views taken at Salt Lake City and at other points along the route were exceptionally clear and his account of the trip added to the interest.

Seargent Jaspersen—

of the Iowa Patrol visited us again this year and offered a clear explanation of many of the problems of traffic, asking the aid of the students in eliminating accidents. Iowa has made many improvements in its system of caring for the increased

traffic congestion. Our fine highways and generous speed law offer too many opportunities for the thotless driver. Seargent Jaspersen was reasonable in his requests and we will be glad to hear him again.

Dr. H. V. Halladay—

answered many of the questions asked by the ambitious amateur photographer by demonstrating the various types of small cameras. He advised that anyone contemplating the purchase of a so-called candid camera should not buy the first one that was offered unless they had some knowledge of what the camera could do. Seventy-five percent of the pictures you want can be taken with a very ordinary camera. It is the difficult twenty-five percent that interests so many fans now and these can be taken by the amateur if the equipment is designed for that purpose.

Dr. A. G. Hildreth—

of the Still-Hildreth Sanatorium at Macon, Mo., met with the student body at a special assembly October 18th. It was indeed a real privilege and pleasure to hear one of our truly pioneers. Dr. Hildreth, in spite of his forty-five years of service to osteopathy is as alert and as enthusiastic as in the beginning of his career. His talk was an inspiration that will never be forgotten by the student body. We sincerely hope that he will be passing thru Des Moines again very soon.

The Salvation Army Band—

under the leadership of Brigadier Otway gave us a most delightful surprise on Monday, October 23rd. The appearance of over twenty perfectly trained musicians forming a real brass band dispelled any ideas of the ordinary conception of Salvation Army musical groups. This fine band is a training unit for workers who go out over the entire state spreading the fine work of the Salvation Army in nearly every community. We are anxious for a return date that we may hear more of the excellent music offered by this band.

Drake University—

talent led by Bill Lee and managed by Mr. Gabrielson took too little of our time November 3rd. A varied program was offered consisting of instrumental and vocal solos and ensemble. The time passed all too quickly and we are looking forward to a return engagement next semester.

Our Assemblies—

are being planned thru a committee from the Student Council cooperating with Dr. Halladay. We are glad to see the Still College orchestra again, in place and hope the interest in it will not subside. Increased laboratory schedules interfere with rehearsals but we have the talent and need this organization as much as any other feature of our period of relaxation.

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

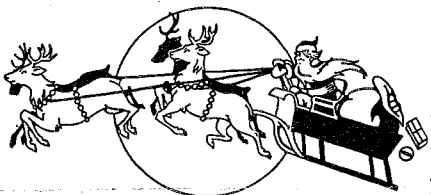
Volume 17

December 15, 1939

Number 12



Merry
Christmas



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
Byron L. Cash
Hugh Clark
Albert W. Dennis
Mary E. Golden
Howard A. Graney
Virg Halladay
Del F. Johnson
Paul E. Kimberly

Edward F. Leininger
Harry J. Marshall
Paul Maloney
O. Edwin Owen
Ralph Powers
Katherine M. Robinson
Charles Stull
Joseph L. Schwartz
John P. Schwartz
John B. Shumaker
John M. Woods

CALENDAR

CHRISTMAS VACATION..... December 15 to January 2
GRADUATION January 19
REGISTRATION January 20
ROLL CALL January 22
EASTER RECESS March 22
GRADUATION May 25

The Next Class

We have so little time to do things that are necessary that we are thinking of asking the President to increase the number of hours in the day. We know you are busy too, but we must remind you that in a few short weeks we will be graduating a class and enrolling another. It is extremely important that you realize the one very special item about this new class. This is the last class that will be able to enter the study of Osteopathy with only one year of pre-osteopathic college work. Some of you will not give this the attention it demands and will be asking us next Fall to matriculate a student who cannot be taken. Each member of the class entering September, 1940 must have two full years of college credits. We are asking you to take a little time right now to make a few plans for the Christmas Season that is upon us.

There will be many young men and women at home during the Holidays who are attending college. You may not know it but a very high percentage of these students are just going to school without any very definite program for the future. Some of them would be glad to talk to you for a little while about some very definite plans and of course these would be to transfer to our college and begin the study of Osteopathy. You already have the facts about the shortage of osteopathic physicians in every community. The fact that you are successful should be a very definite favorable item in convincing one of these fine boys or girls. These young men and women are interested in education and we need many more educated physicians.

Our profession is growing slowly but its growth is not rapid enough to meet the demands. Any state secretary can tell you

(Continued on Page Four)

Our Homecoming Jubilee

ΕΠΗΤΙΧΕΩΣ

(The Greeks have a word for it)

On the 16th of October an idea was born. That meeting, called to decide the details of the annual entertainment of the Polk Co. Association by the college, was suddenly turned into something entirely different. It is hard to say exactly who was the first to break thru the stereotyped "lunch and talks" program, but Dr. O. E. Owen is to be credited with making the first suggestion to include more than the usual listing of invited guests. From this first break the idea skyrocketed until no part of the World was left out and most of the other planets were expected to send representatives. Six meetings followed before the final date of December 8 arrived but those six meetings were attended 100 per cent and the results were rated with identical figures.

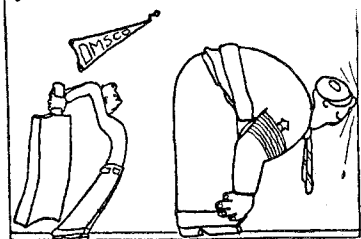
Starting with the college and the Polk County group the ensemble finally included seven other organized bodies. Starting with one speaker for an evening program, consisting of local talent, it grew to 14 speakers starting in the morning, continuing thru the afternoon and concluded in the evening. Original expectations of an attendance of 75 rose to our final count of 406 at the banquet in the evening. Now you see what can be done by a sincere enthusiastic group of Alumni and students of Still College.

Space does not permit more than a resume of the day. We could talk and will talk about it for months or until a similar event next year replaces it in our memory. At the moment

(Continued on Page 2)



FRATERNITY NOTES



N. O. I. C.

I think the most important item relating to the Council right now is the consideration of affiliation with the A. O. A. Since the beginning of the Council we have enjoyed a most friendly unofficial relationship with the Association and the Local Convention Committee. Our work has grown to the point where a very definite line can be drawn thru the services we have given and it is the one division of this that we are anxious to have taken over by those higher up. We refer of course, to the planning and execution of the registration and reunions of our membership at the annual convention. This we have believed for some time to belong specifically to the function of the Local Convention Committee. It looks like we will be able to retire from this responsibility after the coming convention in St. Louis and it will be a day of real rejoicing when this can be done.

The Council will have plenty to do without this duty which it has taken care of in the past. We have our standards to maintain. We have our expansion into more useful fields to plan. We have the very important business of student recruiting to consider. We have our public relations in fraternity publications and along other lines to watch. We need a fraternity directory. We need improvements along several lines and we can after this year, devote more time to some of these things that will naturally increase our usefulness and add to our prestige.

May I extend to all of you my sincere wishes for a very Happy Christmas and New Year.

H. V. Halladay, Exc. Secy.

Dr. H. C. Wallace

The profession by this time knows of the sad loss of Dr. H. C. Wallace of Wichita, Kansas. There is little that we can add to what has been said. We knew him personally for many years. He was a recognized leader in many affairs related intimately with our profession. Kansas depended largely on him for guidance and no one can completely fill the void left by his passing. Our sincere sympathy is extended to his family and to those who worked with him in the institution he helped to build.

DR. AND MRS. J. B. BALDI—
of Milwaukee, Wisc., announce the arrival of John Garry, November 15.

Our Homecoming Jubilee

(Continued from Page 1)

we (The Committee) doubt if any program can be devised that will approach the perfection of the one some of you missed December 8. We hope you hear about it from some one who did attend and we will trust them to tell you. Not only was every item staged as planned but each worked in and maintained a continuity as smooth as any national radio hour.

Dr. Halladay was in charge of the morning program under the title of a Memorial. In this he deviated from the usual eulogies since those who were to be remembered are already historic figures in Osteopathy and have become such an intimate part of our thinking that they need no memorial. An introduction by the orchestra titled "That Old Feeling" immediately removed any morose ideas and yet carried the idea of appreciation. The appreciation in this case being on the part of those present congratulating themselves for having had the good judgment to associate with the science of Osteopathy.

Dr. Arthur D. Becker, president of the college, welcomed the assembly and brought out the thought that we honor ourselves in honoring our leaders of the past.

Dr. Halladay then brought Dr. A. T. Still, our founder, to the screen in the first movie viewing, for many present, of the Old Doctor demonstrating technique and talking to some of his students. Dr. S. S. Still and many others in movies of historical value were shown including the dislocations of an old timer who years ago made each of our colleges. Many of you in the field will remember Dr. Ellis Whitman whom we have not seen for several years.

Many of the old slides of the early days of Osteopathy were next shown including pictures of the Old Doctor, Drs. S. S., Ella and George Still and an occasional picture related to some of their activities. Announcements and music by the orchestra closed the program.

Many of considerable note were present at this morning assembly and were introduced. Dr. Frank F. Jones, president of the A. O. A., Dr. F. A. Gordon, president-elect of the A. O. A., Drs. A. D. Becker, J. E. Rogers and R. B. Gilmour, all past presidents of the A. O. A., Dr. J. P. Leonard of Detroit, secretary of the National Alumni Association, Dr. George Heilmann of Ripon, Wisc., Dr. Larry St. Amant of Detroit and Dr. P. L. Park of Des Moines all presidents of state Alumni associations. Mrs. George Still of Kirksville was asked to say a few words and graciously responded. Mrs. Guy Brunk, daughter of Drs. S. S. and Ella D. Still was present and should be thanked for the set of old surgical instruments that originally belonged to Dr. James Moore Still, brother of the Old Doctor. Mrs. Brunk presented

these to the college together with other mementoes a few days previous to the Homecoming Day. Many of the old timers of the college were present and added much to the enthusiasm.

Following the dismissal of the assembly the Sigma Sigma Phi Honorary fraternity placed wreaths on the graves of Drs. S. S. and Ella Still who are buried in Woodland Cemetery in Des Moines.

The afternoon program under the direction of Dr. O. E. Owen, started without the usual long delay. Drs. McManis were introduced and gave the visitors and students an excellent review and many new points in osteopathic manipulative therapy.

Drs. Jones and Gordon were to be on the radio at 2:15 so Dr. Becker filled in the slight change in schedule with an interesting clinical case with the patient present. Following the broadcast, which was another item of special interest, Dr. Jones spoke and in his delightful southern way held the crowd spellbound. Many said afterward that each item of the program was too short and we know Dr. Jones had too little time for his message. Clinics followed with a heart case hooked up with the P. A. system so that everyone in the audience could hear the unusual sounds. We agree with all those present that the program so far had been perfect in subject matter and in synchronization. Not a dull moment and clicking like a well rehearsed national meeting.

And now for the evening. The time was set at 6:30 and believe it or not at 6:50 the crowd was seated and if you think seating 406 can be done in five minutes guess again. The speakers dais seated 32 members of the committee and honored guests. The remaining diners were grouped eight at a table and spread as far as the eye could see. The excellent dinner was all that the most critical epicurian could wish for.

Interspersed with the sounds of laughter and the clicking and flashing of cameras were numerous musical numbers by a quintette of piano-acordians and miramba with an occasional special number.

Time has that bad habit of moving too swiftly when enjoyment is at its height but Dr. Park skillfully worked in his scheduled introductions. That all present might know those who worked to bring this day to a perfect ending he asked the various members of the committee to stand and take a bow. Dr. Rogers, Alumni Chairman of Endowments was asked to speak and responded with a brief message of import to all present. Dr. Becker introduced Dr. Frank F. Jones who again delighted his audience with a story and a beautiful compliment to our student body. Dr. J. P. Schwartz thrilled the entire assembly with his message of anticipation of osteopathic educational progress in the future.

Telegrams of good wishes and congratulations were read from Dr. Arthur Allen, past president of the A. O. A., Dr. R. C. McCaughan, executive secretary of the A. O. A. and Dr. H. E. Clybourne, president of the National Alumni Association.

This banquet was indeed a most inspirational affair. The Alumni and students were dressed for the occasion and New York could not have furnished a sight more delightful to the eye. Beautiful women and fine looking physicians make a combination that cannot be surpassed. The Four Horseman, a quartet of note added to the enjoyment of the evening and dancers of the trick toe type filled our cup of pleasure to the brim. The slight extension over the scheduled time was not noticed. Minutes slipped by even with the anticipation of the dance which was to follow. This was another item of entertainment that qualified with the others. Barney Barnard spared nothing to make the music perfect and the singers big-time. The floor was crowded but every measure of the fine music was synchronized with pairs of delighted dancers.

It is unfortunate that Old Man Time cannot be stopped occasionally. The dance was the culmination of a day that must have been several hours short of the standard. We need more than one day for an affair such as this. There is too much to be done in the way of renewing old friendships, conferences and other items of importance to those sincerely interested in our fine college. Two conferences were held but they were too short. The National Alumni officers met and conferred for over two hours in the afternoon. The state presidents did the same.

In the rush of trying to see it all, we have missed many of the sidelights that figured large in the minds of many. Next month we will have some echoes of this day and will try to cover what we have failed to record at this time.

It is over and we are sorry. Christmas cannot be as full of excitement now since we have had the most exciting day of our life for many years. Those who came many hundreds of miles said that it was worth more than they lost in time and practice. Every one at the college wants to start now in preparation for a similar event next year. This report cannot bring to you any conception of the pleasure we all enjoyed from the beginning of this on the 16th of October. We are supremely happy when we look over the figures. Over 150 came to Des Moines from Iowa, Michigan, Ohio, Illinois, Minnesota, South Dakota, Indiana and Missouri. Several were graduates of other schools and we were doubly glad to have them with us to enjoy our celebration. Space limits the printed word but not our thoughts. They will go on in exultation of the Homecoming Jubilee, December 8, 1939.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

Editor.....E. Harwood

Faculty Adviser.....H. V. Halladay

President.....Arthur D. Becker

Osteopathy Without Limitation

Osteopathic Therapeutics

(Number 16 in Series)

REGION OF THE THORAX Bronchopneumonia Cont'd.

Treatment:—

The local resistance, the functional capacity and the recuperative powers of pulmonary tissues are secured and maintained by normalization of innervation. The vaso-motor tonicity and trophism of these tissues are in turn dependent upon this same factor. Osteopathic spinal and rib lesions and the associated lesion pathology impair the integrity of the nerve supply and prevent utilization of inherent powers and resources. The parasympathetic nerve supply of the bronchi and the lungs is by way of the vagi, the tenth pair of cranial nerves. The sympathetic nerve supply has its preganglionic origin in the upper six dorsal segments of the spinal cord and is supplied (post ganglionic) by way of the upper dorsal ganglia of the ganglionated cord. The specific lesion areas, then, of chief interest in the bronchial pneumonias are found in the upper dorsal region of the spine with the associated upper ribs, and in the entire cervical spine.

Osteopathy has much to offer in the treatment of bronchopneumonia. Careful examination, diagnosis and evaluation of lesions and associated lesion pathology in these indicated regions are of greatest possible importance. These lesions must be normalized and maintained in normalization. Treatment should be given once every twenty-four hours in mild cases, twice daily in moderately severe cases and more frequently in the more serious involvements. Firm, steady, gradually increased pressure applied to the tissues just lateral to the spinous processes from the second to the sixth dorsal is a very useful procedure. It is advisable to give careful attention to soft tissue lesions in acute diseases. The ribs should be carefully raised and the rib heads articulated by means of gentle but insistent leverages. The intercostal tissues should be stretched and freed to the end that the entire thoracic cage is thoroughly mobilized. Particular attention should be given to the occipito-atlantal articulation and to the entire upper cervical group. The clavicles should be freed at both the sternal and acromial ends. Where cough is

excessive, both lesions of the upper fibres of the trapezii and of the second and third intercostal spaces should receive special attention. One should remember that a constant lesion in acute disease is impaction of spinal articulations due to the presence of paravertebral tissue contractions and that leverages must be contrived that will secure deep movement penetrating through these vertebral articulations.

Rest in bed in a well ventilated room without drafts is important. The temperature of the room may be cool but not too cold. Good nursing care is of greatest possible value. The fluid intake should be high. If sufficient fluid cannot be taken by mouth it should be given as 5 per cent glucose solution in distilled water by rectum (Murphy drip) or subcutaneously. Food should be rich in nutritive value, with an excess of carbohydrates and of simple and easily digestible character. The thorax should be kept warm by the use of a pneumonia jacket. Warm sponge baths twice daily given expeditiously (to avoid tiring patient) are restful and are supporting to the nervous system. With cyanosis and extreme dyspnea the use of an oxygen tent is indicated. The patient's position in bed should be changed from time to time to favor drainage of lung areas. It is helpful with small children to have the nurse take them up and hold them in the arms for short periods two or three times daily, holding the shoulders at a slightly lower level than the hips for a minute or two at intervals. Moisture of the air in the sick room should be secured by vaporization. For tympanities use an enema of equal parts of milk and molasses warmed to body temperature. Always keep well in mind the important fact that in acute infectious diseases one should plan to combat toxemia from the very beginning of the illness, hence the fluid intake, the baths, the ventilation, the enemas and osteopathic treatment through the lower dorsal and lumbar areas to the support the eliminations. The heart should receive support by osteopathic treatment of cardiac centers.

Such treatment and care serves a useful and constructive service and experience shows that complications are reduced to a minimum and that recovery is assured in a high percentage of cases.

A. D. B., D. O.

DR. K. R. BLANDING—
of Greenville, Mich., and Miss Karlene Eggland of Roland, Ia., will be married in December, according to an announcement recently.

DR. AND MRS. H. R. SEELYE—
of Stanton, Mich., announce the arrival of J. Randall, November 1. Weight 7 pounds.

Assemblies

DR. ARTHUR D. BECKER—

fulfilling the obligations of his office, gave us one of those good heart-to-heart talks on November 10. We are not a student body that has to be reprimanded in a sharply pointed manner. The minor discrepancies that are bound to creep into a group of over two hundred are never of a very serious nature here at Still College. Perhaps some of the things he said were more of a prophylactic nature than immediate. His words never fall on inattentive ears.

Following our president's remarks Dr. Halladay transported the assembly to Nuevo Laredo to watch a bull fight staged in the brilliant colors of a Mexican Holiday crowd celebrating the Fourth of July.

DR. F. A. GORDON—

our Iowan President Effect of the A. O. A. honored us with a clear and concise explanation of the mechanics of our national association on November 17. Dr. Gordon is always a welcome speaker at the college for he is sincerely interested in the good things that may be accomplished by all of our organizations. We fully appreciate the effort made by Dr. Gordon in taking time off from a busy practice and official duties and we assure him that we feel bigger and broader after each of these contacts. Thanks Dr. Gordon.

DR. PAUL PARK—

President of the Iowa D. M. S. C. O. Alumni Association brought us important announcements on November 24. Dr. Park explained in detail the part he hoped the students would play in the Jubilee program planned for December 8. At this writing we can say that our loyal student body came across 100 per cent and we are sure that they will vote for Dr. Park as chairman of another celebration next year.

Dr. M. E. Bachman

Dr. M. E. Bachman will be remembered by many former students of Still College. He passed away Saturday, November 25th after retirement from practice for a little over a year. Always an active worker for Osteopathy and well known for his technic he worked until a weakened heart forced him from his office. Our sympathy is extended to the family.

R. E. HOVER—

of the Senior class was the official examining physician at the "Y" recently during the Church Tournament of basketball. Thanks to Art Borg of the "Y."

DR. AND MRS. R. H. GIBSON—
of Marysville, Ohio, announce the arrival of Judith Ann, November 17. Weight 7 pounds.

Security

We are about to end the year 1939. The memories we will carry with us of this year will be most pleasant ones.

Our college year ending last May was a successful one. The convention in Dallas was thoroughly enjoyed. The vacation added many thrills in many ways. We started off this Fall with an increase in every class. We had too much to eat Thanksgiving and we have just had the privilege of being a small part of one of the greatest cooperative programs ever to be staged. We now look forward to Christmas and New Years with childish anticipation of more joy.

All of these things have certainly satisfied our needs as the seasons progressed but unless we check back over the past months and find more than this the whole thing looks as if we had lived a very selfish existence.

Let's go back to the major pleasures of the year.

The college had a successful year because it is a part of an organized group. It started off this Fall with an increase in enrollment for the same reason. If many had not worked together the end result would not be as shown on the books. This concentration of effort has added to the security of our institution and we derive the pleasure in reviewing an accomplishment as the result of group cooperation.

The same thing may be said of the national convention. Many worked together in making and carrying out plans aimed at a certain set date. These ideals were worked into tangible meetings with selected reviews and original reports. Future needs were anticipated and past errors corrected. All the result of united efforts thru an organization.

The security that we enjoy is the fruit of the efforts of many. Our own contribution in time, strength and substance is a meager price to pay for the good we do for the whole and the pleasure and other profits we in turn derive personally.

Our security as a profession depends on the support we give our organized institutions. Exercising a keen watchful eye over all phases of osteopathic progress is an organization of our own making. We add to our own strength and security when we affiliate with the American Osteopathic Association. We exhibit a weakness when we remain on the outside. Any licensed practicing osteopathic physician is eligible to membership in our association and if you are not already signed up for 1940 your most logical move toward increased security would be to present yourself with this membership.
H. V. Halladay.

NEXT CLASS ENTERS JANUARY 20

I. S. O. P. S.

Merry, Merry, X-Mas and A Happy New Year

The Spirit of Christmas is the spirit of service. It is a celebration of the advent into the world of one who did more to impress what he stood for than any other who ever trod it's sands. He demonstrated to the world a spirit of unselfishness. His ethics were the highest the world has ever known, but it was not so much this, as the fact that he lived his teachings, that has left its imprint in the sands of time.

He was about his fathers business; he went about doing good; he sought opportunities to heal the sick, and help the poor and needy.

He was the great physician. The Spirit of Christmas is the spirit of the real physician all the year. Every day he has opportunities which most others see but once or twice a year, yet at this Christmas time let us get closer to our ideals, let us serve mankind to the utmost. The man or woman who accepts life's opportunities as life's obligations is living the life of service.

We need the real physician, those that have qualified themselves, physically, mentally, and ethically to command the admiration or the respect and the confidence of those both in the profession and those out of the profession; Physically, for health radiates health; Mentally, to be well grounded in the principles of the profession; Ethically, by looking for, and recognizing the good in all mankind.

The Christmas time seems to suggest to us that we are passing this way, but once, and life about us would be so much more what it should be if all could realize that we never have but the one opportunity to say or do a given thing. What has the Osteopathic profession done for us? Does not each of us prize the fact that he is worth more to the world than if he had not become an Osteopathic Physician? Is there any one in the community, excepting possibly the clergyman, who has more of the respect of that community that you have. And from a monetary viewpoint, is not the average Osteopathic Physician doing at least twice as well, for himself and his dependants as he was doing or could reasonably have expected to do before becoming an Osteopath? Then do we not owe Osteopathy something, and how are we paying our obligations?

Are we going to measure up to the opportunities and possibilities that are before us?

Our obligations may be paid in two ways, namely service to mankind, and service to your profession, that has made you what you are.

This is the Christmas spirit the year through.

You have a noble profession,

and above all a most sacrificing one. Arduous are it's duties. Many and weighty are your responsibilities, but the greatest is to the profession that feeds and shelters you.

We as a profession, have been sailing down the stream of time, with apparent ease, letting the old bark drift as it will, but as the new year approaches, we must grasp the helm, and steer it into the clear.

There is much to be done in the coming year in the Osteopathic field of endeavor, and each of you owe certain obligations to your profession, and now is the time to pay those obligations.

First take care of your membership in District, State and National organizations.

Where is that old Christmas spirit? The Iowa Society of Osteopathic Physicians & Surgeons must not fail this year in its responsibilities for the coming events demand that we have the interest and cooperation, of the entire profession for this next year.

You have all laid aside some spending money for Christmas presents for loved ones. Make yourself a present, pay those dues, and get the Legal and Legislative quotas taken care of before the new year.

In the near future all those paying quotas will receive a letter from the Legal and Legislative Committee giving a comprehensive report of the activities of this committee and what has been accomplished. They have been very busy and there is still work to do.

Fundamentally the matter of membership is the most important, for all our other undertakings will be much more easily performed, if we can have a substantial increase in active membership of the society, and the interest and cooperation naturally resulting therefrom.

National Health (Wagoner) Bill S-1620

Congress meets again January 3rd. Being election year it will probably be a short session, and perhaps the last under President Roosevelt.

All administrative forces and endless corps of medical-social workers will be concentrating their attention to the passage of this bill at this session. We must act now for amendment to such legislation, for the inclusion of Osteopathic physicians in all departments of the act. We urge that you work through your district officers and Unit Contact Men to inform your Congressmen and Senators. It is essential that Osteopathic cooperations and participations be expressly provided for in this bill.

Another obligation to our profession is to support the Committee on Public and Profession-

al Welfare—This committee is officially commissioned, by action of the House of Delegates and Board of Trustees of the A. O. A., to convince the profession of the vital necessity of making Osteopathy known and understood through as many as possible of the best avenues of public relations, to employ public relations council, raise funds for the work, and formulate the profession's plan to put it in operation.

Each state was solicited for funds to carry on the work of this committee and Iowa has fallen far below her quota. Again we wish you to revive the old Christmas spirit, and give of what you have for your profession.

The fund raising chairman of the Committee on Public and Professional Welfare are not asking for "hand outs."

They ask you to Put the Committee on Public and Professional Welfare on Your pay roll.

May the joys of the Holiday Season be yours throughout the New Year.

Rolla Hook, Pres.

Applications for Membership

L. L. Theberge, Marathon; Robert Herrick, Clinton; Paul O. French, Cedar Rapids; Sara Miller, Sibley; Richard Bahnson, Granville.

Polk County Osteopathic Association

Previously the December Polk County meeting has been one at which the members of the Polk County Osteopathic Association have been guests of Still College. From this tradition arose the suggestion of our President, Dr. O. E. Owen, which gave rise to the "Homecoming Jubilee." Polk County abandoned their December meeting to cooperate with the school, the Ia. D. M. S. C. O. Alumni Association, Student Organizations, and Osteopathic Auxiliaries to make December 8th, an outstanding day in the history of Still College. Our compliments and congratulations to all who made this possible.

Hoping for a bigger and better Homecoming next year, and extending the Season's Greetings to all for a Joyous Christmas and a Happy New Year.

Polk County Osteopathic Ass'n.
Ruth M. Paul, D. O., Sec'y.

The Next Class

(Continued from Page 1)
of excellent locations that we need to make a special effort to fill.

With very little effort you can list a series of talking points that are not based on theory but bold facts that talk for themselves.

You have an unusual opportunity during the next two weeks to do a great deal for your science and your college and do not let this opportunity pass without a little extra effort on your part.

We Regret

Space this month prohibits us from reporting the fine work of our organizations of which we are justly proud. Each, as usual, made a report and universally wished each of you a very Merry Christmas and a Happy and Prosperous New Year. We list them below and hope that we may be able to return to them their regular space in the next issue. The greeting from the college and the report of our recent Homecoming Jubilee has been largely responsible for this crowding. To Our Alumni—Your organizations wish you every joy of the Season. (E. H.—Ed.)

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ATLAS CLUB

THE WENATCHEE APPLE SEED—

a weekly sponsored by the Rotary Club of Wenatchee, Wash., copied a paragraph from Dr. Halladay's editorial on "Youth" that appeared in the October issue of the Log Book. Thanks, Dr. Morse.

MR. AND MRS. L. GATIEN—

of Des Moines, announce the arrival of a fine boy at the Des Moines General Hospital, December 2.

MR. R. W. WESTFALL—

of Still College and Miss Jeanette Burnham kept their friends fooled for several months. It seems that the wedding took place in Huron, S. Dak., April 11, but was announced just recently. Congratulations, Bill.

DR. MARY E. GOLDEN—

has been extending her osteopathic influence all Fall by her many talks on health and kindred subjects. She has spoken before sororities, church groups, P. T. A. and business women.

OUR OB CLINIC—

rated considerable space in the local paper November 23rd. Dr. R. B. Bachman, Dr. Leininger and Dr. Barquist had compiled statistics that include the following startling figures over a period of 29 years.

Twenty-three tons of babies. Maternal mortality rate less than one tenth of one per cent.

Fifty one per cent boys. Fifty eight pairs of twins.

Many other items of interest to the laymen were brought out showing that the OB Clinic at the college is conducted in a strictly scientific manner and that our service is superior to others not only in preliminary care but following delivery.

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