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THE LOG BOOK

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Number 1

This Is Our Job

(This editorial copied from the December issue of the Bulletin of the Rocky Mountain Hospital is so well done that it is worth serious thought by every member of the profession. Dr. C. R. Starks has given you something to think about and Colorado is to be commended for seeing this situation in its right light. We congratulate the Denver group and hope we can help to spread this timely plan.—E. H. Ed.)

When the House of Delegates of the American Osteopathic Association passed the resolution recommended by the Bureau of Colleges that the entrance requirements to our colleges be raised to two years' pre-medical work, it was a challenge to every practicing physician in the United States. It was generally anticipated that student enrollment would drop; which it has. It was also anticipated that it would be necessary to change entirely the mode of student recruiting; adapting efforts to graduates of colleges instead of high schools.

There was much discussion regarding the effect this raising of standards would have upon the profession in general. The first and most important consideration was that with increased standards every member of the profession would find it necessary to devote some time and energy to interesting college students in entering the profession of osteopathy. This cannot be accomplished by osteopathic colleges alone, but must be done by a personal effort on the part of physicians in the field. When one realizes that most people who have studied osteopathy in the past have done so because of an individual osteopathic physician they have known, it became apparent that there is only one solution to this problem, which is that in every community the osteopathic physician redouble his efforts toward the end of bringing the enrollment of the colleges to an all-time peak.

It is inconceivable that our profession should ever think of taking a step backward by lowering standards. This cannot and will not be done, and if we wish our profession to survive it is necessary for us to see that the source of supply for professional training is neither diminished nor cut off. This is the challenge in every community in the United States, and the first object of association work for the next few years should be that of student recruiting and osteopathic education.

Already many states have devoted much time to this important matter.
(Continued on Page 3)

THE JANUARY 1940 CLASS

The nineteenth of January will be a most important date for thirteen members of the student body. It is their graduation date and we at the college are proud to present these new members of the profession to you. Each has spent four full years in college in preparation for the practice of osteopathy. Each has successfully passed all examinations including the Qualifying and each has more than the required quota of practical experience in the clinic of the college.

We introduce to you:

Dale Figg of Petoskey, Michigan whose greatest ambition is to return to Michigan and prove his own firm belief in the superior therapy offered by the practice of osteopathy.

Henry C. Goeken of Scotland, S. Dakota, who is not sure where he will practice but expects to return to a location near his home.

A. L. Guldberg of Decatur, Ill., is headed for the old home town.

Elmer L. Hanson of Sheridan, Wyoming will first intern in the Sparks Hospital in Dallas and expects to eventually locate in the south.

Paul E. Kimberly of Des Moines who has been assisting in the department of Anatomy and will continue after graduation as a regular member of the faculty.

Goeffrey T. Lawrence of Niles, Ohio will first interne at the Lamb Hospital in Denver and will probably remain in that state.

Jean F. LeRoque of Los Angeles will return to that noted city.

Robert A. Lindquist of Des Moines is undecided about Iowa or Colorado. He will take both boards.

Edward D. Reese of Seattle, Washington will intern at the Northeast Hospital in Kansas City, Mo.

Wilson H. Simmons of Detroit, Michigan will return to that state.

D. E. Sloan of Bellefontaine, Ohio, will try the Iowa board first and decide on location afterward.

Robert White of Lancaster, Ohio will intern at the Peterson Hospital at Marfa, Texas and has a number of good locations already in mind in that state.

Dale L. Widmer of Bloomfield, Iowa expects to remain in Iowa.

Our social and honorary fraternities are well represented in this class and many of its members have assisted in the laboratories at the college. We are proud of their record and can sincerely recommend them to any community. We wish for them the success that they have worked for in preparation and anticipation of the practice of osteopathy.

The social calendar for this class begins Friday, January 12 at the college with their Class Day program. At this time the certificates of honor awarded by the college will be given and the class will be allowed to express itself informally for the last time.

The banquet given to the class by the trustees of the college will be held Monday the 15th preceding the graduation date of January 19th. Fraternity farewells and other congratulatory affairs will be disposed of during the week of January 8th.

We again congratulate our Seniors of January, 1940.

Smorgesbord

If you haven't contacted it the flesh and other forms we advise you to wait until you are real hungry and then find a place that serves according to the approved style.

Dr. and Mrs. Becker issued invitations to this affair to be held at the Viking Cafe and with the exception of one unfortunate couple with a previous date the entire faculty and wives were there at the stroke of six. This was Sunday, January 7 and later as we looked over the plates it was evident that the usual Sunday dinner had been dispensed with in favor of this occasion. The routine of a Smorgesbord is:

Go to the center of the main cafe where you will find a large table filled with appetizers and we do not mean three or four but about twenty. Take all you want and come back for more if you think you have the capacity. Take these starters to your assigned place and begin. The breads are rye and pumpernickle and the crackers are wafer thin, like heavy brown paper or, thicker but crisp and baked with a pattern indented. You can eat these crisp rye or barley crackers forever and never be quite filled. Then the meal and that is another plateful. Excellent coffee with many repeats and a dessert that tasted much like a baked apple but not exactly in that form.

It was a great meal. Best of all everyone enjoyed so thoroly the informality of the after dinner seclusion with just ourselves present that all lingered until a late hour over the coffee and conversation.

We have Dr. and Mrs. Becker to thank for a truly delightful evening of good food, good company and complete relaxation, for the time forgetting the responsibilities of our usual routine.

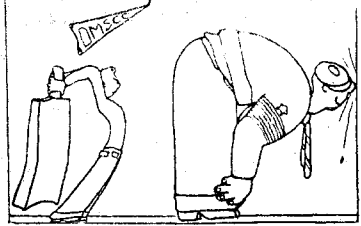
Dr. Lonnie L. Facto

The college is pleased to announce the return of Dr. Facto to its teaching and clinic staff. His many years of experience in college work and his unquestioned ability as an instructor have earned for him a high place in osteopathic educational fields. His addition to the faculty group gives added strength as well as finding favor with the entire student body. We are glad to have Dr. Facto again as a member of our organization.

1940 College Calendar

Senior Class Day	Friday, January 12
Senior Banquet	Monday, January 15
Graduation	Friday, January 19
Registration	Saturday, January 20
Roll Call	Monday, January 22
Easter Recess	Friday, March 22
Graduation	Friday, May 25

FRATERNITY NOTES



N. O. I. C. At St. Louis

We just received a rather personal letter from Norman Edwards of St. Louis in regard to what is going on there and will pass it on to you in the field. It looks like St. Louis was already prepared along some lines and we know that by the time the last week in June rolls around that everything will be in its proper place awaiting the crowd that we expect at this 1940 A. O. A. meeting. We quote.

"Well, Christmas has come and gone, and left in its wake a blanket of snow, sleet, and ice. I hope you at Des Moines had as grand a holiday as we here in St. Louis. Now it is time to sit down to some serious thinking for the 1940 Convention here in St. Louis, so I thought I'd drop you a line and let you know the developments since you were here.

"First of all, the reservations for the Fraternity night dinners are coming in with a bang and Dr. Terry Larson is busy as a one eyed police in a noon day rush, but he reports things are well in hand. It is our desire here in St. Louis to stress Fraternities and Alumni meetings at the convention. Our city is well adapted for them due to its centralized location, good transportation, good hotels, and plenty of places to enjoy a good get-together.

Well, Virg, guess I better turn off this rambling for the time being. It was a pleasure to have you with us even tho your visit was far too short. We will be looking for you and all that you can persuade to come down from Des Moines for this convention. I'll drop you another line next month.

With Best of Wishes for the Year 1940, I remain,
Fraternally yours,
Norman Edwards, D. O.

ΣΣΦ

Sigma Sigma Phi held a special meeting on December 12, 1939 for the election of officers and trustees. The results are as follows: President—G. Sutton; Vice-President, N. Woodruff; Secretary, J. Schott; Corresponding Secretary, J. Miller; Treasurer, J. Engelmann; Sergeant-at-Arms, D. Toriello. Trustees—Dr. J. M. Woods, Dr. D. Johnson, E. Iosbaker.

We wish these men the best of luck during their administration and know that they will get

full cooperation from the fraternity.

It's easy to tell the "upper seniors" these days with their self satisfied grins and wicker cracks to we poor students who still have finals and qualifying to worry us. Well, we don't blame them. It will sure be nice to "rub it in" on somebody else though when our turn comes.

Sigma Sigma Phi will again sponsor the bowling tournament this year with the bowling plaque going to the ultimate winner. The tournament will begin on January 26th on the Grand Ave. Alleys at 9:00 P. M. Lets have all of Still College there every Friday night. If you don't bowl, come as a spectator and root for your favorite team. We can promise you a good time.

Once again finals are staring us in the face. Wouldn't it be nice if the professors would take our brilliance (?) for granted and concede all final grades. Or would it? Anyhow, it is quite a major incentive to study and we hope everyone included in their New Years resolutions to, "pass finals."

ΦΣΓ

Reckon everyone still remembers the homecoming as one of the swellest affairs of the year and if you weren't able to be there its my duty to give you the low-down. Long about ten o'clock in the morning, assembly was called and Virge Halladay showed pictures of the early days of Osteopathy. This to my way of thinking was a real treat!! In the afternoon Drs. J. V. and Lulu McManis and Dr. O. E. Owen demonstrated technic. This was followed by a talk on our profession by Dr. Frank F. Jones, President of the A. O. A. Then Drs. Becker, Woods, Owen, Cash, Leininger, and Johnson presented clinic. At six thirty the program started at the Savery Hotel—A swell dinner was served and enjoyed by everyone. This was followed by a talk on Osteopathic Education, by Dr. J. P. Schwartz, Dean of the College. Later in the evening there was dancing to the tune of Barney Barnard's Orchestra. All in all I think we should take our hats off to those that helped sponsor the homecoming for they certainly did a marvelous job.

Come to think of it, "Hell Week" is over too. Boy did that ever remind me of a three-ring circus—H. Morey was the ring master and there were three rings going at one time—Seems as tho he just can't keep an eye on those scrumy pledges—While he is watching one, there are two others cooking up something in another part of the house. Bet he's glad that's over with—Ha.

Wednesday, January 10, a special meeting for election of officers was held. Results—H. Wirt was elected Archon, H. Bowden elected Sub-Archon, O. G. Neilson elected Pronotarius, C. W. Hall elected Sub-Crusophulax, H. Morey reelected as Exas-

tase, and G. Munger was elected as Phulax.

To Ex-Archon, Al Ferris and his staff, we wish to offer our thanks, in appreciation for a swell job, that was well done.

Incidentally Santa Claus was exceptionally good to us this year as he left us a new R. C. A. Combination Radio and Victrola set, and a few other house furnishings which will come in awfully handy. Oh, Yes and you just ask Harry Plautz what he left him in his stocking—What do you say to the man Harry?

Wal I reckon thats about all the dirt for this time so I'll sign off—Meanwhile keep yore best foot forward and yore nose to the grindstone. O. G. N.

ITS

Monday evening, December 11 a meeting was held at the fraternity clubhouse for the purpose of election of officers. Also the second degree of the initiation ceremony was carried out the degree being conferred on pledges Lilly, Ferguson and Geraghty who stood the ordeal in fine shape. Iota Tau Sigma was happy to welcome the Alumni visiting the college on the day of the Homecoming Jubilee and everyone was enthusiastic over the excellent program presented. It is to be hoped that this is repeated next year and more time given for social affairs.

Brains are racked almost to the cracking point over exams and all will feel a sense of great relief when the semester is over and these are recorded on the right side of the ledger.

Glad to have Bro. Iosbaker back with us after a siege of pneumonia.

The Third degree was given during the first week of school following the Xmas vacation and preparations were made for the final get-together of the semester in the form of the Senior banquet. This was planned for the week previous to the graduation.

A very Happy New Year is extended to all.

AOF

Homecoming is over and L. O. G. members were greatly pleased over its huge success, and are looking forward to the same affair next year. Congratulations to those who made this event a successful one.

At our last meeting, we were honored by a talk and demonstration on Osteopathic technic by Dr. J. Humphrey of this city. Dr. Humphrey is an outstanding Osteopathic Physician, and brought out many valuable practical points to us.

We enjoyed our short vacation, and now that it is over, we must concentrate on some serious studying, for finals are very near. During the vacation, each member was assigned a prospective student to be interviewed. We have some very encouraging reports, and are looking forward to the entrance of a number of

new students the coming year.

We wish to take this opportunity to extend to our fellow students and faculty a very Happy New Year, and hope that it brings us to a closer union, and establishes a more cooperative and better spirit among us. I know L. O. G. will do its best, and will lend every effort to further osteopathy. D. G.

ATLAS CLUB

Officers for the next semester are Robert MacKay, Noble Skull; John Engelmann, Occipital; James Clapperton, Pyloris; Herman Gegner, Sacrum; Robert Dews, Stylus; Dan McKinley, Styloid; Ernest Johnson, Receptaculum.

The Senior Banquet was held Thursday, January 11. The graduating seniors are Dale Widmer, Wilson Simmons and Robert White. We are sorry to see them leave, but wish them the best of everything.

It won't be long before this semester will be over and we will all once again solemnly resolve to study more than before. However, such resolutions seem to go the way of all noble thoughts.

ΔΝ

Exams are about to slay us again for the end of the semester is upon us. With the prospect of a fresh start and the possibility of more new girls in the Freshman class we are looking forward to the week beginning January 22nd. Everyone seems to have had a very Merry Xmas and enjoyed celebrations starting the new year.

The Annual Christmas Party held for children of clinic patients was a complete success. Dr. Woods played the part of Santa and left the youngsters wild-eyed with his impersonation. The kids may have had a fine time but the girls enjoyed it more than we can express. The gifts, food and tree were certainly attractive features and some had never experienced anything of the kind.

Congratulations to the Homecoming Committee. It was a grand affair and we would like to see it repeated next year or sooner.

Here is wishing everyone a very Happy and Prosperous New Year.

ΨΣΑ

An election of officers for the ensuing term was held at the P. S. G. House the following being elected to lead the fraternity for the next semester.

President, Art Borchardt.
V. President, John Hardy.
Secretary, Earl Hover.
Treasurer, Jack Yagoobian.
Corresponding Secy., Tom Hewetson.

Reporter, E. E. Blackwood.
The banquet honoring the graduating Seniors was held at the E. Des Moines Club Tuesday, January 9 and enjoyed by all.

E. E. B.

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

Looking Forward

I cannot forego the opportunity, at this somewhat late date, to extend to the many friends of Des Moines Still College of Osteopathy our Sincerest Wishes for a Happy New Year. May 1940 prove to be, for each of our readers, not only a happy and prosperous year but a busy and constructive one; a year of serious purpose, a year of worthy aims and of accomplishment.

We have no way to judge the future but by experiences of the past. We in D. M. S. C. O. have much for which to be thankful. 1939 was a good year for the osteopathic profession, for organized osteopathy and for osteopathic educational institutions. We are truly grateful for the very generous share of good fortune that fell to our lot. The substantial increase in our enrollment, our new equipment, our enlarged clinics, the solidarity of our faculty, the excellent morale of the student body, the awakened and sustained interest of our alumni groups are but a few items among the many rich endowments of the year just passed. We are determined to make the year 1940 surpass the record of the year just closed. We plan to use the advantages of 1939 as a springboard for even greater accomplishment. We are adding two full time men to the faculty; we are planning new additions to our equipment; we have remodeled the administration offices for better efficiency; we are working out better organization for our large and growing clinics; we are raising scholastic standards and we are improving teaching methods in every department of the college.

Osteopathy as a science and as a system of practice has demonstrated its worth. It is not an untried theory. It has proved its high value in the field of therapeutics. We are proud to have a place of responsibility in its continued growth and development. I have undiminished faith in its future. We shall lend our strength and our energy to its increasing demands. For 1940 we hope to see increased publicity for osteopathy to the end that the public may become acutely conscious of osteopathic service. We hope to see every osteopathic institution grow and expand, not only osteopathic colleges but also our osteopathic hospitals, sanitariums and clinics. We hope to see osteopathic treatment and care made increasingly available to the un-

derprivileged and dependent. We in Des Moines Still College of Osteopathy stand ready to do our full fair share that these possibilities become tangible results.
Arthur D. Becker, D. O.

Dr. Byron E. Laycock

Dr. Laycock, formerly of the faculty of the Kansas City College of Osteopathy and Surgery has accepted a position as a member of our faculty group. He has earned an enviable reputation as a teacher of osteopathic principles and technic and will find his place in this important department. We extend sincere welcome.

We Have "Quints"



Our dictionary does not list the name of five members of a family, each in a different generation but we are calling them our "Quints" for the present. Dale Widmer of the graduating class has been in charge of the four older members, treating them whenever necessary and early in December took over the osteopathic care of the newest arrival making the fifth of the series. The picture does not do justice to the appearance of the five for they all look to be in excellent health and even younger than the stated age. Great-great-grandmother White expects to be just as lively 20 years hence when she tops the listing of six in a row.

Folks, meet:

Mrs. Emma White, age 75, Great-great-grandmother.

Mrs. Lena Yeo, age 55, Great-grandmother.

Mrs. Fern Healy, age 35, Grandmother.

Mrs. Pearl Snedden, age 17, Mother.

William Lauron Snedden, age two weeks, the babe.

Charity Ball

Chicago is planning another Osteopathic Charity Ball which is to be held this year Saturday evening, February 3rd at the Edgewater Beach Hotel. Ted Weems will play and Joseph Baltera will prepare the dinner so you know in advance that the music and the cuisine will be ops. Make your reservations thru Dr. Ralph Lindberg at the Chicago Osteopathic Hospital.

Radio in D. M.

Thru the good work of Dr. O. E. Owen of the faculty a series of broadcasts have been on the air since November 29 and will continue each week thru the season. The broadcasts are over the Register and Tribune station KSO and the following osteopathic physicians in the state have appeared.

November 29, Dr. F. A. Gordon of Marshalltown and Dr. Rolla Hook of Logan.

December 6, Dr. H. J. Marshall of Des Moines and Dr. Hazen Gulden of Ames.

December 13, Drs. Fred Campbell and Dr. E. F. Leininger of Des Moines.

December 20, Dr. R. B. Kale and Dr. Benny Devine of Des Moines.

December 27, Dr. S. H. Klein of Des Moines and Dr. J. K. Johnson, Jr., of Jefferson.

January 3, Dr. Della Caldwell of Des Moines and Dr. Nellie Kramer of Pella.

Script is furnished by the P. & P. W. office of the A. O. A. and a variety of subjects that are seasonal have been discussed. The series is sponsored by the state association not only over KSO in Des Moines but in other cities in the state with radio broadcasting facilities.

Triplets

(Copied from the D. M. Register December 30, 1939. Dr. Collard graduated from our college in 1917. Ed.)

COON RAPIDS, IA. (AP)—Dr. Gertrude Collard had plenty on her hands when she called at the farm home of Howard Hoit, four miles southeast of here, Wednesday night.

Triplets—two boys and a girl—were born to Mrs. Hoit. One boy arrived at 11:30 p. m., the second boy at 11:50 p. m., and the girl at 12:30 a. m. Each averaged six pounds.

Dr. Collard said "all are doing nicely."

This Is Our Job

(Continued from Page One)
ant project. The Denver City and County Society of Osteopathic Physicians and Surgeons is outlining a program for extensive work in the city of Denver along this line. It is the hope of the National Association, and every college, that in each community there will be an active committee, organized in an effective way, to bring about the continuance of the up-building and support of our colleges.

DR. E. L. THEILKING—
of Tucumcari, N. Mex., visited in Des Moines during the Christmas Holidays.

DR. A. D. BECKER—
tried to be sick the second week of the vacation. With the help of Rollin and Alan who were home for the holidays and Dr. Woods the Prexy made a rapid recovery.

Squirt Guns

Just before Christmas I had occasion to visit the toy department of one of our Des Moines stores. Toys are designed, for the most part, so that they are harmless and amusing. I noticed on one counter an array of imitation firearms one type of which was intended to throw a small stream of water about ten feet. It occurred to me that I must purchase a new gun of this type early in the Spring for it is an effective weapon in keeping my afternoon class more alert. This gun, in the past, has never been destructive of anything more than the tendency to nap which affects every class immediately after lunch. Aside from the humor it incites it certainly cannot be classed as an offensive or defensive piece of artillery. I would not like to go out into the world with no more protection than a squirt gun.

I am in favor of peace but not at any price. I feel that we as a profession need to be on peaceful terms with others who are seeking the same ends but perhaps by different routes. I am not that trustful that I am willing for the other fellow to lead and protect me along this path. I want companions of my own kind and I want each of us armed with the most modern methods of protection that brains can devise. I do not want toy squirt guns in the hands of either myself or my leaders when we are on the defense.

The two things necessary for this program of protection are a sincere appreciation of the need for cooperation and tangible support in the form of dues to the national association.

A few squirt guns in the hands of unorganized individuals cannot be very forcible. The strength of one thousand in the form of a standard fire hose would be effective.

Add your individual strength and your financial support to our association now by sending in your application. Your name on the A. O. A. Roll means that you are ready and willing to defend your rights with the most effective methods.

H. V. Halladay.

Joint Christmas Party

Des Moines Osteopathic Women's auxiliary and Osteopathic Women's College club enjoyed a joint Christmas party at the home of Dr. and Mrs. J. P. Schwartz, 4242 Woodland road.

Children's Party

Women students of Des Moines Still College of Osteopathy entertained 11 underprivileged children of the college clinic at a Christmas party at the home of Dr. Rachel Woods, 5011 Hickman ave. There was a tree, gifts and a Santa Claus.

Georgiana Harris and Rebecca Richardson were in charge.

I. S. O. P. S.

During recent weeks the entire profession in Iowa have each received important and timely communications from the State Department of Health. Almost everyone becomes careless at times, and unintentionally exceeds the letter, if not as well the spirit, of the law. Errors of judgement explain certain other infractions. Probably some such reasons have prompted these friendly reminders for you and me to watch our step. So we would urge your careful attention to the Department letter of November on the Iowa Titular Law, and that you check all printed reference to your title as Doctor to see that proper designation of your kind of doctor (Degree), is included therewith. Especially window and door signs, letterheads, and shingle printing.

We all recall in recent years how Federal Revenue officers have operated to enforce narcotic regulations. To our knowledge no such warnings as recently emanating from the State Department of Health have been placed before our doctors. The practitioner who reads this explanation of the narcotic law, as mailed by the State Department of Health under date of January 4th, and then breaks that law has a loose screw. Infractions of the rules with respect to the distribution of narcotics compose both State and Federal offenses. Those who commit infraction of those rules risk not only punishment, but revocation of their license to practice that by which they make a living. The consequences are severe, and both state and Federal laws are so thoroughly involved that infraction can scarcely result any other way than prosecution.

Applications for State Membership

Mattie Kitson, Osage; Mary Wheeler, Centerville; Charles Wheeler, Centerville; H. M. Sash, Atlantic; Robert R. Landry, Odebolt, and A. M. McBurney, Mapleton.
F. A. Gordon, D. O., Secy- Treas.

Skeptical?

A recent letter received from a member of our profession who has returned to this country after practicing in England is so full of basic osteopathy that we must quote from it.

"Before going to England I must admit I was skeptical about all of the claims made by older men in the field. My work in England proved to me the real value of Osteopathy and by that I mean the old ten fingered type. Why D. O.'s try to be poor medics is beyond my comprehension. I found many medics in England practicing Osteopathy."

Polk County

Des Moines General Hospital will be host to the Polk County Osteopathic Association, at 6:30 P. M., Friday, January 12th, at the Hospital. Each year every member of the Association looks forward to the January meeting at which time the Hospital serves us a delicious dinner and presents an inspiring and worthwhile program.

The regular February meeting will be at the Kirkwood Hotel, the second Friday in February. At this time we plan to have an interesting out of town speaker and hope for a large attendance.
Ruth Paul, D. O., Sec'y.

Alumni News

We are in receipt of an excellent bulletin put out by the Michigan Alumni group. This is a four page news paper that contains some excellent articles and plans and it looks like Michigan is going to town in the very near future. We know from past experience with this group that if they set out to do a thing that it is just the same as done.

Have you noticed the report of Dr. Asa Willard on the number of students in college this year and the comparison with other years. This does not look any too good and especially for the state of Iowa. Our contact with the officers of the Iowa association leads us to believe that the trouble is not with those who are titled as officers but with the ones farther down the line who are not quite as alert as they might be. A new class enters the 22nd and we will scan it carefully to see if Iowa is not doing just a little bit more than we think. We would like to be fooled that way once.

Letters from some of the other states indicate that now with all of the excitement of the Holiday season behind us that more work will be done along this line that is so essential for the college and our profession.

Plans must be made very soon to start the recruiting program for the class entering this coming September.

The Last Call

We are reminding you for the last time that the roll call on the last class to enter this college with only one year of college preparatory will be January 22. In order to hold the lead we have secured this last year in matriculants we hope you have not only contributed to this class but that you are also giving serious thought to the class which will enter next September.

Osteopathy needs every young man and woman that you can send to our colleges.

DR. H. V. HALLADAY—

got badly fooled during the second week of the vacation. He took a few days off in what he calls God's country and found the weather more disagreeable than in Des Moines.

At Roosevelt Hi

"Yes, of course that's a man's name, Rump-Gus Rump. He is coach at Roosevelt High School. You go out there and take care

I must have been mistaken, because in the month that I spent at Roosevelt, the worst injury was a sprained ankle, which



of the boys before they go out on the field. I will have two other students out there to take care of them after you leave, and to check them over when they come off the field after practice. Just find Gus Rump and tell him I sent you. He will have plenty of tape, bandage and everything else to work with."

Those were Dr. Virg Halladay's instructions as he sent me out to Roosevelt High School, as one of the many student doctors who throughout the school year, are sent out to all of the Des Moines High Schools as part of our training in the care of athletes and their injuries.

Well, I found Coach Rump and he put me to work immediately. The squad was dressing in the locker room, and I located some of the boys that the coach said needed checking over. A couple of them had sacro-iliac lesions. One of the kickers had tendon and muscle strain and the others were injuries mostly to thumbs, wrists and ankles which needed taping. Quite a few of the boys were having foot trouble caused by calluses which had to be cushioned with bunion pads and taped.

In the next few days I had a chance to talk with the coach for a few minutes. He told me that the squad was pretty raw and green, but that the boys were hard workers, and willing to learn. I thought from what the coach said about the team as a whole being inexperienced, that there would be a possibility of quite a number of injuries. This would be caused by the boys not knowing the easiest or best method of falling and taking the hard bumps that come with football.

happened in a scheduled game.

I was one of the second shift sent out to this school, so three other students from Still College had been taking care of these boys for three or four weeks before us. After being out there a short time I found the boys to be in good condition, and most of them as hard as nails, which no doubt accounted for the few and minor injuries even though their average weight was low and they were lacking in experience.

Before a scheduled game, the boys are checked over, spastic muscles are loosened up, all ankles are taped, the wrists, and the thumbs if necessary. All equipment is examined and fixed if necessary, such as replacing all worn shoe cleats, etc. After the game the boys are given immediate attention for any injuries received during the game.

Besides attending some of the home games, I went with the team on two of the out of town trips. These were Night Games at Fort Dodge and Mason City. The chartered bus took about twenty men, the coach, his assistant and equipment manager. Fortunately we had good weather for both trips. The boys were given a warm meal, with tea and toast, about two hours before the game and a real feed of steak or chicken with all the trimmings after the game.

These high school boys have good care, the best of equipment, and a fine coach. Everything has been done to minimize their possible injuries and their greatest asset is to once get in good condition and stay that way through out the athletic season.

G. H. W.

DR. F. A. GORDON—

of Marshalltown, president-elect of the A. O. A., talked to the Optimist Club in Des Moines Wednesday, December 20 expressing his views on the Public Health Setup. He rated about eight inches single in the local paper.

DR. O. E. OWEN—

of the faculty was confined to his room for the first week of the New Year with the flu. Fine way to start out the 1940 program. We are glad to have Dr. Owen back on the job at the college.

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 18

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Number 2

Iowa Initiative

The communications we have this month from the officials of our Iowa association warrant more than the mere insertion under the regular title on page four. We doubt if the average osteopathic physician, either in Iowa or outside the state, appreciates the needed alertness of our officials and is aware of how constant this must be, and is, within our own state. With the present multitude of conglomerate laws and rulings that are continuously seeking to relegate the osteopathic physician no day can be allowed to pass without a search of what is being done in nearly every bureau affecting the physical well-being of our population. Our officers recently discovered an adverse ruling applying to State Aid to the Blind. An amendment was offered, submitted to the Federal Social Security Board in Washington by the Iowa State Department of Social Welfare, returned and approved here January 24.

Dr. C. D. Swope of Washington complimented the board on its action and congratulated them for their initiative and alertness in securing this favorable ruling.

As a whole the attitude of the profession in Iowa has been too indifferent. This may be true in other states and if so it means the loss of prestige that might be retained and firmly established if attention is given at the proper time and by proper methods. We quote from a letter to Mr. Dwight S. James, our attorney. This letter was written from the office of the Iowa State Department of Social Welfare. Read this carefully and note that Osteopathic physicians are granted equal rights and standing with other physicians.

Dear Mr. James:

The State Board of Social Welfare approved the following Aid to the Blind rules on January 24, 1940:

Blind Rule 5-3-1

"A letter shall be written to each ophthalmologist whose names appear on the authorized list approved by the State Board of Social Welfare. This letter shall explain the plan and state the fee schedule. If the ophthalmologist desires to participate in the program, he shall sign in duplicate an agreement to this effect. He shall retain a copy and send the original to the Director of the Division of Public Assistance for state office files.

"A list of ophthalmologists practicing within the State of Iowa shall be compiled in con-

(Continued on Page 4)

OUR AUGMENTED FACULTY

The usual custom among colleges is to finish a college year and then announce changes and improvements in the faculty list to take effect beginning with the Fall term. Still College is jumping the gun on this staid plan for two very good reasons.

We are still at the top in the matter of registration of students in each of the classes. This means to us that we have the confidence of our friends and that they appreciate the efforts we have been making towards building the strongest osteopathic institution. Our increase in students is not an accident. It is the result of direct investigation on the part of many of our graduates and friends or thru favorable reports on the conduct of the college indirectly. We promised that when we had the opportunity to add to our strength and man power that we would do so. This opportunity came and for the good of our science we could not afford to turn it down. Our good fortune in securing added authoritative teachers is passed on to you for your students. In adding men of known ability to our teaching force we compliment ourselves but we are extending our thanks to you for making this move possible and you in turn will compliment your students by advising them to seek instruction under such leaders as we have to offer. We are confident of our good judgment and we are confident that you will respond so that when opportunity knocks again we may be prepared to acquire and retain teaching talent for the benefit of your students. This great opportunity was our first reason for adding to our faculty at this season of the year.

Several full time members of our faculty have been doing too much. Teaching the heavy scientific subjects making up the course in osteopathy is tiring. Three or four lectures each morning plus laboratory and clinical hours in the afternoons is too heavy a schedule for any instructor to carry, for hours must be added to the regular schedule to take care of conferences, writing, research and many other duties associated with modern methods of teaching. By relieving some of our overworked instructors we are adding to their efficiency and that means better teaching for the instructor is not compelled to work at high tension or at the point of exhaustion so much of the time. The redistribution of the schedule will add to the efficiency of every member of the faculty.

Our added man-power gives us two items of considerable importance from an executive and clinical standpoint. Dr. Arthur D. Becker is now free to devote his time to the many duties of an executive of a college instead of using a great part of his energy as a member of the teaching staff. Also the clinical care of our many patients can now be extended to added special service in several departments. There will be greater efficiency and expanded service in two extremely important divisions of college management.

These changes are of vastly more importance than shown on the mere face of a printed schedule. We are already now for the class you will send to us next Fall. We are giving the fine class just entered the first opportunity at this improved faculty. We have not waited until late in the Summer and tried to get the idea over to you in a few weeks. We are six months ahead of other announcements of a like nature and we are happy to reveal this added strength at a time when you may fully appreciate it and have the time to pass this good news on to some who have been waiting for this opportunity. To make this even more practical let us go thru the major changes with you and show you the new strength.

Dr. Arthur D. Becker, now being relieved of daily class work will supervise the teaching plan in each department, correlating each with the other and shifting subject time and sequence into a smoother continuity of study.

Dr. Lonnie L. Facto has returned to the faculty. He assumes his duties along the lines of study that have already made him an authority in the diagnosis of diseases of the

(Continued on Page 3)

Studying Technic

Osteopathic Technic has always been the basis for the success of our profession. We contend that osteopathy is so superior in its beneficial effects on the body that even in the hands of mediocre technicians it is often a spectacular success. We also contend that osteopathic technic is not only an art but a science and while dexterity and grace must be developed in the department of technic there must also be found the basic reason for the use of specific technic. Several members of the faculty have voluntarily banded together this semester for the major purpose of getting down to basic scientific principles of technic.

Each Tuesday night for the next several months you will find a group around the famous round table at 3511 Kingman which is immediately adjacent to Dr. Halladay's den. This den, by the way, is a veritable museum and reference library on the subject of osteopathy and kindred subjects so the investigators will have access to nearly every thing printed on the subject.

Dr. Arthur D. Becker will contribute his long experience in both the theory and practice of technic.

Dr. Byron Laycock will arrange the findings in a manner applicable to the teaching viewpoint.

Dr. Lonnie Facto will draw from his experience as a speaker and program chairman of this section of the A. O. A.

Dr. Woods will interpret from a clinical standpoint.

Dr. Delbert Johnson will offer suggestions from a late field view especially regarding the needs of the student.

Dr. Owen will analyze the subject from the theoretical and practical pathological findings.

Dr. Halladay will offer his anatomical specimens and his unique knowledge acquired in research on the spine.

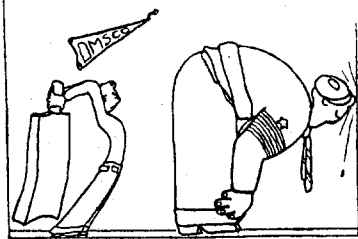
Dr. Kimberly will check on anatomical statements.

It is planned to take each joint of the vertebral column and review the technic recommended by our various writers. That which may be classed as scientific will be approved, recorded and photographed in series. The written report will be phrased in scientific yet understandable language for we feel that the time has come for us to make a very definite record of our ideas on osteopathic technic.

The nomenclature approved by the associated colleges several

(Continued on Page 4)

FRATERNITY NOTES



N. O. I. C.

There is little to write this month. We have asked for reports by or before the first of March and knowing the committee is at work in St. Louis getting these ends tied together we are not bothering anyone until after that date. Letters recently received indicate that we will have every facility for excellent food, fine entertainment and ample accommodations for the estimated number attending each reunion and banquet. We are not worrying about the St. Louis program for our Council meetings for much of the work is already done.

Our organizations may be interested in knowing that the Federal Department of Education is considering plans for a listing of all fraternities and sororities in a special survey of college activities. The hint is that this survey is to determine the influence of our organizations on the development and conduct of our students.

In our official capacity we have written requesting more definite information about the proposed plan. Nothing official has come out of Washington yet so hold tight until we find out the detail of the hint recently dropped to us by a good friend.

H. V. H., Exec. Secy.

Our Organizations

Space again limits our reports from our fraternities and sorority. They have just passed thru a very busy season and have much to tell you about their activities during the past month but we are limiting the reports in this issue to the newly installed officers. The past month has been filled with banquets for departing Seniors, receptions and smokers for the incoming students and regular meetings meaning a fresh start on a new semester. Next month we hope to have the space to return their reports to a full page of interesting events.

ATLAS CLUB

Noble Skull, Bob McKay; Occipital, John Engleman; Pylorus, Ernie Neilson; Stylus, Robert Drews; Styloid, Dan McKinley.

ΦΣΓ

Archon, G. H. Wirt; Subarchon, H. Bowden; Pronatarius, Ozzie Neilson; Cruso Phulax, Harry Plautz.

ΨΣΑ

President, A. E. Borchardt; Vice President, John Hardey; Secretary, E. Hover; Treasurer, J. Yagoobian; Corresponding Secretary, Tom Hewetson.

ITS

President, Charles Gray; Vice President, Kenneth Woolecroft; Secretary, Scott Fisher; Treasurer, Jess Varner; Corresponding Secretary, Jack Lilly.

ΑΟΓ

Cerebrum, Bernard Weiss; Cerebellum, Irving Hirshman; Pons, Lou Radetsky; Calamus Scriptorius, Dave Friedman; Neuroglia, Edward Kanter; Calvaria, Arthur Friedman.

ΣΣΦ

President, George Sutton; Vice President, Neil Woodruff; Secretary, John Schott; Corresponding Secretary, Jack Miller; Treasurer, John Engleman; Sergeant-at-Arms, Dan Toriello.

ΔΩ

President, Becky Richardson; Vice President, Lilly McClure; Recording Secretary, Rachel Payne; Corresponding Secretary, Emma MacAdams; Treasurer, Georgiana Harris; Escort, Mary Toriello.

Alumni

Even tho we show the gain we wanted and needed, thanks to the extra effort of many of you, it is not time for us to rest on our oars. Our hardest hurdles are ahead for you in the field must surely realize that the college's greatest handicap is before us. Two years of pre-osteopathic college training is now demanded of each matriculant. The books are definitely closed on candidates having only one year of college. Those of you who have been organized into state associations must begin now to interest students for the Fall Class and for others that will follow. The next few years mean so much more than you can imagine to those of us who are working hard to make you proud of your institutions. We cannot continue unless we have the support from the outside. The success of this college in working to the top and keeping this position must be an inspiration to you to keep this position for your Alma Mater. Above this record stands a reason of greater importance. By sending a student to a college of osteopathy you are adding strength to your own position as an osteopathic physician.

DR. J. J. DUNNING—

of London writes us such nice comment now and then. It is a real pleasure to have him on our Log Book roll. Thanks Dr. Dunning for your words of encouragement.

"Still" at the Top

It is going to be extremely difficult for us to contain our jubilation in a dignified manner. We closed the Freshman registration and checked the results and find that we have twenty two in the new class. We have not gone over them yet for statistics but they look good and we are highly gratified to find this number matriculating in the mid-year. We graduated thirteen so this gives us an increase of nine providing we had no losses in any of the lower classes. A report shows that three have returned after having been out for one or more semesters. This is good news also.

The other item that warms our hearts is the transfer of five from other colleges, these entering with the regulation credit from other colleges of osteopathy or medical schools.

Next month we will give you the detail about these additions to our growing student body. Folks, we thank you for your support and we hope to continue to conduct the affairs of this college so that you and your students may be assured of the finest in osteopathic instruction.

St. Louis

Once the Winter corner is turned, the Spring months move all too rapidly towards our annual convention. We are now only four months from packing that extra shirt and making our trek to a city of many attractions. Our annual meeting is staged for a number of reasons, and if you find that any two of these that appeal to you then you should be at St. Louis.

We like to review the advancements made during the past year. Our programs are being improved each year in the matter of reports of progress and methods of increasing our service area. Our educational program that works thruout the entire year is of interest to each of us. We want to meet these men and women who are back of this division of service. We want to personally contact the officers of our association to know them better and to bring to them a personal message of support and confidence in the future.

We enjoy the fellowship of the halls and exhibits. We should have more time for the little reminiscent meetings. A few minutes with each of the old friends we meet at a convention are not enough to review the many incidents that made us friends in the beginning and will keep us friends thruout life. Our fraternity and Alumni meetings give us some time for these personal touches but to see and talk to old friends is certainly an important part of our annual meeting.

We enjoy the city itself. We like to steal away and take time to see the local exhibits of art and other attractive features

that each city has to the exclusion of any other. We will visit the Missouri Botanical Gardens and find our old friend Ladislaus Cutak who is in charge of the Cactus House. We will run out to Forest Park and take time to review its many attractions. You should enjoy one evening of Municipal Opera and you should see the Lindberg Exhibit. It is not enough to go to a convention city and confine your activities to the hotel and the auditorium. Your education should be extended beyond the confines of the meeting and you have the opportunity this year to add a great deal to your broader viewpoint of outside attractions.

We hope you will not miss this chance to be a part of one of our largest conventions. St. Louis is located so near the absolute center of our osteopathic population that we have every reason to believe that most of you will be there.

If we hurry we will be able to do all the things we want to in preparation for this big yearly event. We must write to several of our old friends and know that they will also be there. We must plan a little get together of that friendly group that used to meet a few years back in school and have such a good time together. We wonder how practice is progressing with some of that bunch. We wonder if we will know the youngsters, who must have grown almost out of our sight by this time. We wonder if the old man has less hair and more wrinkles and is he getting lumpy in places. Maybe we have changed some too, but surely not. We feel just the same as we did twenty years ago.

Well, we have only four months to get things in shape for this trip so we had better be making plans right now for the rush of Spring will soon be upon us and the time will pass too quickly. The convention will be here and we will not be ready to go.

Canadian Visitors

Des Moines Still College was honored on February 6th by the visit of Dr. R. B. Henderson of Toronto, Ontario and Dr. E. S. Detwiler of London, Ontario, members of the Board of Regents of the Province of Ontario, Canada.

Their mission was to inspect the college and the hospital which they accomplished in a thorough manner. A special assembly was called at which the visiting doctors spoke to the student body and at this time they cordially invited senior students to seriously consider Ontario as a location for practice.

It was a real pleasure to have these fine representatives of the Canadian Osteopathic Profession call upon us and we were glad to make our entire resources available to them for their consideration. They expressed themselves as being highly pleased with the many evidences of progress.

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

REGION OF THE THORAX

(Number 17 in Series)

Lobar Pneumonia

Lobar pneumonia is an acute infectious disease usually caused by the pneumococcus. It is most frequent in the winter and early spring months. It affects adults for the most part, although it may occur in children, particularly in early childhood. It is a serious disease and causes more deaths than any other infectious disease. It has been aptly termed "The Captain of the Men of Death." In the elderly and in those whose strength and resistance has been lowered by other disease or accident it may occur as a terminal event. With old people the symptoms often are atypical.

The diagnosis is usually easy in typical, frank lobar pneumonia. It begins very acutely with a chill, a rapid rise in temperature, rapid pulse and respiration, an expiratory grunt, dilating alae nasi, flushed cheek or cheeks, pain in the side due to a dry pleurisy, a painful cough, and blood-tinged sputum. There is a tendency for the patient to lie on the affected side.

Leucocytosis occurs promptly and may vary from 20 to 30 thousand. Within 24 to 48 hours evidence of consolidation of one or more lobes of the lungs may be determined by percussion and by auscultation. The sputum maintains a close relation to the lung pathology, showing fine streaks of bright red blood at the stage of acute ingorgement or infiltration. With the stage of red hepatization the sputum becomes the characteristic rusty sputum later changing with the stage of gray hepatization to a mucopurulent type. The sputum is very sticky and tenacious in the early days of the disease.

The temperature usually reaches 103 or 104 and maintains a high and fairly constant level and frequently declines by crisis in about 7 to 9 days. If the pneumonia runs more than 10 days the temperature more commonly ends by lysis. The pulse at first full and strong becomes smaller and weaker as the disease continues. The pain in the side subsides in two or three days.

One or more lobes may be involved in consolidation. The most common site of involvement is the lower lobe of the right lung. If two lobes are involved in the process it is usually the lower lobe of both right and left

lungs. Occasionally one may see a central pneumonia in which case the consolidation can not be disclosed by the usual physical examination of the chest, but may be determined by X-ray examination.

The heart should be carefully watched each day and often serves as a reliable barometer of the patient's general condition. The second sound at the pulmonary area is sharp and clear on auscultation the first two or three days of the disease and usually becomes less clear and softer toward the end of the first week. If this second pulmonary sound becomes blurred and indistinct it is evidence that the right heart is failing and demands prompt attention. Any developing irregularity of the pulse is very important and usually indicates serious cardiac embarrassment. Cyanosis and undue increase in the pulse and respiratory rate have a similar significance. The blood pressure should be determined early in the disease so that any marked change later may be evaluated. Marked increase in pulse rate with a definite drop in the systolic pressure is of serious import and indicates cardiac insufficiency. Fatal termination in lobar pneumonia is usually due to toxic poisoning of vital nerve centers. The heart does not fail because of the lung consolidation but rather because of toxic poisoning of medullary centers.

(To Be Continued)

Arthur D. Becker, D. O.

DR. GEORGE W. GOODE—

Phone BEA. 4646 Brookline, Mass., is Commissioner of the Fire Department. We learned this recently in dicker with George for a few feet of hose to use in a power demonstration. We have always been ambitious to save a chee-ild and now we have an inkling of an idea as to how it might be done. If we can get George to make us an honorary member of the Brookline Fire Department we can, with impunity, go right out on the street and save the first 18-year-old female blond that we see. Don't all of you ask at once but who shall we save her for?

ARTHUR E. BORCHARDT—

of the Senior class took unto himself a wife, Muriel DeBusk, Friday, February 2. The event was celebrated at St. John's and attended by members of both families several traveling many miles in order to be at the ceremony. Our congratulations and best wishes.

DAVIS AND GECK—

of Brooklyn, N. Y., kindly furnished a film for our assembly January 5, the operation being an interesting one on the gall bladder. We have a brain operation booked from the same firm for February 9 and wish to express our thanks to this firm for their generosity in extending to us the privilege of drawing from their fine library of movies.

Our Augmented Faculty

(Continued From Page 1)

nervous system. Part of his time will be devoted to the enlarged clinical plan.

Dr. Byron Laycock has already established a reputation as a lecturer and demonstrator of technic and has been a deep student of principles. Still College is a college of osteopathy and we feel that in adding Dr. Laycock to the department of osteopathy that we have given you the best that the profession can offer. We specialize in osteopathy and we are very glad to augment our faculty group with a sincere student of osteopathy such as we find in Dr. Byron Laycock.

Dr. Paul Kimberly has been an able assistant in the department of Anatomy for the past two years. He is retained in this department and will add to his teaching hours continuing with his fine leadership in the Anatomical Laboratory.

With these additions and changes we feel that Still College has more to offer than at any time in her long and successful career. That the new arrangement is a success has already been proven in class work even tho the semester has just started. We are watching every corner and will smooth out the little rough places that may show up before the end of the semester. Our point is that by starting now with this faculty we defy you to find a more efficient teaching group for your students next Fall, whether they come to us as Freshmen or with time credit.

We are extremely proud of the strongest concentration of osteopathic instruction ever offered our profession.

Next month we want to take you thru one of our departments and will bring you our reasons for feeling that Still College has more to offer in osteopathic education.

Grandpa Halladay

The following telegram was received from Monta Sana Hospital, Los Angeles, Calif., just in time for us to pull the forms from the press and tell you the news. Mrs. Grigsby will be remembered by many of our former students and the profession as the daughter of Dr. Virg Halladay. The babe was born on Lincoln's birthday.

Dr. H. V. Halladay

722 6th Ave., Des Moines, Ia.
Seven pound four ounce baby girl arrived at 10:50 p. m. She is a beauty and we have decided to keep her. Frances came thru with flying colors and is doing fine. Harry C. Grigsby, Jr.

NORTHERN INDIANA

We have word from Secy. Forster of South Bend that Dr. O. H. Olsen recently gave them a fine talk and demonstration on X-Ray in Diagnosis. This was at the regular meeting of the Northern Indiana Osteopathic Association. Dr. E. B. Porter, presided.

DR. C. H. SPENCER DIES

We were shocked recently to read of the death of Charles Spencer. He came to Des Moines in 1900, entered the college, graduating in 1902 and remained on the faculty for three years. California called and Dr. Spencer located in Los Angeles in 1905 early earning for himself an enviable reputation as a careful diagnostician and an expert osteopathic physician. His success in the care of athletes dates back to the days of Honus Wagner and Ty Cobb and he was known by the most famous of ball players for over thirty years. We are proud to have had Dr. Spencer as one of our early teachers and graduates of this college.

Only One Step

I had occasion recently to stand at the corner of Sixth and Keo and watch traffic. This is a busy corner. The N-S street is the major artery leading to or from the business district from the North. Keo is a wide E-W street skirting the business district on the North and swiftly moving cars of all sizes and utility are anxious to be some where else when they arrive at this corner. Pedestrians moving to or from the business area or across need to be especially careful at this intersection. Traffic lights are provided and safety islands have been constructed for their protection. We were particularly interested in the safety islands.

One step either up or down separated the pedestrian from safety or danger. Step up and be safe, step down and you are in danger. It seemed that everyone crossing the street even with the light hurried to the spot of safety, took a breath, looked around and then hurried on to the protection of the opposite curb.

I could not help but think of the safety islands that have been built for us by the A. O. A. In all matters that pertain to the welfare of our profession, our advancement, our protection and our stability, we have an association that has erected safety islands for us. We have but to take the one step to assure ourselves of a continuance of this service in our behalf. As a member of our national association we can feel that we have helped with our little bit of moral and financial support towards the building of more safety islands where they are needed most.

H. V. Halladay.

I. S. O. P. S.

Iowa Initiative

(Continued From Page 1)

sultation with a practicing ophthalmologist of recognized standing, designated by the Director of the Division of Public Assistance and approved by the State Board of Social Welfare. Every effort shall be made to have a complete list of ophthalmologists within the state. This list shall be approved by the State Board of Social Welfare and the Iowa Medical Society, as far as it concerns doctors of medicine, and by the State Board of Social Welfare and the Iowa Society of Osteopathic Physicians and Surgeons, as far as it concerns doctors of osteopathy, and in each instance the list of ophthalmologists from the medical profession shall be filed with each County Welfare Board and the County Medical Society, and the list of ophthalmologists from the osteopathic profession shall be filed with each County Welfare Board and the District Osteopathic Society."

Blind Rule 5-3-2

"It shall be the duty of the Director of the Division of Public Assistance, upon recommendation of the Society representing its own classification of ophthalmologists, to keep the approved list of such qualified ophthalmologists in current order and to forward all changes, additions, or revisions to the County Welfare Board and the County Medical Society if same applies to a doctor of medicine, and to the County Welfare Board and District Osteopathic Society if same applies to a doctor of osteopathy." Sincerely yours,

(Signed) F. T. Walton, Director
Division of Public Assistance.

Applicants for State Membership

Robert A. Lindquist, Des Moines.
D. E. Sloan, Des Moines.
H. C. Goeken, Des Moines.
P. E. Kimberly, Des Moines.

Our State President

We have a personal letter today from our state president, Dr. Rolla Hook. We have been friends for years and we do not like to hear of Rolla's illness. At present he is at the Anton Kani Hospital in Omaha and is not at all well. His many grave responsibilities have been partly responsible for his weakened physical condition but, with him, we are hoping for a speedy recovery. Rolla feels that he may have to give up his work with the state association and take a complete rest for a year. We sincerely hope that before that time he will be back in good health again and filled once more with that vim and vigor that has characterized his life and work for many years. We are all pulling for you Rolla.

Graduation Affairs

The history-making events that close the schedule of each class consist of Class Day, Banquet and Graduation. Our recent Senior Class kept these dates widely enough scattered so that the effect of one had partly worn off before another needed attention and while no serious casualties have been reported we have noted a sudden quietude that followed the final ceremony. With the class scattered now we can safely report beginning with their Class Day program Friday, January 12.

A number by the college orchestra opened the assembly. This was to be followed by a fanfare introducing Dale Figg attired to represent "1936" or the year the class entered. Dale got a little impatient and was on the platform before the union of trumpets could be unified. At the other extreme in size came the class president, Henry Goeken all ready to graduate. Henry delivered the address of welcome and expressed for the class their pleasure and satisfaction at having arrived at this important stage.

At this point Jean LeRoque took over and introduced the Drake Singing Ensemble. This group is always welcome and highly appreciated by our entire student body. Elmer Hansen followed with a short but accurate history of the class. As with the majority of classes it suffered losses and gains nearly every semester but finally won with an increase over the original number registering.

Dale Widmer neatly disposed of all of those things that Seniors are anxious to be rid of. It is doubtful if some of the recipients of this generosity ever use the valuable gifts left in their possession. Bob White must have smoked a marajuana for his imagination soared in predicting the future of his classmates. The good humor of the Will and Prophecy was enjoyed by all and the boys are to be congratulated for keeping their remarks within rational limits.

Following a number by the orchestra Dale Figg representing the class presented the college with a fine spot light to be used in one of the specialty diagnostic rooms. Geoff Lawrence then appeared and called Dr. Halladay to the platform presenting him with a Kirsten cigaret holder. Dr. Halladay had been selected as class advisor and this moment from the class will be a lasting reminder of the contacts with this group.

The Play's the Thing and so the Seniors must leave with the audience an interpretation of some of their impressions. With Ed Reese as the victim in a clinical examination he was subjected to the searching diagnostic methods of nearly every member of the faculty. As usual the case finally had to have surgery and following the removal of ribs and nearly everything else

the patient made an excellent recovery. We hope for similar success for this class but with much less confusion. It is needless to add that the skit proved far more amusing than instructive.

A finale consisting of the waving flag with symbols indicating the college and A. O. A. in the background added a dignified touch to the end of the Seniors part of the program.

Dr. Halladay took over and asked Dr. Becker to make the Senior Awards for extra work in the departments of the college. Henry Goeken, Paul Kimberly, Geoffrey Lawrence, Jean LeRoque, Bob Lindquist, Ed Reese, Don Sloan and Dale Widmer received special certificates from the college. Don Sloan and Henry Goeken were awarded the Sigma Sigma Phi cups for superior service to the college and to Osteopathy.

Dr. Halladay then called 18 Freshmen to the platform and announced their awards in the form of solid metal keys for having attained a grade of 95% or more on the final Osteology exam.

As the orchestra played the final number the assembly was invited to hesitate at the door for a minute and each was provided with a souvenir sample of a favorite Des Moines product thru the courtesy of the class.

In spite of the severe cold a crowd of nearly 60 gathered at Younters for the Senior Banquet. Members of the class, the faculty, trustees and guests enjoyed a fine meal, beautiful table decorations and a companionable crowd. Dr. Becker called upon Dean Schwartz, Dr. Marshall and Dr. Halladay for short talks. Henry Goeken responded for the class. In announcing the valedictorian Dr. Becker called the attention of those present to the very close figures for three members of the class. Elmer Hansen scored slightly in the lead and will have his name engraved with others having won this distinction on the Psi Sigma Alpha plaque. Paul Kimberly and Geoffrey Lawrence were very close rivals.

Commencement services were held at the college auditorium the night of January 19. Rev. Marvin Sansbury addressed the graduates, wishing for them all of the good things in life as a reward for their diligence in college and in practice. Mr. William Lee of Drake University sang, accompanied by Miss Marie Wissler. Following the presentation of the class by Dean J. P. Schwartz and the conferring of the degrees by President Becker, an informal reception was held in the waiting room of the college.

We have closed the book on thirteen graduates. They have scattered and carry with them the message of osteopathy. Our very best wishes go with each and we hope to hear soon of success in a permanent location.

Studying Technic

(Continued From Page 1)

years ago will be used as the basis for the description of a given lesion. The several lesions recognized at a given articulation will be classified and a specific technic outlined for each finding.

Reference books already at hand for this study include A. T. Still, Ashmore, Downing, Tucker, Hollis, Bigsby, Murray, McCole, Castlio, Hulett, Hazzard, Swanberg, Beadle, Lovett and Halladay's Applied Anatomy of the Spine.

No publication is contemplated at this time. This is being done for the benefit of the osteopathic diagnostic and technic staff of the college and if practice proves its popularity and usefulness than printed releases will be considered by subscription only.

We feel that research of this kind will eliminate some of our technic that at times approaches a dangerous stage. It will give us an approved scientific technic not built on the idea of a spectacular demonstration of some trick movement but based on reasons that may be easily traced to accuracy in a diagnostic and therapeutic plan.

Again Still College is taking advantage of its faculty and planning for better osteopathic education.

Polk County

Polk County Osteopathic Association enjoyed the hospitality of Des Moines General Hospital, Friday, January 12th. Fifty-two members and guests were present. A delicious dinner was served by Mrs. Schwartz. Dr. J. P. Schwartz was the speaker of the evening and gave a most interesting and instructive lecture on Neisserian infections.

Polk County is glad to welcome Dr. L. L. Facto who has recently returned to the Still College faculty, also Drs. B. E. Laycock and Hugh Clark, two new faculty members. We hope they will meet with us often.

The Association is renewing its contract with the A. O. A. for fifty copies of the Osteopathic magazine monthly. These are to be sent free to schools and libraries.

At the last Polk County meeting a motion was made and passed by unanimous vote, that the Legislative Committee, of which Dr. Klein is Chairman, write letters to Senators Dowell, Herring and Gillette, requesting that Osteopathic Physicians be given equal consideration under practise act S1620.

The regular February meeting was held at 6:30 p. m., Friday, February 12th, at the Kirkwood Hotel. Dr. Anton Kani of Omaha, spoke on "Osteopathy at the Crossroads." Surgical motion pictures in technicolor taken by Dr. Kani at his hospital were also shown. We were very glad to have as guests, several recent graduates of Still College.

Ruth Paul, 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

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PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 18

March 15, 1940

Number 3

Dr. A. G. Chappell Dies

We first knew him as a tall thin boy with a Southern drawl, 22 years ago. He went back to his home town and made good not only there but expanded from the state into national affairs. It was a shock to get the news recently that Skipper had died February 20 of Cerebral Hemorrhage. Our very sincere sympathy is extended to his family and we know a favorite friend will be missed by many in the state and more at our national meetings.

Girls Basketball

We have just finished the state tournament and we are all in. What a sport this game has developed into! Watch for an early edition of Life and see for yourself what we have the opportunity of being an actual part of, here in Des Moines. Now 'fess up. Aren't you sorry that you were not here? Want to see perfectly timed symphonic muscular activity? Want to see keen competition with sportsmanship paramount? And on the side don't you fellows think the newer designs in girls basketball togs are an improvement over the styles of a few years back? Certainly, it gives them more freedom.

Five well trained girls from the college were assigned to take care of seven of the competing teams. These teams sent letters to the college requesting this service and we were prepared and glad to be able to do our part in making the tournament a success.

Georgiana Harris drew the winning team and if you think you can touch her with a ten foot pole you are mistaken. Don't get her started on the events leading up to the last game Saturday night. Lillie McClure's team beat out Edyth Gates' team in the semi-finals but try to get Edyth to admit that her team was the least bit inferior. Beverly Dodge had the bad luck to be assigned to early losers but enjoyed the good luck of following thru with other teams. Gertrude Ganfield was assigned late due to a lagging request but knew the answer to the question "Why did Water-ville lose?"

Why can't we have these games every month instead of having to wait a whole year for a return. O yes, Virg was hanging around snapping pictures of the girls and as usual doing as little work as possible.

The Des Moines Still College of Osteopathy

announces an intensive week of

POST-GRADUATE REVIEW AND CLINIC

Open to all graduate osteopathic physicians

Plan now to do your annual "Brain Dusting" with us and our augmented faculty for six days of concentration,

MAY 27 to JUNE 1 inclusive

Turn to the right page of your appointment book now.

THE BASIC SCIENCES

It is difficult in a short article to clearly convey the ideas of the managing group that plans the curriculum. We are a part of the Associated Colleges of Osteopathy and the matter of designing a continuity in osteopathic education is not an easy task even for the officials of that body. The past forty years have seen changes in the plan of osteopathic courses that have been rapid and from the beginning have been constructive. Outside influences have induced some of the changes and inside inspiration has been responsible for others. At the present writing our teaching plan, our selection and arrangement of subjects, has been mapped in conformity with the demand for every graduate osteopathic physician to be a better educated student at the beginning of the course and a well rounded general osteopathic physician at the end.

The first consideration in building a practical course in any therapy is to know that the student understands those subjects or sciences that form the basis for specific diagnosis and treatment. The so-called Basic Sciences are usually listed as these preliminary subjects. It is the intent of the college management that at some later date students entering this institution shall not be permitted to matriculate without certain of these Basic Sciences taken preliminary to the course in Osteopathy. The present schedule includes the Basic Sciences. Since the application of these can be perhaps better done as their therapeutic use unfolds, it would undoubtedly be more practical to dispose of these studies before beginning the course in Osteopathy. The four years then given to the study of Osteopathy could be made truly four years of osteopathic study instead of approximately one third basic science and the remaining two thirds the study of our therapy. We could use more time in the development of osteopathic diagnosis and treatment and our next advance in the education of an osteopathic physician must be the expansion of study within our own field of therapy.

Chemistry

The study of Chemistry seems to be the greatest stumbling block to the majority of students. The major reason for this is that this should be a compulsory study in high school and it is not. If each high school student were required to take the regulation course of one year of high school chemistry this basis would make the more advanced divisions of the subject not only more interesting but easier of application. The present schedule for the teaching of Chemistry in our osteopathic colleges calls for Inorganic, Organic and Physiological Chemistry. These are given in the Freshman and Sophomore years and without a preliminary high school or college course are certainly difficult. Chemistry is a very necessary part of the education of any physician. The reactions used in diagnosis and many other practical analyses depend upon an understanding of chemical activities. The study of diet may be reduced to chemical terms. This subject deals with some very simple and common chemicals as well as the complicated organic combinations.

(Continued on Page 4)

New—Unique

According to Dr. R. C. McCaughan of the Central Office, the meeting held Sunday, March 10 was without precedent. But, let us begin earlier.

Dr. H. E. Clybourne and Dr. J. Paul Leonard, president and secretary of the D. M. S. C. O. Alumni Association agreed that with so much to be done during the next few months that a call meeting in a centrally located city would facilitate matters a great deal. Orders were issued and thru the kindness of Dr. J. E. Rogers of Oshkosh, reservations were made at the Lake Shore Athletic Club for conference room space and other accommodations. Every officer of the national alumni organization was present together with others interested and at 9 a. m. the following started working.

Dr. H. E. Clybourne, president of D. M. S. C. O. Alumni Association.

Dr. J. Paul Leonard, secretary of D. M. S. C. O. Alumni Association.

Dr. John E. Rogers, Endowment Councilor of D. M. S. C. O.

Dr. Fred D. Campbell, Student Recruiting Councilor of D. M. S. C. O. Alumni Association.

Dr. H. V. Halladay, College Representative of D. M. S. C. O. Alumni Association.

Dr. Arthur D. Becker, President of D. M. S. C. O.

Dr. J. P. Schwartz, Dean of D. M. S. C. O.

Dr. Paul Park, president of Iowa D. M. S. C. O. Alumni Association.

Dr. George Heilman, president of Wisconsin D. M. S. C. O. Alumni Association.

Dr. Harry Stimson of the Michigan D. M. S. C. O. Alumni Association.

Dr. Sam Liebov, chairman of the D. M. S. C. O. Reunion and Banquet at St. Louis June 26, 1940.

We wonder if in reading this you can fully realize the import of such a meeting. This sincere, unselfish group of workers for our college left their homes, taking their weekly day of rest, to devote the entire time in working out plans that are primarily for your benefit and pleasure. Several matters of great importance needed to be considered. Your Reunion and Banquet had been definitely dated and a tentative program outlined. Sam Liebov's trip from St. Louis to Chicago to go over these preliminary plans for your meeting Wednesday night, June 26 resulted in a saving to you of fifty

(Continued on Page 2)

Fraternities

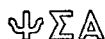


The last regular meeting of Sigma Phi was held in the form of a banquet at Leo's delicatessen with Judge Powers as the guest speaker. The Judge, who is troubled with a chronic cholecystitis, could not participate in the meal with us but sat peacefully by while the rest of us attacked large slabs of ham and then delivered a very interesting talk after we had finished.

Now that the six weeks exams are over, we see that Dr. Facto hasn't lost any of his "stuff" during his absence from the college and can still ask about more signs with peoples name attached to them than there are names listed in the telephone directory.

Dr. Schumaker is amazed at the interest the Senior A class is showing in carbon, hydrogen and oxygen. Thats a good sign that qualifyings are again drawing near. We wish you the best of luck fellas, and hope you all knock off 100% in every exam.

J. E. N.



The Gamma chapter of Psi Sigma Alpha held their senior banquet at the East Des Moines club January 9. The toastmaster Dr. O. E. Owen, introduced the speaker, Rev. F. J. Weertz.

The following members were issued life certificates—E. Hansen, G. Lawrence, Paul Kimberly.

Beta chapter of Kansas City College honored us by sending four members to our senior banquet.

Initiation February 13 was held at the P. S. G. house, those initiated were W. Ferguson, M. Ford, E. Perry, J. Robb.

A banquet was held at the East Des Moines club February 26. The speaker of the evening was Bill Hamon from the identification department of the city of Des Moines. He recited his favorite poems, which were enjoyed very much.

R. Woods and R. Anderson accepted Pledgship Gamma Chapter extends their best regards to these two students and wishes them a very successful college year.

E. E. B.

ATLAS CLUB

Now that the first six weeks exams are over we can plunge right back and burn more of the midnight oil, getting ready for the second six weeks work. The semester is well underway now, and the Atlas Club wants to extend its hearty good wishes and good luck to all the new men, who have by this time, been convinced on the study of osteopathy as a profession.

The present pledge group of the Atlas Club gave their annual pledge party, which is always a bang up affair, Saturday evening, February 3. The party was well attended and every one seemed to be having a real time of it.

Pledge Westfall was the chairman for the occasion, assisted by Pledge Elliot who did some very clever advertising for the affair. Dancing and games were played which rounded off the evening very nicely.

The Atlas Club every semester has a series of speakers which appear every other Monday evening. The first speaker for the new semester was Dr. Zimmerman, a German refugee from Vienna who talked on a very interesting modern topic. Monday evening, March 11, Dr. L. L. Facto will lecture on technic. The practical work committee under the direction of Dr. Paul Rutter is outlining a very interesting group of speakers for the semesters series of talks.

Out of the new crop of freshmen, who have entered school this term, we have had the pleasure to pledge Joe Cullen, Earl Gay, Don Althouse, and Sam Thornton.

R. O. D. Stylus



Wal reckon its time to give youse guys and gals the lowdown on whats going on round here.

We had our smoker here at the house Tuesday, January 30. The turn out was exceptionally good—The speakers consisted of Judge Powers, Drs. Becker, Facto, Klein and Owen. Its surprisingly funny just how much knowledge one can pick up at these little get togethers.—Uh Huh!!

We have had a couple of visitors in the last two weeks—Dr. Millard, the gentleman and frat Bro from Wisconsin, stopped at our humble abode long enough to tell us he had found a place called Summit, South Dakota, that seemed to be the place he would like to practice—Reckon thats where we will find him from now on. Good luck Cliff!! The other visitor was Dr. Fischer—That good looking chap from Milwaukee—He is practicing in Tennessee and doing right well by himself.

We have four new men living in the house at the present time—They are: Jack Bland from West Virginia; Ray Sweney from Massachusetts; Douglas Frantz from Michigan (potatoe farmer) and last if not least that little guy in the brilliant red shirt, Herbert Clausing from Tulsa, Oklahoma. Es even got air on es ches!!

The other night—Wednesday, February 7, to be exact—We had the Still College Coeds for dinner. Those present were Becky Richardson (president of Delta Omega), Georgiana Harris, Edythe Gates, Rachel Payne, Emma Louise MacAdams, Mildred Weygandt, Lavonne Overton, Muriel Stewart, Mary Toriello, Beverly Dodge, Gertrude Ganfield, and Mary Williams. The dinner gong rang and the shuffle began—The charge was lead by Becky and Wirt, the two presidents of their respective organizations. After putting on the feed bag which was prepared under the super-

vision of that mighty mite of the kitchen—the honorable Glenn C. Munger Esq. (Some hash eh gals?) we played bridge and bingo. Later in the evening refreshments were served — Wal that just about all for this time —Adios.

O. G. N.

New—Unique

(Continued from Page 1)

cents. Match that in unselfishness if you can. Sam spent his transportation to Chicago and return from St. Louis and one day away from his practice to save money for you. May we assure you now that this spirit within the Alumni of our college is growing rapidly and it is and will be the basis for the maintenance of our prestige in the future.

Before discussion of the major topics of the program Dr. Clybourne called upon Drs. Arthur D. Becker and J. P. Schwartz of the college for any remarks they might care to make. Both complimented the Alumni organization and reported many improvements in the faculty and equipment at the college. Each expressed the hope that the Alumni could visit the college and be convinced of the changes that have been made during the last several years. It is a well known fact that graduates of any college think of that institution in terms of what it was doing and what it had at the time of their graduation. We want you in the field to know that Still College is not standing still. It has progressed each year and will continue to do so. Both Dr. Becker and Dr. Schwartz were optimistic of the future and stated that all they needed was a more complete appreciation among the graduates of the many improvements already made and those contemplated.

Dr. Halladay's reports were largely statistical and dealt with the number of students in our college from the different states and the proportion of increase or decrease. It was happily noted that the past two years have given us an increase in each class and evidence of a continuation of this confidence.

It was decided to publish a Bulletin to be sent to each Alumnus advising our graduates more intimately of the various plans discussed and accepted at this meeting. Watch for this important document and do not throw it away but keep it for future reference.

The noon hour approached. Drs. Becker and Schwartz conferred and returned with the announcement that dinner was being served by the college in Parlor B, immediately adjacent. How they ever prepared that fine steak dinner will ever remain a secret but we still think the chef and aides had something to do with it. Dr. R. C. McCaughan, guest of the group, arrived on time and the noon meal was truly an enjoyable affair.

Following the repast the conference continued in Parlor A, with Dr. McCaughan expressing his complete surprise and gratification at the call and response to such a meeting. He reviewed the college situation briefly and pointed out that the future of our institutions must depend largely on concerted effort within our own ranks. He added that he had noted an increased interest in our various institutions during the past year.

The business of the conference was not hurried but a number of important items were disposed of. Reports were heard from Drs. Campbell and Rogers on Student Recruiting and Endowment. Constructive ideas were offered by everyone present all being noted and many to be used later in the program.

Dr. Paul Park was designated chairman of the Homecoming Jubilee to be held possibly in October.

Dr. H. E. Clybourne, chairman, together with Dr. J. P. Schwartz and Dr. J. E. Rogers were charged with building a definite program of improvement each year leading up to our 50th anniversary in 1948.

This was the first time but there will be a second. All agreed that no time should be set for such meetings but that with each fully aware of the value of such conferences that any time a call was made for this group of officers to be together, they would meet.

It is unfortunate that with 1400 Alumni scattered over the country that each of you could not have been listening to the topics and the discussions. Every word and act at this meeting was an expression of enthusiastic desire to back the college in its program of expansion. The individual was submerged and the college and the future of osteopathy put before everything else.

These officials will soon be writing to you. The personal message that they print in the forthcoming Bulletin will be of great interest to you. Keep in mind the sacrifices both in time and money that these men have made and see if you cannot match them in your community.

The college is extremely proud of its Alumni officers. It is fully aware of the handicap under which they are working to initiate an increased interest in the needs of the college and osteopathy. The handicap is not in workable ideas but in workable aides in each state.

Alumni meetings are being planned in several states. We ask you to attend these and learn more about the organization. An Alumni luncheon will be held during the Post Graduate and Review Week at the college the last of May. Our big Alumni meeting will be June 26 at St. Louis and keep your eye open for detailed plans for this program. It becomes your willing duty to assist your officers in any project that will extend the good influence of our college and our science.

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

REGION OF THE THORAX

(Number 18 in Series)

Lobar Pneumonia Contd.

The results obtained by the distinctive osteopathic treatment of lobar pneumonia have attained a high pinnacle in the world of therapeutics. More than 90% of all cases treated have made good recoveries as a result of the skillful and intelligent application of the fundamental principles underlying osteopathic science.

The problem presenting in the treatment of lobar pneumonia is in no way dissimilar to that presenting in many acute infectious diseases. Pneumococcal pulmonary infections are more serious than most and the effects of the toxins elaborated are more disastrous than in many infections, but the basic objectives of treatment are the same as are met with in most infections. They may be stated as follows:

1. To preserve and enhance the patient's resistance, both general and local.
2. To overcome the infection.
3. To combat toxemia.
4. To prevent complications if possible and to promptly recognize them and effectively treat them if they occur.
5. To support vital functions.
6. To fortify and speed convalescence.

To preserve and enhance the patient's resistance, both general and local, includes: rest in bed; proper ventilation; good nursing care; suitable and adequate diet; careful and repeated osteopathic normalization of the spine and paravertebral tissues and the securing of adequate sleep.

To overcome the infection: By osteopathic treatment we make available to patients their own inherent capacities and resources. The antigen of the infective agent is the specific and adequate stimulus to those tissues and organs whose function it is to erect barricades (antitoxins, antibodies, opsonins, etc.) The reticulo endothelial tissues found in the spleen, the liver, the bone marrow, the lymphatic structures, and probably many other tissues and organs are active in overcoming infections and neutralizing toxins. These tissues and organs can function at optimum only when their blood and nerve supply are maintained within normal limits. The mechanisms to overcome infections are inherent in the body tissues.

To combat toxemia: osteo-

pathic treatment to support elimination. The spinal centers for the kidneys, liver and bowels demand repeated normalization. The following measures are indicated: greatly increased fluid intake; daily or more frequent enemata; repeated sponge baths; and in many cases with marked toxemia, the use of enteroclysis (Murphy drip) of 5% glucose from 4 to 6 hours at a time, twice each 24 hours. Proper ventilation aids detoxification. Mobilization of the thoracic cage is valuable. Measures used to combat toxemia also serve to control high temperatures, in which problem we may add the careful but thorough upper cervical normalization as a method of marked value.

To prevent complications: The most common complication is empyema. The careful normalization of the cervical and thoracic spine with careful raising and articulation of the ribs enhances local resistance of tissues by normalization of vasomotor innervation. Such treatment exerts a favorable influence on trophism. Should empyema result in spite of such care, prompt recognition and surgical treatment are imperative.

To support vital functions: Osteopathic treatment to secure normalization of the cervical and upper dorsal spine and the associated ribs is the best insurance for the maintenance of adequate cardiac reserves. The central nervous mechanisms are likewise protected by these osteopathic measures. All vital organs and tissues are benefited by measures used in combating toxemia. From the first day in lobar pneumonia, the efforts to combat toxemia must be unremitting. In many ways this factor may be said to constitute the "crux of treatment."

To fortify and speed convalescence: lobar pneumonia is a wicked disease and the toxins of the infection work havoc thruout the entire body. The heart muscle, the kidney epithelium, the parenchymatous cells of the liver and other tissues in the body undergo cloudy swelling and granular degeneration, and in severe cases focal areas of necrosis ensue. As long as there is pathology in these tissues and organs, there will be reflex osteopathic spinal lesions (viscerosomatic). These reflex lesions impair recuperative activities and maintain the pathology by which they were produced. Repeated osteopathic normalization of these viscerosomatic lesion areas makes available the normal processes of repair. The common error in severe acute infections is for the patient to return to usual activities too speedily. Time and osteopathic treatment are indicated. It takes time, rest, and restoration of bodily resources to make an optimum recovery from a serious infection such as lobar pneumonia.

In a few mild and favorable cases of lobar pneumonia one osteopathic treatment each day

The Technic Group

Considerable interest is being manifested in the work of the special Technic committee of the faculty. Letters and cards come in asking more about the plan and what will eventually be done with the findings. We are not selfish and so if the total findings appear to be in the class of a real contribution to the study of Osteopathic Technic you will be given the opportunity to share in the results. It is a slow process trying to select a type of technic that will do what is claimed for it. With seven regular members of the faculty, each making an analysis of the many types, one or two an evening is a good record. Some of our Technic is not acceptable. It is not specific and being too general in scope is not as useful as Technic selected for a definite purpose. The group so far, has confined its observations to the articulations of the vertebral column. If this is finished at the end of the semester it will still leave other divisions of our osteopathic technic to be reviewed as time permits.

Dr. Halladay Honored

Recently Dr. H. V. Halladay was awarded an honorary membership in the Lambda Omicron Gamma fraternity. This is a double honor. The Lambda Omicron Gamma was founded in 1924. Chapters are active in Philadelphia, Los Angeles, Des Moines and Chicago. During the sixteen years of Lambda Omicron Gamma expansion the Grand Chapter has never voted an honorary membership until its last meeting when Dr. Halladay was unanimously given this honor. This, therefore, not only brings this reward of merit to the individual but also to our college. We extend our sincere thanks to the Grand Chapter of the Lambda Omicron Gamma and the Local Chapter also for the part they played in bringing this honor to Des Moines.

is sufficient. Many cases require two to four treatments daily. Very severe cases may require treatment every two hours, or even more frequently during the critical stages of the disease. Treatment within the first few hours following the onset may be successful in aborting the case. Treatment during the first 48 hours may be fairly insistent and thorough even though it may tire the patient somewhat. After 48 hours the treatments should avoid fatigue and should be specific, not over long and repeated as indicated.

Time and the experience of thousands of osteopathic physicians have established the efficacy of such a regime of distinctively osteopathic therapeutic application. For discussion regarding serum therapy, and medication, the reader is referred to standard texts.

A. D. B., D. O.

"I Didn't Know—"

Not long ago I sat listening to a small group making plans for big things. One member was not a stranger for we had known him for years, but he was a new-comer in the organization. I was awakened from the usual routine by a spontaneous remark of his. "Where have I been while all of this has been going on?" Later he enlarged on this sudden awakening of his. It seems that he had been too busy with the affairs of his office and family to observe the things that were going on continuously in his own immediate vicinity. The group of osteopathic physicians around him had been organized for many years and he had been invited to become a member. There was no selfish motive either in the invitation nor in the refusal. Our profession sits in conferences with each other for mutual benefit and not for the good of any one member. Those who do not affiliate think for the moment that they cannot give the time nor perhaps the small amount of financial support necessary for group projects. They need only to investigate with an open mind the benefits in many ways and their first decision will be over-ruled. "I didn't know" is not to be excused. We do know that unless certain tangible benefits are manifest by organizations that these organizations fade and disappear. We do know that the American Osteopathic Association is producing very certain tangible benefits and that it is expanding in its good influences. The one thing that prevents a more complete coverage of all needed activities is an increased membership. Your membership will enlighten you where your appreciation may have been dim. We are rapidly nearing the date for a great meeting of our affiliated members. Your name on the roll will guarantee the answer to "I didn't know," many times during the year. It will add to your confidence and it will give you that feeling of being of service where service is needed most.

Sign the blank and mail it to the Central Office. When you step up to the registration desk at St. Louis there will be no question as to your standing. You will already be a member.

H. V. Halladay

New Catalog

A completely new catalog is in the process of being edited. With the numerous other things to be done at this season it will be several weeks before copies will be available but we are working hard and will rush the printing job. If you have the names of prospective students who need a new edition be sure to renew the name for our files. Get your own request in early for a copy.

I. S. O. P. S.

President Hook

While several reports on President Hook's condition have reached us, today is our first note from him since he entered the Kani Osteopathic Hospital in Omaha about February 1st. With his second trip to the operating room now history, and both for major procedures, he is assured by his surgeon, Dr. Anton Kani, that six weeks may find him at work again. We are all delighted to know you are improving satisfactorily, Rolla, and wish you godspeed for a full and complete recovery.

State Convention

The final form of Dr. Holcomb Jordan's program for the 12nd annual convention of the Iowa Society of Osteopathic Physicians and Surgeons has just gone to the printers. When your copy arrives you will agree that he has a rare innovation for us then. The entire program has been designed on the modern teaching pattern of **Visual** education. Like the current talking pictures, "**It Has To Be Seen.**" Here are some of the high lights you will want to be sure to hear and see: Dr. C. B. Blakeslee—Indianapolis, Ind. "The Kidney" (with slides)
Dr. A. B. Crites—Kansas City. "The Treatment of Deafness."
Dr. R. C. McCaughan—Chicago. "Our Osteopathic Problems."
Dr. James Sharon—State Health Department. "The Eye in Syphilis."

Dr. S. V. Roebuck—Chicago. "Osteopathic Technique."
Dr. W. Don Craske—Chicago. "Bandaging and Casts."
Dr. A. D. Becker—Des Moines. "Future of Osteopathy."

Turn now to the date of May 9 and 10 in your appointment record and reserve both days for continuous attendance at **your** program in Hotel Savery, Des Moines, put on by **your** profession, for **your** benefit.

Public and Professional Welfare

Committee chairmen of your society were privileged to attend the first "School of Instruction" given by the P. & P. W. Committee of A. O. A. The one day "School" was held in Chicago Towers Club on February 11th. The states of Illinois, Iowa, Wisconsin, Michigan and Indiana were well represented. The public and your profession in Iowa will certainly derive added benefits for the decision of Drs. Jordan, Tueckes, Owen, Biddison and Cunningham to finance their own instruction in this work.

Regulations

With the adoption of amendments last year, the beginning of the Society fiscal year was moved up to May 1st. This facilitates evaluation of a full years program by your responsible delegates at the annual May convention. It also obligates dues payment in full prior to registration at the annual convention to avoid the larger registration fee. It will save your time in the

long line on opening morning, as well as lighten the work of your executive office if your state dues for 1940-41 are mailed to the Secretary in Marshalltown well in advance of May 8th. Dues payments in the mail on May 8, 9 or 10th cannot be credited for convention privileges.

Membership

Paying ones dues is only the first obligation of any ones membership. Interested participation in the aims and needs of your society is indispensable to your own progress.

Did you know that non-members are continuously providing evidence of law violation that may surely jeopardize the rights and privileges of the entire profession? How recently have you known the joy of signing up a member in your A. O. A. or State Society? Why not be a member of the second water, by sending in the application of some nearby non-member as you bring your own current dues for 1940-41 up to date?

Refer to your new A. O. A. Directory for virtually complete status on State and A. O. A. membership.

Applications for Membership

B. A. Wayland, Cedar Rapids.
Clive R. Ayers, Grant.
R. L. Pell, Lake Park.
H. A. Somers, Hawarden.
Ethel Boyd, Spencer.
B. O. Hoard, Spencer.
J. E. Bunker, Cherokee.
D. C. Giehm, Sioux City.
Respectfully submitted,
F. A. Gordon, D. O.,
Sec'y.-Treas.

Polk County

Thirty-eight guests and members of Polk County Osteopathic Association met at the Kirkwood Hotel, February 12th, for a 6:30 P. M. dinner. The guest speaker was Dr. Anton Kani of Omaha, Nebraska, a 1917, Still College graduate. His subject was "Osteopathy at the Crossroads," in which he ably summed up the problems Osteopathy faces today of becoming a part of a larger group, or continuing alone to follow the percepts taught by Andrew Taylor Still. Dr. Kani also showed two reels of excellent surgical motion pictures in color, taken by himself and Dr. Ashmore at the Kani Hospital.

Dr. Beryl Freeman asked local Osteopathic Physicians to cooperate with school representatives in utilizing local resources in educational problems. As Osteopathic representatives to the health group of some fifty local service organizations, she stated that this can best be done by being ready to talk to groups of school children on health problems when we are called upon to do so.

At the regular March meeting, Dr. B. E. Laycock of the Still College Faculty, talked on "Appendicular Technique," and gave some very helpful and practical demonstrations to an interested group.

Ruth Paul, D. O., Sec'y.

THE BASIC SCIENCES

(Continued From Page 1)

Bacteriology

A very thoro study of the subject of Bacteriology is necessary for an appreciation of one of the major causes for disease. The detail of differentiation of fevers and foci of infection often depends upon the findings of the Bacteriologist. This study definitely paints a picture of the possible seriousness of a diseased part of the body and offers a basis for the therapy most acceptable in combating the pathology.

Biology

In order to understand the complicated human body the student must begin his study with the simple forms of animal life. Biology is basic in that idea and its expansion as the normal functions of animal life are studied in connection with evolutionary changes and the adaptability of animal life to environment. The student realizes that as life becomes more complicated that the body must develop in greater detail. Biology answers many questions that arise in the study of human functional reactions.

Histology

The physician must picture in his mind the beginning of disease. To do this he must have a clear picture of the body under the microscope in health and in disease. Histology shows us the magnified tissues in health. We must know these in order to recognize the same tissues affected by a destructive process. Since we learn largely by comparison, Histology is the basis for an interpretation of Pathology.

Embryology

The development of the animal from the simple union of two cells is a remarkable story. Certain changes rapidly take place during this period of life. If these changes do not follow a set rule the newly born infant may show a condition that may be corrected or not. The diagnosis and treatment of cases often is based on a knowledge of slight alterations in the embryologic life of the individual.

Anatomy

The study of the structure of the body is classified under the subject of Anatomy. Histology is microscopic anatomy. Embryology is developmental anatomy and Gross Anatomy extending thru many hours of study, consists of the description of the parts of the body that are visible to the naked eye. Gross Anatomy is the basis for many advanced subjects that every physician must be familiar with, if he expects to be accurate in diagnosis and treatment plan.

The Des Moines Still College of Osteopathy has provided every opportunity for the detailed study of each of the above basic subjects. Dr. Shumaker as head of the Chemistry department is a recognized authority on the subject. Laboratory hours and lectures are correlated so that the student enjoys the greatest benefit from each. Experiments are made practical and in each division complete equipment may be found in the laboratory for a thoro demonstration of the practical application of the subject.

Dr. Hugh Clark, with five years of graduate and research study in the Biological department of the University of Michigan, is in charge of the didactic and laboratory instruction in Biology, Bacteriology, Embryology and Histology and is assisted by Prof. Charles Stull. Dr. Clark is fully cognizant of the value of these subjects as foundational studies in osteopathy. His courses are planned carefully and carried out with precision. The acquisition of new microscopes and other laboratory equipment this past year has increased the scope of this work and we may be certain of a better understanding of these subjects under the new plan of blending lectures, note books and laboratory schedules.

The department of Anatomy is under the direction of Dr. H. V. Halladay who needs no introduction to the profession. His work as a teacher in the profession for the past twenty five years speaks for itself. Dr. Paul Kimberly, who has been his assistant for the past two years, has been retained on the faculty and will continue his teaching in the laboratory and in the didactic classes given in the Sophomore year. An important phase of the teaching of Anatomy is the close relation between the major principles of Osteopathy and all gross anatomy. Dr. Halladay and Dr. Kimberly are ever mindful of this extremely important interpretation of the subject.

We are certain that you will not find a better organization for the teaching of the basic sciences than we have at our college. Our students progressing from the subjects listed above to those leading to clinical contacts are well prepared for the advanced studies. We are proud of each year at our college. D. M. S. C. O. will continue to advance and as time makes demands the curriculum and hours will be changed to meet existing conditions. A highly technical educational course, such as is offered at our college, must also anticipate the future and our officers are already looking ahead in preparation for the greater responsibilities that our future graduates must meet.

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 18

April 15, 1940

Number 4

Entertainment At the St. Louis Convention

We believe that no other city has offered our annual conventions the variety and amount of entertainment which is being offered in St. Louis this year. Much of it is furnished without charge to visitors at the convention and some is being paid for by various Societies, Associations, Fraternities and individuals.

The Societies of O. & O. L., Proctology and Herniology will meet for their respective clinical conventions prior to the convention of the Association and each of them will hold its annual reunion and banquet before Dr. Soden opens his big show.

An attractive program, including Past President Arthur E. Allen as a speaker, has been planned for the open meeting in the Statler Ball Room on Sunday evening, June 23. Early arrivals at the convention and the public are invited to attend. Admission is by ticket only and they should be secured immediately after arrival. We hope to be able to broadcast the latter part of this meeting from the Ball Room.

All visiting lady guests at the convention are invited to attend a reception for Mrs. Frank F. Jones in the Ball Room of the DeSoto Hotel on Monday afternoon. Tickets must be exchanged at the local registration desk.

Both Sigma Sigma Phi and Psi Sigma Alpha will have their annual reunions and banquets in the Statler Hotel on Monday evening before the President's Reception and Ball.

The big reception and ball in honor of Dr. Frank F. Jones will be held in the Statler Ball Room Monday evening. Every registered convention attendant is invited. A nationally known orchestra has been engaged for this occasion and will be augmented by a trio of girl singers from one of the radio stations. Punch will be served without charge and other refreshments may be obtained in the hotel.

All ladies who register as guests at the convention are invited by the St. Louis Osteopathic Auxiliary to attend a complimentary luncheon in the Statler Ball Room on Tuesday. News has leaked out that only one man will be permitted to lunch with the ladies and Dr. Jones has been selected for that signal honor. He has our congratulations and sympathy.

Golf, trap shooting and fly casting tournaments have been arranged for Tuesday afternoon.

(Continued on Page 2)

The Des Moines Still College of Osteopathy *announces an intensive week of* POST-GRADUATE REVIEW AND CLINIC

Open to all graduate osteopathic physicians

Plan now to do your annual "Brain Dusting" with us and our augmented faculty for six days of concentration.

MAY 27 to JUNE 1 inclusive

Turn to the right page of your appointment book now.

Program announcement in our next issue. You will want to hear and see every hour being planned for you.

Expositive Osteopathy

Last month we discussed with you the importance of a firm foundation of basic sciences in the study of osteopathy. In the progression of the subjects that form our curriculum the next step must be to use this given information and to apply it in the study and expansion of our principles and practice of osteopathic therapy. Next month we will finish this series of three divisions of the course in the explanation of how our students actually practice osteopathy in the final third of the schedule.

It is difficult to draw a definite line between Basic Sciences and Therapeutic subjects. Anatomy, Physiology and Pathology are basic in that they form the foundation for diagnosis, prognosis and treatment and yet their application is so closely linked with the real study of osteopathy that in their teaching, osteopathy cannot be eliminated. These subjects are disposed of before the Junior year yet their influence continues and they are never completely disposed of in the mind of the physician.

Physiology deals with the function of the various parts of the body that are studied under the title of Anatomy. A physician must understand function as the normal response to stimulation. Any deviation from this response must be rated as dysfunction and should be studied in order to devise and select the proper treatment to correct the condition.

Pathology is the study of abnormal Histology. The mind's eye must see the microscopic picture of disease. The microscope brings us this record and we follow the changes as repair begins and the organs return to normal structure and function. The rapidity of this change depends largely on the selection of the proper method of treatment and is an important factor in the satisfactory recovery of the patient.

Principles of Osteopathy are not only distributed thruout the course in the interpretation of the majority of the subjects, but are concentrated into a complete course of instruction and discussion. The basic precepts of Dr. A. T. Still have not changed since their announcement in 1874. The linking of his ideas of the mechanics of the body with the latest findings of the present day scientists is an interesting subject. It plainly shows that Dr. Still was some fifty years ahead of his time in therapeutic insight for the tendency now is to limit the introduction of drugs into the body except when indicated by certain methods of diagnosis. The day of the indiscriminate use of drugs has passed and natural methods of treatment are paramount.

Principles of Osteopathic Technic brings to the student a

(Continued on Page 4)

Alumni News

There is a renewed activity due at this time of year among the several organized states. The reports so far, have been mostly on paper but we are watching closely to see if they are put into effect. News Bulletins have been promised from the states and also from the national organization, the latter now in the process of makeup. Iowa hopes to entertain the Iowa students before the end of the semester and will have a luncheon during the state meeting in May. Another luncheon is called during the Post Graduate and Review week of May 27th.

Michigan has called for a list of Michigan students and will give them instructions for the Summer. Dr. St. Amant and his secretary, Dr. Stimson are busy with a survey of possible recruits in the state.

Ohio will reorganize during the state convention and promises to give its sister state Michigan plenty of rivalry in the race for honors. Wisconsin is at work and we hear good reports from Kentucky and a number of other spots.

The one thing that is adding to our enthusiasm is that we are getting the names of good prospects in nearly every mail. Keep in mind that the names we have had on the prospect list are nearly all cancelled now due to the increase in preliminary requirements. We are starting all over again and immediate prospective students must have the full two years of college. The future must be given a shot also and in listing interested young men and women indicate their present status and when they will be prepared to enter our college.

It is advantageous to have your state organized but as individuals with or without state centralization you each have a duty to your profession and your college. We need many more osteopathic physicians and your influence is needed now.

Confucius Say—

"Seniors are bored of education." And why not? The week of April 8 they took eight exams covering the four years work under the title of Qualifying Examinations. Their emotions ran the gamut from real joy, when they found a question they could answer, to violent anger when the old brain failed to give or tempus fugit in high. The question now among them is not how to get into Room 307 but how to get out of it.

Fraternities

N. O. I. C.

I am convinced that we will have a great convention in St. Louis. The work of the Council is about ended and there is yet time to make any needed changes in the schedule. Banquet rooms have been assigned and the menus selected. Entertainment has been contacted and the offering is satisfactory. Programs are in the process of making and it will soon be time to print 1,000 tickets for those who will attend the fraternity and sorority reunions. I know of a number of people who have been working day and night recently and who will continue to work longer and harder than they should just to know that you will be well taken care of during your visit to St. Louis the last of June.

We have already started to get ready for the trip. Our Summer suit has been taken out of storage and will be sent to the cleaners this week for the removal of the Winter's accumulation of wrinkles and dust. Better get your reservation made early.

H. V. Halladay, Exc.-Secy.

ATLAS CLUB

Now that "Hell Week" is over and formal initiation has taken place, there are a few fellows who can actually call themselves actives instead of low down pledges, or was it the actives who were low down? Never the less fourteen (has beens) pledges can now say they are members and be proud of it.

"Hell Week" was run off in about the same manner as in the past, which ended up with a "Millionaires Party" on Saturday March 16. On the Sunday noon of formal initiation March 31, the members and pledges enjoyed a banquet at Doty's Tea Room, which was well attended by the Atlas Club and their guests.

The annual "Yard Day" of the Atlas Club was held Saturday morning, March 30, and with the work of all the house and outside men, the premises of the new Atlas Chapter house really look fine.

The Practical Work Committee on March 1 had a very interesting movie on O.B. technic as done in the Los Angeles County Hospital. The committee has arranged for a talk from Dr. Maloney who will speak on a subject of his own choice, at an early date.

R. O. Drews, Stylus

THE MAINE OSTEOPATHIC HOSPITAL—

at Portland has moved into larger quarters and won a nice display of pictures and text on the front page of the March 16 Portland Evening Express.

DR. D. E. SLOAN—
of the January class has opened offices in Des Moines.

Assemblies

We seem to be getting cramped for space but we must review our assemblies so that you will know that each Friday something of interest is brought before the student body.

January 26—The beginning assembly of the semester and the introduction of the faculty. Dr. Lonnie Facto was warmly cheered for his return and Dr. Byron Laycock greeted as a new member of the family. Dr. Paul Kimberly, now dignified with his degree, was also given an ovation. Most of the faculty were present but it would be a miracle if we had them all on dais at one time.

February 9—A combined display of the Freshman class and a surgical film. The new class numbering over twenty (a record) were taken apart for the benefit of the various states and many of you know the routine. Boos and cheers were intermingled as certain states were announced. A fine class and now so intimately a part of things that they seem to be old timers. The surgical film on a brain operation was from the library of Davis and Geck of Brooklyn, N. Y.

February 16—Thru the influence of Glen Walker we enjoyed a film from the library of the Army. The maneuvers necessary for the placement of hospital units and other divisions of the Medical Corps were clearly shown. We hope to have a continuation of this interesting and instructive movie at some early date.

February 23—Mere mention of the number 57 brings to mind all sorts of good things to eat. Mr. Jeffery of Heinz entertained us with the story of the development of preservation of foods by canning. Certainly a film that each of you should see and not too full of plugs for the product. Try to get this instructive story for your own group.

March 1—Mr. Hammond of the Identification Bureau of the city surprised us with an hour of poetry. That he kept us laughing overtime is enough to say about his allotted time. The program was sponsored by the Sigma Sigma Phi Honorary Fraternity.

March 8—Dr. J. Martin Klotzche, one of the City Forum speakers, held the assembly spell-bound while he skimmed over the "Situation in Europe" as if it were easy to think about. It is surprising how much we think we know until we get out of our own rut and try to look at the other fellows business. We are indebted to Psi Sigma Alpha, Honorary Fraternity for this most interesting assembly.

March 15—The Iota Tau Sigma represented by Charlie Gray brought Mr. Knight of the N. W. Bell Telephone Co. to the assembly for our instruction and entertainment. We are sure that after his movie of the errors we make in talking over the phone that in the future we will be more careful and also more cri-

tical of the party on the other end of the line. Thanks to the I. T. S.

March 20—A special assembly was called for a short period and largely for the purpose of explaining some of the plans of Alumni. State organizations within the student body have been revived and officials are busy working out plans for the vacation.

March 29—Lt. Lyman, who claimed to be "just a fireman" was sponsored by the Phi Sigma Gamma and certainly left no doubt in the minds of the students as to his ability. We know he talked over the heads of those in the younger classes and his demonstration of the work of the firemen with the new type inhaler was something to see again. Many thanks Lt. and the P. S. G.

April 5—Mr. Miles, editor of the American Legionair, was introduced on the program sponsored by the Atlas Club. Mr. Miles, having been in the late World War spoke on America and reminded us of our fortunate position in the world and on this continent. It is no doubt true that few of us realize the privilege we are enjoying now and hope will not be disturbed.

I. S. O.

The International Society of Ophthalmology and Oto-Laryngology will hold its National Convention in St. Louis June 19, followed by the American Osteopathic Society of Ophthalmology and Oto-Laryngology June 20-21-22.

Any of you who do, or are interested in, eye, ear, nose and throat work should attend this convention. You are welcome as a guest even though you are not a member. There will be a very fine program, clinic and entertainment for those attending.

Will be happy to meet you in St. Louis June 19.

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

DR. C. O. MEYER—

is now associated with the Madison Street Hospital of Seattle, Washington which is under the management of Dr. E. W. Pruett. We have some very flattering reports of the fine work being done at this institution and the excellent equipment and service which is appreciated by the growing clientel. Our best wishes are extended to Dr. Meyer and congratulations to Dr. Pruett.

DR. AND MRS. PAUL BARTON

—of Ottawa, Ill., should have a double announcement. Twin girls were born to them February 18. They have been named Anne and Kay. Double congratulations.

THE NEW CATALOG—

will be available the first of May. Reserve your copy now by writing and list along with your name the prospective students you have contacted lately.

Entertainment At the St. Louis Convention

(Continued from Page 1)

All who are interested in these sports should contact the various chairmen at once to learn the details of these events.

Tuesday night is fraternity night and most of the fraternities will hold their annual get-togethers in the Statler at dinner. Some will have provided entertainment for their members and all have arranged attractive programs.

Entertainment has been provided for the ladies and non-fraternity men on Tuesday evening at the DeSoto. The program consists of a dinner, floor show and quiz program on Osteopathy, all for the price of a dinner. Good talent has been engaged for the floor show and we can guarantee the quality of the dinner and show. The quiz on Osteopathy was written by Dr. Drennan and the audience will have opportunity to compete for cash prizes.

A bus ride has been arranged for the ladies on Wednesday morning. Large busses have been reserved, each with an announcer who will describe the points of interest. The trip will be of unusual interest because of the historical background of modern St. Louis. Tickets are fifty cents each and the tour requires three hours to complete.

Wednesday evening is Alumni night. Most Alumni Associations will meet for dinner and later be entertained with floor shows or good programs. All of these meetings are to be held in the Statler.

Your St. Louis Committee is offering you a choice of parties on Thursday night, one a show at the famous Municipal Opera and the other a boat ride on the Mississippi. Both are complimentary to visitors but require an exchange of tickets at the local registration desk before noon on Tuesday. Transportation will be furnished without charge to and from the opera and boat. Attendance at either event will be interesting and an evening well spent.

Entertainment schedules have also been prepared for visiting youths and children. A large variety of entertainment is available for them, including everything from day nurseries to swimming pools and dances. We feel sure you will be well taken care of in St. Louis.

Collin Brooke, D. O.
Chairman of Entertainment

DR. WILLIAM REES—

of Cleveland had too studious a picture in the paper the last of February. Good picture of Bill and text about his work with the Case School.

LOGAN CLENDENING, M. D.—

has been putting in some good plugs for osteopathy lately in his syndicated column. It would be a good idea to keep a file of these in your office.

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 19 in Series)

CORONARY OCCLUSION (By Request)

In a very large majority of cases, coronary occlusion, is a serious complication in the course of disease of the coronary arteries. It is a vascular accident factored upon sclerotic and atheromatous changes in the coronary vessels. The occlusion occurs as a result of thrombosis producing an infarct in the myocardium. While emboli may act in the same capacity, post mortem examination in many cases has shown that coronary emboli are very rare. The myocardial infarct resulting from the occlusion may be small or large, depending upon the size of the vessel involved. It may be favorably placed, or by accident of location, it may involve the conduction apparatus producing more or less marked arrhythmia. The infarct may extend to the surface of the heart and cause an associated localized pericarditis, or it may extend to the inner heart wall producing mural thrombi. Such mural thrombi may become detached and produce further damage; pulmonary infarcts, if in the right heart chambers, or if in the left heart chambers these thrombi may be carried to the brain, kidney, spleen, mesentery, extremities, etc.

Coronary occlusion occurs more frequently in men than in women and usually occurs in people past 50 years of age. Heredity apparently is an important etiological factor as it is not rare to find a definite history of several instances in the same family. Syphilis plays an insignificant role in causation and is probably largely incidental. Diabetes melitus seems to be a contributing factor in many cases.

The symptomatology in coronary occlusion is chiefly that of severe and usually of agonizing pain, precordial in location and extending through to the neck and into the arms. It may be epigastric or extend into the neck. It usually lasts several hours or more and may continue for several days. In some cases pain is not a marked factor. The onset is usually sudden and dramatic, but frequently there is a history of premonitory anginal pain for 24 or 48 hours preceding. Occlusion may occur in a case that has suffered for years with attacks of angina pectoris or it may be a first evidence of heart disease.

The patient with the onset of the attack shows evidence of profound shock and may have associated nausea and vomiting. The blood pressure usually drops promptly and the heart action is very weak so that the patient at the time of the attack may be pulseless. The pulse pressure may be as low as 10 or 15 m. m. In some cases coronary occlusion must be carefully differentiated from upper abdominal surgical emergencies such as acute cholecystitis, or perforation of an ulcer.

The diagnosis depends very largely upon an accurate and detailed history of the case with the careful consideration of the various etiological contributing factors. Electrocardiographic examination is of real value in many cases in diagnosis and differential diagnosis. Physical examination of the chest is many times entirely negative.

The prognosis is decidedly guarded in coronary occlusion. About 50% of the cases die suddenly or within a few days. Cases which survive the attack may recover to varying degrees depending in large part, no doubt, upon the size and location of the infarct. Favorable cases may not only recover, but many cases in time may be able to resume a relatively high degree of physical activity.

The treatment at the time of the acute attack is to control the pain, to secure rest, and to support the heart. Morphine given hypodermically is probably the best vehicle for the control of the severe pain and may be repeated as indications warrant. Rest is paramount, and if the attack is a severe one with evidences of shock and circulatory failure, it is unwise to move the patient. Rest in bed in quiet surroundings is imperative. Sedation may be necessary for several days as mental rest is as necessary as physical rest. Good nursing care is essential. Cardiac stimulants may be necessary and should be judiciously employed. If dyspnea is marked, oxygen is of great value in many cases. Intravenous glucose in 50% solution may be of value.

Osteopathic treatment has a definite contribution to make in these cases of coronary occlusion. It is not wise to disturb the patient in the early days following the attack by any manipulative measures that would be exhaustive or that would require moving the patient excessively. Gentle, insistent leverages calculated to mobilize the upper thorax and cervical spine can be used to advantage if skillfully and carefully done. Later, after the critical stage is past, such treatment makes available to the patient inherent recuperative resources.

The diet should be liquid during the early stage and later may be more general. If the patient is overweight the diet should be so calculated as to cause them to lose weight. Two to four ounces of cane sugar daily as a part of their total food intake is valuable in these

cases. If in the early stage following the attack, dehydration is evident from excessive sweating and vomiting, they should be given normal saline, subcutaneously or by enteroclysis. The patient should remain in bed for several weeks and activity should be gradually restored under careful supervision and direction. With the relief of pain the tendency is to resume active life too promptly. A. D. B., D. O.

Conn. Board

The next state board examinations to be given in Connecticut will be July 1st and 2nd and held at the State Capitol in Hartford. Write to Dr. Frank F. Poglitsch of New Britain, Conn., for detailed information.

DR. J. J. HERRIN—

of Madill, Okla., has put one over on us. He and Miss Irene Nobles were married August 2 at Hamburg, Ia. That'll cost you two dinners instead of one, John. Congrats.

DR. ROBERT STARKS—

of Denver, Colo., is doing some fine work on the Colo. Osteopathic Bulletin and still has time for stunts with the Kiwanis Club that help dissipate gloom.

OUR OPERATOR NO. 27A—

wires that recently Dr. Joe Schwartz was seen flying a kite near Tucson, Arizona for the three children of J. P. who was lolling lazily in a rocker nearby. Some people that we know of used to berate the desert. We say and so do Confucius "Once desert sand in shoes, next in steady diet."

RAY SWEENEY—

of the Freshman Class broke into the Ted Ashby column not long ago. Since everyone reads Ted's stuff this was noticed by a good many folks in Iowa and several distant spots.

DR. SAM SCOTHORN—

of Dallas, Texas sent us an interesting publication called the Dallas Dad's News. Sam is featured in an article and an award.

DR. JOHN WOODS—

of the faculty made a quick trip to Omaha February 15 for an afternoon and evening session with the Eastern Nebraska Society. He spoke on "Cardiac Diagnosis" and "Therapeutic Problems."

DR. O. H. OLSEN—

of South Bend, Ind., surprised us with a fine photomontage of snaps taken during the banquet December 8th. Fine work Oley and thanks.

DR. CHARLES GNAU—

of Ft. Myers, Fla., contributed a fine box of Cacti to the collection of Dr. Halladay. Florida does not have many species but the ones that grow native there are noted for their beautiful flowers. Thanks Charlie.

The Cop

A couple of weeks ago I came out of a building at the corner of Ninth and Olive in St. Louis and wondered where to catch the Service Car to Maplewood. This is one of the newer methods of transportation from down-town to the suburbs and had been instituted since my earlier visits to the city many years ago. I know the city of St. Louis pretty well and its types of transportation but this was a new one to me. In the modernization of this great city the problem of rapid auto transit across town has been solved. The street car and bus service is well managed and now I find that each of the smaller adjacent communities are connected with the down-town business section with a system of Service Cars that waste no time in getting out of the business district and to the suburb. But—where could I catch this car

I have learned and so have you, that, when in doubt, ask a cop. St. Louis is generous with its police officers and the one that was busy on the corner was questioned. He knew the answer and with a courteous smile and confidence he directed me to the corner where a few minutes later I caught the Service Car to Maplewood.

You are not lost and it is not often that you need information. But—when that time comes that you do want to know about something where do you seek for the answer? Some of you write to the college, but these inquirers are largely about college matters. The problems that confront the majority of you are referred to the American Osteopathic Association for I have scanned a list of the questions that come in during an average period. You know, as I do, that the Central Office is a source of authentic information on every subject that pertains to the profession. The accumulation of this data and the maintenance of it depends on you and your support. If you are a member already you have contributed to this important record of our growth and development but if you are not a member you are retarding some important phase of the work of our association.

We expect our association to tell us the answers exactly as I expected the cop on the corner to tell me where to find the Maplewood Service Car. This same service of information and protection will be demonstrated both by the city of St. Louis and the American Osteopathic Association during the week of June 24. I am sure that you want to avail yourself of these advantageous contacts. Your application signed now will insure you against ignorance and will brighten the next year for you in many ways. The returns will more than compensate for the small financial outlay. H. V. Halladay.

I. S. O. P. S.

42nd ANNUAL
STATE CONVENTION

For the inspiration and enlightenment of the Osteopathic Profession in Iowa, the Iowa Society of Osteopathic Physicians and Surgeons will hold its 42nd annual convention at Hotel Savery, Des Moines, May 9th and 10th.

With the initiation of the first sessions of government by a House of Delegates, as provided for in amended regulations during the 1939 convention, a continuous technical program will hold your interest throughout the full two days. The printed program has been sent out to all known registered osteopathic physicians in the state. In developing that visual program, Dr. Holcomb Jordan intended that we should see as well as hear about recent professional advances. Come and see! The Society is fortunate to have the time and service of Violet Mitchell from the crowded schedule of P. & P. W. staff in Chicago; to have the cooperation of the Register and Tribune Radio Station KSO in special Public Service Radio broadcasts during the convention; and the decision of probably the greatest number of exhibitors for attending an Iowa state osteopathic convention. The Banquet features a delicious dinner, a speaker of note and a President's Ball.

The House of Delegates will hold three scheduled two hour business sessions: 3:30-5:30 on Thursday; 10:00-12:00 and 2:00-4:00 on Friday. Certified delegates have their agendas for study, and any special items for their consideration should be transmitted to the Secretary.

Ophthalmology

Pursuant to responsibilities placed upon the Society by the recent "Blind Rules" adopted by the State Department of Social Welfare, President Hook appointed Drs. J. W. Rinabarger, Roy Trimble and H. J. Marshall as a committee to recommend to the House of Delegates such standards as the Society should require of those who would be recommended to the State Department for such service. If you would be so recommended by your State Society, be sure your questionnaire has been completely and accurately filled out and returned to the secretary.

Membership

Annual State dues fall due on May 1st. Your badge can be filled out and waiting to save your time in line at the registration desk if your 1940-41 dues are received in Marshalltown by May 8th.

Applications for Membership

Anderson, J. Garth, Des Moines.
Baird, R. W., Ackley.
Braunschweig, Emil, Des Moines.
Brown, A. Clifford, Council Bluffs.
Cramer, Morris D., Des Moines.
Devine, Bennie, Des Moines.
Facto, Lonnie L., Des Moines.

Griffith, T. R., Des Moines.
Lodwick, I. S., Ottumwa.
McCutcheon, Chas. W., Des Moines.

Dr. Roger Templeton, Milo.
Dr. Verne Wilson, Des Moines.
Dr. Georgia Challfont., Oskaloosa
Dr. Oscar DuBois, Oskaloosa.
Dr. Dean G. Hume, Des Moines.
Dr. R. E. Shaver, Sigourney.

Respectfully submitted,

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

Polk County

The Polk County Osteopathic Association met in regular session at 6:30 p. m., March 8th, at Hotel Kirkwood. Twenty-seven guests and members were present.

Nineteen members of the association have expressed their willingness to cooperate with school officials in utilizing local resources in educational problems. Their names will be placed in a handbook for teachers as osteopathic physicians who will talk to school children on health matters.

Dr. B. E. Laycock of the Still College faculty gave a very interesting and practical demonstration of appendicular technique and taping for the more common conditions and injuries of the lower extremity. So popular was Dr. Laycock's technique, that he was unanimously requested to continue with further demonstrations at the April meeting.

Ruth Paul, D. O., Sec'y.

The P. G. Course

Space this month does not permit of a lengthy article on the coming Post Graduate and Review Week. Our reputation is to be upheld again for we are planning a review of the best in each division of the field. Our next issue will give you the program but in the meanwhile do not make any other plans for the week beginning May 27th. We will see you then.

THE GIRLS RESERVE CLUB—
of North Hi with their advisor, Miss Galvan, recently spent an afternoon at the college. They expressed surprise at the many things they saw and promised to keep Osteopathy in mind in the future.

DR. H. V. HALLADAY—
will appear on the program of the New England States convention May 3rd and 4th and at the West Virginia meeting May 20th and 21st.

THE FACULTY TECHNIC GROUP—

continues to meet and discuss the good and bad in technic. So far about 75 photographs have been taken making the records complete up to and including the Sacro-iliac. Final consideration of the articulations is planned before the end of the semester.

EXPOSITIVE OSTEOPATHY

(Continued From Page 1)

knowledge of the mechanics of a normal human body. The recognition of slight mechanical changes in the body must be based upon a thoro understanding of the expectancy under average conditions. The factors of age, development and use figure largely in the discrimination that each osteopathic physician must make in the selection of the proper osteopathic technic. The actual demonstration of Osteopathic Technic which follows cannot be appreciated without foundational training in the possibilities and probabilities of disturbed mechanics.

Pharmacology and the principles of the use of drugs should be a part of the training of the osteopathic physician for the reason that some drugs are found to be useful in the treatment of certain diseases. The dangers as well as certain advantages are studied and proven values are credited. Osteopathy has never been a practice of therapy using no drugs whatever. It is a falacy to believe that a physician should practice without the privilege of using anesthetics, antiseptics, antidotes and other necessary chemical combinations.

Training in Diagnosis is certainly essential in the education of a physician. Osteopathic Diagnosis, Physical Diagnosis and Laboratory Diagnosis are studied separately and brought to a climax in the subject of Differential Diagnosis. Many items went to the earlier studies for this information and the diligence of the student in the beginning courses plainly shows in his ability to apply his knowledge. An accurate diagnosis offers the proper procedure in the plan for treatment. The trained diagnostician does not hesitate but sees the immediate needs of the patient and regulates the care of the patient according to his expert observations. In seeking the cause of disease and its elimination the physician must consider outside sources of infection and poisons and brings into the diagnostic field the study of Public Health and Sanitation.

Practice of Osteopathy includes studies of diseases of all parts of the body. The items of diagnosis, prognosis and treatment are discussed in detail so that the student may detect the source of the disorder, understand the course and termination and devise and carry out a logical method of treatment for the benefit of the patient. The development of special studies in practice makes it necessary to devote much more time to some subjects than others and the frequency of disease in certain parts of the body has also influenced the time and detail of study.

Surgery, being a mechanical method of treatment, is given careful consideration in the schedule. Under the divisions of Orthopedic, Major and Minor Surgery the subject is completely covered and the student is brought to realize that surgical intervention is essential in some cases and operative treatment when indicated should not be delayed.

This exposition of the second part of our program of teaching is too brief for a complete understanding of the extent of coverage of the subjects mentioned. The detail as given in the college begins in the Sophomore year and extends thru to the graduation of the student. In our next issue we will discuss with you the practical methods used in education of a physician. Graduates of Des Moines Still College of Osteopathy enjoy a rare privilege in the variety and quantity of clinical patients, making of each graduate a practiced osteopathic physician.

THE COLORADO NUGGETS—
super-basket ball team from Denver recently made a trip. Along the route they were ably taken care of by osteopathic physicians the arrangements being made ahead by Dr. John F. Bumpus who is their official physician at home. This is good publicity for us.

WE TOLD YOU SO—

Hope you looked on page 44 of the April 8 issue of LIFE and saw that picture of our Senior Georgiana Harris treating one of the championship guards on the state list of girls basket ball players. Miss Harris started with the Hansel team and went thru to the finals with them. A letter from the coach recently expressed his thanks and those of the team for the service rendered.

THE BUCKEYE O. P.—
from the state association in Ohio carried a picture in the February issue that we are glad to see with the proper caption. Some of you know what we mean.

DR. WILLIAM MARLOW—
of Elgin, Ill., was married February 14 to Miss Beulah Brown. Congratulations Pinkey.

DR. DEAN G. HUME—
and Miss Maxine Perdue, both of Des Moines were married January 17. Congratulations.

DR. ARTHUR D. BECKER—
is doing some extensive traveling this month to local and district conventions in nearby states. April 12 he meets a district group at Ottawa, Ill.

THE LOG BOOK

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special rates of postage
provided for in Section
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Volume 18

May 15, 1940

Number 5

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

May 27 to June 1st 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 Gynecology	Dr. R. B. Bachman Obstetrics	Dr. E. F. Leininger Gynecology
9 A. M.	Dr. A. D. Becker Cardiology	Dr. B. E. Laycock Osteopathic Principles	Dr. A. D. Becker Cardiology	Dr. B. E. Laycock Osteopathic Principles	Dr. H. V. Halladay Anatomy of the Foot	Dr. P. E. Kimberly Applied Anatomy
10 A. M.	Dr. L. L. Facto Differential Diagnosis of Coma	Dr. J. M. Woods Pulmonary Diagnosis	Dr. L. L. Facto Neurologic Clinic	Dr. J. M. Woods Lobar Pneumonia	Dr. P. E. Kimberly Applied Anatomy	Dr. A. D. Becker Cardiology
11 A. M.	Dr. J. P. Schwartz Surgical Diagnosis	Dr. H. A. Graney The Incurable Cancer Patient	Dr. J. P. Schwartz Surgical Problems	Dr. H. A. Graney The Colon	Dr. J. P. Schwartz Surgical Diagnosis	Dr. H. A. Graney The Colon
2 P. M.	Dr. Mary Golden Pediatrics	Dr. B. L. Cash Roentgenology	Dr. O. E. Owen Leukemias	Dr. H. V. Halladay Pathology of Trauma	Dr. O. E. Owen Clinical Blood Findings	<i>Program subject to change as necessity may indicate</i> <i>Register promptly at the office on arrival</i>
3 to 5 P. M.	Symposium on Osteopathic Technic Laycock Woods Facto Owen Halladay	Proctological Clinics Dr. J. L. Schwartz and assistants	Symposium on Osteopathic Technic Laycock Woods Facto Owen Halladay	Proctological Clinics Dr. J. L. Schwartz and assistants	Symposium on Osteopathic Technic Laycock Woods Facto Owen Halladay	

Banquet Thursday evening at 7:00 P. M.

Fraternities

N. O. I. C.

Everything is set for the big show at St. Louis. The frats and sororities have completed their arrangements for the banquets and reunions and the tickets are on the press. It will not be long until we will be packing up the outfit and transporting it to the Statler for the preliminary registration. A recent stop in Chicago and a conference with Miss Rose Moser gave us the last bit of needed information about registration. Together with the A. O. A. and Local Registration we will be the next in line in the lobby of the Statler beginning at 8 a. m. the morning of June 22. It looks now as if you will see the same two girls operating at this desk and on your sheekles as of last year.

If you arrive early or are in attendance at one of the pre-convention meetings please register early for the crowd this year will be bigger than for some years and Monday will be a rush day. Remember to register Saturday and Sunday, June 22 and 23 at the Statler. Monday and Tuesday we will all be at the Auditorium.

We will see you in St. Louis.

H. V. Halladay, Exc. Secy.

ATLAS CLUB

It's here again, just a matter of a few days until finals will be here and another semester completed, and we hope for the best of luck to all in writing final examinations.

The annual Atlas Club picnic was held Sunday, May 12 at Sycamore park, and a good time was had by all. The afternoon was spent playing ball and just the general things that go along with any picnic.

Doctor Anton Kani of Omaha, Nebraska will be the main speaker for the evening, at the senior banquet, to be held at the Des Moines Club, May 17. All the Atlas alumni, who can possibly come, are cordially invited to attend this affair. The banquet this year is to be held in the honor of R. D. Mackay, J. P. Engemann, and Ernest Johnson.

New officers that were elected for the coming fall term are James P. Watt, Noble Skull, Bud Brail, Occipital, Howard Johnston, Pyloris, Richard Johnson, Stylus, Danial McKinley, Receptaculum, and Ronald Woods, Styloid.

The Atlas Club extends their best wishes and good luck to all the graduating class of Still College and that their future years may be happy and prosperous. We also hope that every one has a fine summer and that you will all be back next fall. So until the leaves start falling again, we'll say Bon Voyage.

R. O. D., Stylus.

ITZ

Again we are about to face the scourge of final examinations. Though they make for a nerve straining situation we may look further ahead to a three months period of relaxation.

We who are left behind mourn the lose of our leaders namely Eldon Blackwood, Scott Fisher and Kenneth Wooliscroft and Ercell Iosbaker. Dr. Blackwood is going to Texas and take the board, Dr. Fisher is leaving for the Detroit Hospital, Dr. Wooliscroft and Dr. Iosbaker have made no definite plans as yet. The boys who are left behind wish these men the greatest success in the field.

The annual senior picnic and banquet were great successes and a very enjoyable time was had by all. The picnic was held at the Water Works park many uninvited bugs were present.

Some of the outstanding points of the spring? picnic of Des Mines Still College were: the professional umpiring of John Schott. The pitching of John "Out Curve" Edgerton, George Keays' hat, the pickles in the lunch box "nuff said," and H. V. Halladay taking a picture of the beef trust.

I. T. S. takes this opportunity of wishing all the students of D. M. S. C. O a most joyous summer vacation and a speedy return in the fall And to the graduating seniors the best of luck and success in the years to come.

J. R. L.

O. H. Indexed

Under the direction of the Associated College of Osteopathy, it was decided to index all osteopathic periodical literature. This was placed under the chairmanship of Dean J. M. Peach of Kansas City who secured the services of May M. Brown, the librarian of the College of Osteopathic Physicians and Surgeons in Los Angeles, to take active charge and direction of the work.

The work of compiling complete card indexes of the Osteopathic Health was assigned to Des Moines Still College of Osteopathy under the direction of Dr. Arthur D. Becker. Through the kindly cooperation of Central Office we were able to get complete files of the Osteopathic Health and through the very capable assistance of Dr. Becker's secretary, Miss Mildred Moore, that rather large and important task has been accomplished. A letter dated May 2nd from May M. Brown states, "You have the honor of being the first to finish your assignment. Please express to Miss Moore my appreciation of a job beautifully done."

Other member colleges of the Associated Colleges of Osteopathy were given various assignments. Again quoting from Miss Brown, "As you say, it is a "gigantic task." "Special librarians all over the country who are aware of the undertaking are watching it with interest."

Demonstrative Osteopathy

Our pride was considerably augmented not long ago when we checked over the returns from a questionnaire signed by our students. The two major attractions at the college are definitely the faculty and clinic. Later we may have something to say about our fine faculty but just now we are interested in the clinic for it is in this department that the student fulfills the wishes that have been his inspiration from the beginning of the study.

Des Moines, according to the 1940 census, is a city of 153,000 folks very much like the same number anywhere in the country. They offer to the practicing physicians of the city nearly every type of pathology. Tropical diseases are almost unknown but the more common complaints met with in a general practice will be found in relative proportion. Des Moines has its unfortunate people who cannot afford to spend large sums for high priced medical service and these and many others who prefer the service offered by the college make up the extensive teaching clinic at the college. For over forty years the clinic has enjoyed a reputation for honesty and efficiency and our patients continue to send friends so that at times we are crowded almost to the point of exhaustion due to the heavy demands on the students time.

The General Clinic—

is the first to see the patient. The careful examination and questioning determines the classification of the patient for any special examination needed.

The Out-Patient Clinic—

cares for those who are not able to come to the college for examination and treatment and includes all types of bed-ridden patients.

The Athletic Clinic—

supervises the care of 2,500 athletes each year in our Public Schools and other institutions of learning in the city.

The Eye, Ear, Nose and Throat Clinic—

is conducted partly in the college building and partly at the hospital and covers every conceivable disease of the region of the head.

The Foot Clinic—

sees cases from the little tot beginning to walk to the badly abused foot of many of the aged.

The Gastrointestinal, Cardiovascular and Genitourinary Clinic—

deals with the systems of the body so often affected by illness.

The Gynecological Clinic—

handles the diseases peculiar to the female pelvis and is closely associated with the work of the Obstetrical department.

The Nervous and Mental Clinic—

offers intimate contact with the many variations of paralysis and other afflictions of the nervous system.

The Obstetrical Clinic—

enjoys an enviable reputation at the college, caring for approximately 400 cases each year.

The Orthopedic Clinic—

checks congenital and acquired pathology of bone, ligament and muscle producing deformities.

The Pediatric Clinic—

follows the Obstetrical, aiding the mother in many ways in the care of the baby.

The Proctological Clinic—

advises and outlines the treatment of the lower segments of the digestive tract using the most modern methods.

The Surgical Clinic—

is conducted at the hospital and offers a multitude of cases for the observation and experience of the student in Major, Minor and Orthopedic Surgery.

Space does not permit of a detailed description of the progress of the patient and the attending student thru the clinical division of our institution. The college officials are keenly aware of the value of our practical teaching units in the education of a well informed and practiced physician. Patients are met by the student physician. They are examined and put thru the laboratory tests including a careful osteopathic examination. These findings are checked by a member of the faculty and the treatment is outlined and explained by the examining staff of the faculty. Frequent check-ups are made so that the records may be complete. Re-examinations are demanded at intervals so that the progress of the case is watched. The student, from the beginning, becomes an intimate part of this system and administers the treatment in much the same way and under circumstances similar to the conduction of a modern practice in any community.

Students at Des Moines Still College of Osteopathy have the opportunity of becoming well trained practiced physicians. The quantity and variety of cases that are rotated thru the

(Continued on Next Page)

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

I O U

Dr. A. T. Still,
allegiance to the principles
that you discovered and that
have since been proved invaluable
in the world of therapeutics.

Our Colleges and Hospitals,
my sincere support. You have
grown from within, generating
your own power and operating
on too small a margin for the
rapid development and increased
service that is needed. My efforts
must be augmented for your benefit.

My State Osteopathic Board,
my gratitude for granting me
the protected privilege of practicing
my profession.

My State Society,
for your concerted efforts to
maintain and improve my opportunities.

My Profession,
for the fidelity and friendliness
you have shown during the many
years of our acquaintance.

The American Osteopathic Association,
for supreme leadership in all
matters pertaining to the advancement
of Osteopathy; for protection,
information, advice, encouragement
and a too generous attitude towards
my personal weaknesses.

* * *

The small monetary fee that
makes us official members of the
A. O. A. is easily earned and becomes
due only once a year.

Our moral debts are constant
and in their discharge we lift
ourselves above the mediocre into
a sphere of tangible accomplishment.
Regardless of how much I do
or how well I do it I know that
always it will be,

I O U.

H. V. Halladay.

clinic assures them of direct contact with all common complaints and many of the rarer types. Our students are trained in general practice but the divisions of the clinic offer additional study and application of osteopathic principles in the several specialties.

Would you be able to play the piano without a piano to practice on? Would you be able to fly an airplane without proper instruction and the opportunity to operate the plane? The answer is exactly the same in the consideration of successful education in any line of endeavor. Perfection in diagnosis is difficult. It is impossible without actual contact with the normal and the diseased. The selection and administration of treatment cannot be fully appreciated without the opportunity of seeing actual cases and following thru with a carefully planned therapy. Confidence can only be established in the physicians mind by watching the effect of osteopathic methods and skill in osteopathic diagnosis and technic can only be obtained by repeated practice. Students at Still College are an intimate part of demonstrative osteopathy.

To St. Louis

We are rapidly approaching some eventful days. The semester closes the week following our publication date. Our Refresher Course will be next in order. The St. Louis Convention looms just ahead. We are prepared for all of these important dates and hope that you will enjoy these next few weeks with us.

We want to see you at our booth at the St. Louis Convention. Register and ask for one of the new catalogs and get first hand information about the only osteopathic college that has not lost in total students this past year.

We have a big reunion and banquet planned for the night of Wednesday, June 26 and we will expect to see all of you from every adjacent state and the majority from distances there. We are so confident of a big crowd that our entire faculty has planned to be present and will let you see for yourself the happy expression of a year well done. Some of these experts will be new to you and we want you to make the personal contact that will convince you that Still College is privileged to have the best faculty in its years of teaching. Many of them are on the program and you may hear their message. We are coming with a percentage of representation that we hope will be matched by the field and if so the Statler will have to hurry with an addition to the main dining room.

Surely it is gratifying to you, our Alumni, to know that your college is enthusiastic and optimistic and we hope this same feeling of confidence in the future has radiated to you. Come to St. Louis and get the feel of this new thrill.

DR. J. P. SCHWARTZ—
appeared on the program of the Minnesota State Convention May 3rd and reports an enthusiastic meeting.

DR. J. M. WOODS AND DR. B. E. LAYCOCK—
will speak on the program of the South Dakota state meeting May 13-14.

Assemblies

April 12

Dr. Walter J. Hodson was again welcomed by our student body and again entertained and instructed us in his unique manner. Dr. Hodson is one of the rare type that has a serious message and has the ability to put it over so that you like every bit of it. We sincerely hope that he will stop in Des Moines each year and visit with us for a day.

April 19

The Lambda Omicron Gamma fraternity sponsored an excellent musical morning for us with exceptional talent. Mr. Isaacson has a most pleasing voice. Miss Caplan has every one of the 88 notes on the piano under perfect control and Miss Parismann a beautiful soprano voice. The combination will long be remembered.

April 26

We are always glad to see and hear our old friend Dr. Arthur Wheelock of local distinction. Art drops in now and then for an informal chat but occasionally steps out with some highly technical ideas on the eye. We depend on Dr. Wheelock for a truly scientific solution of better vision.

May 3

Alumni Assembly

Our students enjoy many intimate contacts during their four years of study. The friendliness of our local Alumni is highly gratifying and each Spring these busy folks take a day off and mingle with us at the college. We are glad to give the Alumni an assembly for we can show to our students a fine exhibit of osteopathic success in our own community. Dr. Paul Park brought to the college his troop of performing officers and exhibited to the student body what concerted effort can accomplish in sympathetic understanding and interpretation of college problems. Our college is honored by the sincere group which consists of Dr. Paul Park as President, Dr. Ruth Paul as Secretary-Treasurer, Dr. Rachel Woods as Student Recruiting Chairman, Dr. Bruce Farmer as Membership Chairman, Dr. O. E. Owen as Endowment Chairman and Dr. Earl Sargent as Regional Director. Dr. Fred Campbell represented the National Alumni Association. When busy osteopathic physicians willingly take time from waiting patients to offer friendly and useful advice and help to growing members of the profession it is a sign of courtesy that is not common. The officials of Still College are extremely fortunate in having within easy reach a corps of affiliated workers that in turn appreciate the advantages of a growing institution rather than a neglected one. We thank you. We bow to your gesture of fidelity. And, folks, that is not all.

Read under the report of the activities of Polk County how these same Alumni entertained the entire roll of Iowa students in the college at a dinner. We wonder if you in the field real-

Senior Calendar

Comes now the days that move rapidly. Too many events are crowded into the few remaining hours before the curtain drops on the final exams and the graduating class. Thirty two ambitious young osteopathic physicians will march in line as have others before them, and following the shortest and sweetest two lectures from the President and Dean, will be suddenly changed from "undergraduate" to "Alumnus." As usual, we express our pride and confidence in this group and we present them as 100% members of the American Osteopathic Association.

Eldon Blackwood, A. E. Borchardt, Harold Bowden, Paul Calvird, Kenneth Dirlam, John Engemann, Alfred Ferris, Scott Fisher, Martin Friedenber, Gertrude Ganfield, A. I. Hirschman, R. M. Hover, Ersell Iosbaker, Lloyd Jackson, Ernie Johnson, Robert MacKay, Lavonne Overton, Edward Parry, Glasier Pease, Francis Renier, Rebecca Richardson-Von Wald, Leo Sanchez, William Seals, Harold Stanford, George Sutton, Dan Toriello, Vernon Von Wald, Glen Walker, Harry Wing, George Wirt, Neil Woodruff, Kenneth Wooliscroft.

Friday, May 17 will be the official Class Day for this group. At that time they will also receive the certificate of honor awarded by the college for extra and exceptional efforts during the four years of study.

Monday, May 20 the class will be banqueted by the trustees of the college and will have their last opportunity to feast together as undergraduates.

Friday, May 25 the Seniors of May, 1940 will become the Alumni of May, 1940 and will soon scatter to internships, state boards and to the family board from which they have been separated for four years.

We have enjoyed the four years of work and play with this class and extend to them our congratulations and very sincere good wishes.

School Picnic

The Student Council takes charge of two major social affairs each year the one in the Spring being the Annual All-school Picnic. This year the weather and all other factors were favorable May 9th and nearly two hundred enjoyed a day of recreation at Union Park. The morning and afternoon was filled with a program of athletic events the lunch being served about 1.30 during the rest period. Our comment might be that participation in athletic contests without proper preliminary training makes old men and women out of young folks in a hurry. All enjoyed the picnic.

ize the importance of moves of this type. Our Alumni are taking the initiative in the establishment of cooperation that will be carried into the profession. These are features that make Still College different and better.

I. S. O. P. S.

Just as we are going to press the delegates of the I. S. O. P. S. are meeting and deciding a number of things. We cannot give you a report of the state meeting for it is not concluded but we will try to get the newly elected officers in before the presses start rolling. So far the attendance looks like a record one and the program is attractive.

Flash

The following officers were elected late Friday afternoon.

President, Holcomb Jordon of Davenport.

Vice President, S. H. Klein of Des Moines.

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

Trustees, Mary E. Golden, B. D. Elliott, H. D. Wright, W. S. Edmund, R. B. Gilmour and J. J. Henderson.

J. P. Schwartz was elected to the legislative committee for a five year term. Delegates to the National Convention in St. Louis will be Jordon and Klein.

Dr. Jordon, your newly elected president, worked an extra hour and gave us the following list of appointments for the year. It is evident that Dr. Jordon in starting this next year off with immediate attention to committees and is anxious for work to be done.

The waiting period for action is to be cut to the minimum.

P. and P. W., N. A. Cunningham, Marshalltown.

Membership, H. L. Gulden, Ames.

Convention Program, S. H. Klein, Des Moines.

Convention Arrangements, Ruth Paul, Des Moines.

Hospitals, J. R. Shaeffer, Mason City.

Convention Exhibits, Roy Trimble, Montezuma.

Ethics, J. W. Rinabarger, Keosauqua.

Child Health, Lydia Jordon, Davenport.

Vocational Guidance, L. A. Nowlin, Davenport.

Publicity, J. R. Forbes, Ft. Dodge.

Veterans Bureau, H. D. Wright, Hampton.

Public Education, B. M. Hudson, Charles City.

Public Affairs, D. E. Hannan, Perry.

Radio, O. E. Owen and Verne Wilson, Des Moines.

National Child Health, Mary E. Golden, Des Moines.

Industrial and Institutional, Paul French, Cedar Rapids.

Our congratulations and best wishes to our new officers and their aides.

South Dakota

The South Dakota Board of Examiners in the Basic Sciences will conduct examinations June 7-8, address Prof. Gregg Evans, Yankton, S. D. The osteopathic examination will be held June 12-13, write C. Rebecca Strom, Sioux Falls, S. D., for further particulars before May 25th.

Polk County

The Polk County Osteopathic Association held the last meeting of the year on the evening of May 3rd at the Kirkwood Hotel. At this time the Association was pleased to have as guests, all of the Iowa students enrolled at Still College.

The guest speaker of the evening was Mr. Tyler, president of the State Pharmacy Board, and head of the Narcotic Division of the State of Iowa. Mr. Tyler gave a very interesting and instructive talk on Narcotics and Drug Traffic, and showed a number of pictures of addicts with whom local physicians might come in contact.

Dr. Rachel Woods spoke on Student Recruiting and told of ways in which the Iowa students present could help. Mr. George Sutton of the Senior Class responded and also thanked the Association for their hospitality.

The following officers were elected to serve for the coming year: President, Dr. Paul Park; vice president, Dr. L. L. Facto; secretary, Dr. Paul Kimberly; treasurer, Dr. D. E. Sloan.

Ruth Paul, D. O., Sec'y.

Michigan Dinner

So many good wholesome things have happened this semester that we are perhaps too optimistic of the future. Not long ago the president of the Michigan Club received a sum of money from a small group of our Alumni in Detroit. They gave orders for the boys and girls here to spend it as they wished and enjoy an evening at the expense of their good friends in Detroit. By careful management a complete evening of entertainment was planned which included a dinner, dancing and a theatre party. Dr. Campbell and other local interested members of the profession were present and some great plans were made for the Summer.

It is difficult for us to put into words our feelings relative to this most friendly act by our Alumni in Michigan. This is another instance of the thoughtfulness and sincere desire to keep Still College at the top. You fellows in Michigan cannot know the increased morale you have created by your contribution. It was not the money nor what it paid for in an evening of recreation. Our Michigan students know absolutely that they and the college have sincere friends back home and that is something.

Iowa Luncheon

Nearly fifty members of the Iowa D. M. S. C. O. Alumni Association met for a luncheon on Friday, May 10 at the Savery Hotel, during the session of the state meeting. Dr. Park, president, called the meeting to order and announced the speakers beginning with Dr. Arthur D. Becker, president of the college. Drs. Fred Campbell and H. V.

Halladay represented the National Alumni and each of the officers of the state association reported on the work of the association during the past year.

The general tone of the meeting was one of satisfaction in that considerable progress had been made but that increased co-operation was needed in some parts of the state. Dr. Becker told of the progress made by the college during the past five years and added that our educational standards would be maintained.

The excellent record of the officers warranted a continuation of their services for another year and the following were elected in toto without a dissenting vote. President, Paul Park; Vice President, Bruce Farmer; Secretary-Treasurer, Ruth Paul; Student Recruiting Chairman, Rachel Woods; Endowment Chairman, O. E. Owen and Editor of the Bulletin, Bob Forbes.

Iowa stands first in the matter of number of Alumni in one state. At the present time it is second in number of students in our college. This was discussed at some length and definite plans will be made to correct this discrepancy.

Many of those present indicated that they intended to attend the P. G. Course the last of the month and also would be at the National Convention and will attend the Reunion and Banquet that week.

New England Meeting

Dr. H. V. Halladay made the trip to Providence, R. I. recently to meet with the New England Osteopathic Association and appear on the program. A brief stop in New York enabled him to correct an error in the coming edition of Baird's Manual and to set the editor straight on the educational requirements of our colleges.

The New England meeting was well attended and complimented highly. The high light of social affairs was staged Friday night, May 3rd in the form of a Charity Ball sponsoring the Providence Osteopathic Hospital. Many notables in the legislature were present showing their support for the fine work being done by our profession in that state.

A short trip over the city and a stop at the hospital was accomplished between showers which according to the natives were usual at this time of year. Dr. Halladay stated that it was gratifying to see many of his old students contributing in every way toward the advancement of osteopathic principles all thru this section of the country.

Dr. Halladay met with the Alumni for a short informal session in Providence and on the return trip stopped in Chicago and attended an Alumni luncheon planned by Dr. Roy Mount of Tuscola, Illinois will be better organized this next year and we will be looking for increased support from that state.

Dr. Becker Busy

Our President, Dr. Arthur D. Becker, has been actively engaged attending a number of state conventions. He attended the Wisconsin State Osteopathic Association Annual Convention in Milwaukee on May 1 and 2, the Minnesota State Osteopathic Association Annual Convention in Minneapolis on May 3 and 4, the Ohio State Osteopathic Association Annual Convention at Cleveland on May 5 and 6, the Illinois State Osteopathic Association Annual Convention on May 7, and returned home in time to attend the Iowa State Osteopathic Association Annual Convention on May 9 and 10.

Dr. Becker reports good attendance at these meetings and fine interest shown. Des Moines Still College of Osteopathy alumni meetings were held in Milwaukee, Minneapolis, Cleveland and Des Moines with fine turn-outs and very evident interest and enthusiasm.

Previous to these state meetings Dr. Becker attended the Children's Health Conference at Kansas City and was the speaker of the evening at District meetings held in Fremont, Nebraska and La Salle, Illinois. He was the guest speaker before the Meridian Club at Kansas City and before the Kiwanis Club of Milwaukee, besides taking part in the general program at Milwaukee and Des Moines. Dr. Becker gave glowing reports of all of these various meetings and is of the opinion that the osteopathic profession is intensely alert and progressive.

A very distinct honor has also been delegated to our president. He will spend the week of May 13 in Washington, D. C. as an official representative of the A. O. A. at the Eighth American Scientific Congress. This congress is sponsored by the United States and this year is to be a part of the celebration of the fiftieth anniversary of the founding of the Pan-American Union. We have every confidence in our president's ability to bring to the attention of the assembly the scientific value of our osteopathic therapy.

Each of us as a part of our great institution feels the honor of this appointment.

Technic

The Technic Committee of the college has not completed its investigations but—we hope you have noticed the program of the Post Graduate Course. Three afternoons of the week will be given over largely to five members of this committee who will present to you the major findings in the Cervical, Thoracic and Lumbar regions. This is something that many of you have asked about and many more are waiting for printed reports of the work. These will be furnished later when the group has time to do the necessary editing. Your attendance at these Technic sessions will be appreciated and we will want your criticism.

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

THE LOG BOOK

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PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 18

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Number 6

P. G. Class

Much to the surprise of everyone one hundred twelve matriculated for the week of Post Graduate Review May 27 to June 1. With the National Convention so close both in time and distance we think this is a very high compliment to the college and its faculty. It was noted also, that the class was even more enthusiastic since the program was planned to emphasize the work of the general practitioner without stress being placed on any one of the specialistic types of practice.

The majority of those members of the faculty who have been reviewing Technic during the past semester were grouped into a team for three afternoons each week. It was unanimously agreed that this work should continue and be published as soon as the brief notes can be edited and arranged for the convenience of the reader.

The banquet was held at the Wayside Inn Thursday night and attended by sixty-four. The chicken dinner was perfect. Joe Clark and Tiny Andreen vied for honors on quantity consumed. Tiny won the prize consisting of a sack of bones provided by Fred Campbell and collected from various plates in the neighborhood.

Dr. Arthur D. Becker acted in the capacity of toastmaster and called upon Dr. J. P. Schwartz, Dean of the college. Dr. Schwartz reviewed briefly the progress of osteopathy and stated that our opportunities, even in pioneer work, are greater now than at any time in the history of our science. Dr. Ball of Blackwell, Okla., responded with a tribute to osteopathy and also stated that the practice of osteopathy is in its infancy and needs many more in the field. Dr. Jo Bowman-Buck of Sistrerville, W. Va., read the resolutions drafted by the class, all of which were complimentary and urged the continuation of the study of technic and a repetition of the course next year. Dr. Lawton M. Hanna of Clay Center, Kans., president of the class was introduced and Dr. A. B. Johnson of Louisville, Ky., secretary-treasurer also took a bow.

Entertainment followed consisting of a dancing and singing act under the leadership of Dora Mackay. Dora's two pair of Jitterbugs proved highly entertaining and her songs brought more encores than time would permit. Several requests had been made for a showing of an old movie and Virg Halladay aided by Fred

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D.M.S.C.O. ALUMNI

In a few short weeks we will be in St. Louis attending the National Convention of the American Osteopathic Association. This Convention has been developed to the stage where it is an intensive post-graduate course, covering all phases of Osteopathic work.

We all realize that we cannot absorb everything which is given us at this Convention without taking some time off to renew old acquaintances and for relaxation. Wednesday night, June 26th, has been set aside as Alumni night, at which time all the Colleges will have their annual Alumni Banquets. The Alumni Association of Des Moines Still College of Osteopathy has been making such strides in their organization work and in their work with Des Moines Still College that they have planned this evening meeting and dinner to tell you all of the things that have been done by the Association and by the College.

Present indications point to the largest meeting that has ever been held by this group. We are planning on seeing you there and will be greatly disappointed if you do not join us at this time.

Fraternally yours,
HAROLD E. CLYBOURNE, President.

St. Louis Next Week

With the closing of the college year and the completion of the the Post Graduate Course we can turn our attention now to the next big event in osteopathic history, the St. Louis Convention. With the majority of the profession within easy traveling distance this should be one of our largest conventions. The hotels and Auditorium are air-conditioned, and comfort while attending the sessions and at the headquarters is assured regardless of what Nature may decide on the weather. We want to see you and talk to you and we want you to see us.

Our Scientific Exhibit

This is a secret, but you must see it. Some time during your visit take a few minutes off and view one of the most spectacular physiological demonstrations devised. We will make a bet with you that you will return with friends and not once but several times before the end of the week. You might want this at one of your state meetings, so get the information on its use after the convention in St. Louis.

Our Booth

Be sure to visit the booth. The new catalog will be ready for your acquisition if you wish it or it will be sent to you on request. There will be some interesting pictures and other items of importance and of course we want you to register and leave the names of some good prospective students.

Our Reunion and Banquet

When you register continue down the line to a desk supervised by Sam Leibov. Sam has arranged a fine dinner for you at the Statler and Cy Clybourne has completed the plans for several interesting and very important items following the meal. We want to fill the dining room and the best way for you to get authentic information about our progress and future plans is to be one of the reunion group. Nearly every member of the faculty will be here to greet you and tell you why Still College is at the top and how we can keep it there.

ANNOUNCEMENT

The Radio Drama

"DR. ANDREW TAYLOR STILL"

The Origin and Progress of Osteopathy

Will Be Heard over the Red Network of the
National Broadcasting Company

June 22, 1940

TIME:

6:00 to 6:30 p. m. Central Standard Time

This is a special events program presented with the cooperation of the Committee on Public and Professional Welfare of the American Osteopathic Association (script by Harry E. Caylor) on the occasion of the sixty-sixth anniversary of the founding of osteopathy and the osteopathic conventions in St. Louis.

Senior Class Day

You should have been there. Nineteen interesting and exciting items on the program filling a two hour period Friday, May 17 kept everyone present at attention.

Dr. Halladay had the orchestra well in hand for the opening number and turned the program over to George Sutton for the graduating class. Dewayne Aspergren, a student of Hirschman on the drums, gave an exhibition of what an eleven year old boy can do if his energy is rhythmically directed. The Burke Brothers from Colfax needed more time and no one will forget the little brother, Buddy, slapping a dog house that towered at least two feet above his head. He had it under control. Gertrude Ganfield called the roll and for historical purposes checked the class thru its four years of losses and gains. Pan Meryman, a dancer of considerable repute was good but unfortunately limited by the small space on the platform. Dirlam read the Will, adding no sadness to the occasion. Miss Boute, harpist, played a number of selections all showing talent and training. Engemann read the prophesy and gave most of the class a break. Mr. Frink demonstrated remarkable technic on a real banjo putting William Tell on to five strings easily. Al Ferris personifying the class presented Dr. Leininger with a fine new Gyn examination table for the college clinic and added a memo pad for Dr. Shumaker and a cigaret case for Dr. Halladay. George returned the job to Dr. Halladay who conducted the orchestra in "I Believe in Miracles" honoring the graduating class.

Dr. J. P. Schwartz was called to the stage to present the Senior Awards but first presented Dr. Halladay with a beautiful Hamilton wrist watch. Dr. Halladay has been granted a year's leave of absence for study and recreation and the watch was a token of appreciation from the faculty and students for 25 years of teaching service. A little unnerved by the speech and gift, Dr. Halladay finally responded stating that he was not leaving the college but merely taking an extended vacation and would continue to maintain a close contact with the institution.

Dr. Schwartz then made the following Senior Awards. General Clinic—Sutton, Walker, Hover, Friedenberg, Ferris, Hirschman and Dirlam. Obstetrics—

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Fraternities

N. O. I. C.

Our program for the St. Louis convention has been completed. Note the items below and check in your memo book the ones you are to take part in as either an official or an Alumnus.

Registration

Beginning Saturday morning at the Statler in the lobby. Register as soon as you arrive so as to avoid the confusion of those who do not come in until later. The entire registration desk will be moved to the Auditorium beginning Sunday and will remain there for the rest of the week.

Monday Noon

All presidents, secretaries and local representatives will meet in the Press Room at the Auditorium for a business luncheon. Tickets are not sold to this luncheon but your organization is fined \$1.00 if you are not present. Some very important business will come before the Council this year.

Monday Night

PSI SIGMA ALPHA—Reunion and Banquet—6:30 P. M. Daniel Boone Room, Hotel Statler.
SIGMA SIGMA PHI—Reunion and Banquet—6:30 P. M. Parlor A, Hotel Statler.

Tuesday Night

ACACIA CLUB—Reunion and Banquet—6:30 P. M. Room 426, Hotel Mayfair.
ALPHA TAU SIGMA—Reunion and Banquet—6:30 P. M. Parlor B, Hotel Mayfair.
ATLAS CLUB—Reunion and Banquet—6:30 P. M. Ball Room, Hotel Statler.
AXIS CLUB—Reunion and Banquet—6:30 P. M., Daniel Boone Room, Hotel Statler.
DELTA OMEGA—Reunion and Banquet—6:30 P. M., Missouri Athletic Club, 407 Washington Ave.
IOTA TAU SIGMA—Reunion and Banquet—6:30 P. M., Parlor A, Hotel Statler.
PHI SIGMA GAMMA—Reunion and Banquet—6:30 P. M., Adam Room, Hotel Statler.
THETA PSI—Reunion and Banquet—6:30 P. M., French Room, Hotel Coronado.

Our Organizations

Still College is proud of its fraternities and sorority. They have had a good year with many things accomplished and have continued to work and play together in many activities. The Local Interfraternity Council is largely responsible for this happy situation and also the Student Council, whose efforts have always been toward a more cooperative group of students. We are firm in our belief that much can be accomplished by concerted effort and that the spirit of cooperation is born within the college. Perfection and absolute contentment tend toward ennui, but their attainment is an inspiration to work together for mutual benefit and this is the major ob-

jective of our combined organizations. We are still short of space but we want to give you a resume of each of our national organizations and list their officers for next year.

ATLAS CLUB

The past year has seen the most rapid and yet the most firm advance in the club since its installation. A home was purchased and the payments will clear it of debt in a short four years. About thirty boys have been taken care of in the house this past year and improvements have been made constantly in the accommodations and service. The Club looks forward to another year of successful operation, reminding the Alumni of the need for more osteopathic physicians and the opportunity for congenial associations in the new home.

James Watt, Noble Skull;
Donald Brail, Occipital;
Howard Johnston, Pyloris;
Dan McKinley, Receptaculum;
R. H. Johnson, Stylus;
Ronald Woods, Styloid;
Clyde Barr, Sacrum.

ITS

The fraternity has had a good year. Several new men have been initiated and the meetings at the I.T.S. Club House have been regular and well attended. It has been gratifying to note the interest in a number of the Alumni, who have not only been an important factor in the regular meetings but have been an inspiration to the initiates.

Charles Gray, President;
Keneth Wooliscroft, V. Pres.;
Jess Varner, Treasurer;
Jack Lilly, Corres. Secy.

△Ω

Our girls have taken an active part in every major event on the campus this year. Their bowling team made good. They have had many interesting meetings, some being held at the homes of Alumni within the city. Their report indicates the best year in every way for many seasons. We again stress the need for more girls in our college, with the assurance that our sorority will extend the welcome along with sincere gratitude for the opportunity to enlarge their field. Each girl has an objective in view for the summer. She is working to bring one back alive for the Freshman class this fall.

Lillie McClure, President;
Maxine Seablom, V. President;
Mary Toriello, Recording Secretary;
Rachel Payne, Corresponding Secretary;
Georgiana Harris, Treasurer;
Mary Williams, Guard.

ΦΣΓ

It is not the relief from being penned up for nine months that makes us restless but the thots of home cooking again, and so the boys at the house have been figuring days and even minutes until the last bell rang. It has been a good year. A fine series

of practical meetings together with plenty but not too much in social relaxation. The loss of eight graduating will have to be made up this fall, and Alumni take note. As they scatter to their homes, all are conscious of the need for more students and every member of the fraternity is enthusiastic over plans for student recruiting during the summer. Quote, "We will be with you again next fall fifty-two strong and will be at work all summer showing our loyalty to Still College."

Hary Plautz, Archon;
Howard Morey, Sub-Archon;
Jerry Brower, Pronatarius;
Charles Hall, Crusophulax;
Glenn Munger, Exastase;
Glen Deer, Phulax.

ΣΣΦ

It has been an exceptionally good year for Sigma Sigma Phi. This past semester the boys have accomplished some very fine things for the college aside from their regular schedule. The Bowling Tournament was run thru to a successful end, the awards being made at the Senior Class Day program. Not only has the fraternity maintained its standing from a scholastic standpoint but in its service to the college really stepped out with a gift of considerable value. A Cardiophone for the use of the clinic costing \$170 was presented to the college with the advice that the fraternity would also keep it in service. The officers for the past semester have given the undersigned something to shoot at this fall and with a continued spirit of enthusiasm we await the opportunity.

Paul Rutter, President.
Jack Miller, President
Charles Gray, Secretary.
Harry Plautz, Corresponding Secretary.
Jack Stanfield, Treasurer.
Paul Gehman, Sgt. at Arms.
Dr. E. F. Leininger, Thomas Koenig and Earl Lindsly, Trustees.

Washington Conference

Dr. Arthur D. Becker reports a most enjoyable as well as instructive trip to Washington, D. C. the week of May 12th as one of six delegates representing the A. O. A. at the Eighth American Scientific Congress. The Congress was held at this particular time in celebration of the fiftieth anniversary of the Pan American Union. Dr. Becker attended chiefly the sessions devoted to Public Health and Medicine under the chairmanship of Dr. Thomas Parron, Surgeon General, United States Public Health Service. He attended the official banquet held for the delegates on Thursday evening, May 16th, at the Mayflower Hotel where more than 500 guests from 21 nations in the Western Hemisphere were present. The fact that he made use of the Air Lines to and from the meeting to better conserve his time added to the interest of the trip.

Dr. H. V. Halladay Resigns



We are more than sorry to lose the services and the personal association of one of osteopathy's outstanding teachers and speakers. For some two or three years past Dr. Halladay has planned to lay aside his work and spend some time in his beloved Southwest in rest and in following up his hobby of cactus study and numerous associated activities. The best wishes of trustees, faculty and students, as well as of a host of friends, go with Dr. Virg, as he is known among his intimate associates. Dr. Halladay's untiring zeal and enthusiasm in his work here at the college and for the osteopathic profession as a teacher and as a publicist have made a most worthwhile contribution of constructive value. It goes without saying that his pen and his influence will continue to be potent forces both for the college and in the field of osteopathic educational advance.

Arthur D. Becker, D. O.

South Dakota Meeting

May 13 and 14 at Sioux Falls, S. Dak., were important dates for Drs. Woods and Laycock. Over half of the total membership in the state registered for the convention and all enjoyed the two days that were filled with important messages from the speakers. Dr. Laycock gave four talks on Technic and Dr. Woods appeared three times on the subject of Diagnosis.

The banquet was attended by an exceptionally large crowd that enjoyed not only the regulation program but also a fine travel film taken in Europe before the war.

Conditions seem to be good in the state and our graduates are all doing well according to reports brought back by Drs. Woods and Laycock. Plenty of openings yet and the state association is making organized efforts to get more into the state.

Dr. Woods reports in addition that the next time he drives Dr. Laycock thru northern Iowa he will insist upon a blindfold. Byron wanted to get out and start right then after pheasants. Byron, let's give you a tip. Those Iowa pheasants keep one eye on the calendar and the other on county lines and when you carry a gun they become invisible.

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

Encouragement

A long time ago I heard of a town character who said, "Them that has, gits." How true it is that success seems to stimulate still greater success and that reasons for optimism breed even more optimism. Des Moines Still College of Osteopathy has just completed one of the most successful and constructive years in the history of the institution. Our increase in enrollment; our additions to equipment in several departments; and our better organization and capitalization of the large amount and comprehensive character of clinical material available have proved to be inspiring experiences. We have the largest and the best qualified faculty group that has ever been our good fortune to assemble. The organization of our alumni, both in national and state associations with their evident enthusiasm and continued interest, is in itself a sure guarantee of our future.

This did not start out to be a self-congratulatory article. To say that we are pleased with the progress of the past few years is putting it mildly, but we are by no means satisfied. We rather take past achievements as an earnest of what we may hope to accomplish in the coming years. We have a bigger, broader and more solid platform from which to start. Inspired and encouraged by our alumni groups we are setting up an ambitious program to be crystallized in the coming weeks and to be announced in the early fall at the Annual Homecoming (October 18th). We have plans in process of accomplishment assuring Des Moines Still College of Osteopathy as one of the real leaders among osteopathic educational centers.

Osteopathic education must have as its objective the thorough preparation of qualified young men and women as competent osteopathic physicians and surgeons. There must be no hesitancy in establishment and maintenance of high scholarship standards and advanced educational requirements. Osteopathic physicians and surgeons must be superior.

A. D. B.

Dr. Kelsey

Dr. Pat Kelsey, for the past two years associated with the Des Moines General Hospital, will in the future be associated with Dr. H. J. Marshall in his office in the Liberty Building.

Coffee

Not long ago I stepped into the coffee shop at the station in Cincinnati, Ohio. The walk from the train shed up the ramp and down the beautiful foyer had given me an appetite and in glancing over the coffee shop it looked as if several hundred others felt the same way. Coffee seems to be a staple item of diet with the American. I wish that Osteopathy were as universally used. But I did see several points of similarity.

I noticed some that took their coffee straight. No cream, no sugar. Then there were the various mixtures of a little or more of each of these two common in added ingredients. Basically it was the coffee that appealed to the diner. He could have had a cup of hot water or tea and used the cream and/or sugar in the same desired proportion.

More and more people each year are acquiring the taste for osteopathy. Some prefer it straight without the touch of cream or sugar. Basically they want osteopathy and we have too few osteopathic shops along the way or even at the crossroads of traffic.

I wonder if you cannot make a special effort this Summer to interest some young man or woman in the business of starting a shop that will serve osteopathy. There are many who have had the preliminary college education and are not settled as to their future. All they need is a word of explanation and encouragement and a few indisputable facts about the opportunity.

A new class matriculates in this college early in September. A new catalog is just off of the press and designed to interest college students. Keep these uppermost in your mind all thru the Summer season and make it your business to contact two or three who are waiting for the information that you can give. Let us have their names and we will help.

H. V. H.

Drake Relays

Weather a little cool but sunny and with a bigger crowd and more competitors the Drake Relays demanded the service of several of our qualified Seniors. John Engemann, Glasier Pease, Al Ferris, Glen Walker, Paul Gehman, Bill Seals and Jack Miller each claim to have worked consistently and effectively. Having been at this for many years it is our opinion that about half of them watched and the other half worked.

The Relays each year offer osteopathic contacts with coaches, trainers and athletes from nearly every large university and college in the country. There is not much to be done, for these boys come prepared to put forth the acme in physical effort. It is the occasional accident or strain that needs attention. When that happens Still College is on the job.

Graduation

Thirty-two capped and gowned qualified Seniors marched to their seats in St. John's Lutheran Church on the evening of May 24 assembled for the last time. Dr. Weertz, pastor of the church, offered the invocation and Mr. Gfeller accompanied by Mrs. Gar-ton furnished the music.

Dr. Frank F. Jones, president of the American Osteopathic Association, addressed this class telling them of the growth and development of their science and the opportunities that spread out before them. It was a fine address and an honor to be graduated under the eye of our leader of the year 1940. Following the presentation of the class Dr. Arthur D. Becker administered the Osteopathic Oath, this being the first class to take the oath at their graduation. The roll is called and each receives his diploma together with the congratulations of Dr. Becker and Dr. Jones. A reception follows and the audience of friends and relatives add their good wishes.

Another class passes thru the portals of the college. Four years ago when they entered the date of graduation seemed too far in the future for comprehension. But, all agreed during the week of Senior affairs that the time had passed all too quickly. It seems so to us who are left to carry on with classes that are advancing but we and all concerned are happy that we can present to 32 communities a qualified osteopathic physician whose record has been satisfactory or he would not have been awarded the legal document that was presented to him. Our regret is that we have so few for the opportunities for service in our profession are so many and so wide spread that we wish for more to fill the needs.

Our sincere congratulations go with this class and we will expect them to keep in touch with the college and write us of their successes.

Senior Banquet

On Monday evening, May 20th, the college banquet for the graduating seniors was held in Younger's beautiful Tea Room. More than seventy were present. The tables were beautifully decorated with flowers, with tulips as the main theme. Dr. Arthur D. Becker, president of the college, acted as toastmaster and brief talks extending congratulations with sprinklings of sage advice were given by Dr. J. P. Schwartz, dean of the college, and by Drs. E. F. Leininger and O. E. Owen. A. L. Ferris, president of the class, responded for the class in happy and well-chosen remarks. Trustees, faculty and senior students look forward in happy anticipation to this event as one of the brilliant affairs of the school year.

Senior Class Day

(Continued From Page 1)

Ferris, Overton, Richardson, Wing, Borchardt, Dirlam, Walker and Sanchez. Anatomy—Friedenberg and Hirschman. Band—Calvird and Parry. The Psi Sigma Alpha valedictorian honor was won by Borchardt who will have his name inscribed on the plaque in the waiting room of the college.

The Sigma Sigma Phi presented the college with a P. A. System fitted with a special microphone for the heart. This valuable instrument was used during the Homecoming last December and found so necessary that the boys saved their pennies and other coins for the rest of the year in order to give future students an added piece of very valuable equipment. The fraternity is to be congratulated sincerely for their good judgement and denial in order that the college might have this gift. Sigma Sigma Phi awards were also given for Service to the College to Becky Richardson and for Excellence in Osteopathy to Leo Sanchez. The Bowling awards given also by the fraternity were won by the Phi Sigma Gamma fraternity and the individual high scores went to MacAdams for the girls and Cronin for the boys.

The Lambda Omicron Gamma Honor Key was awarded to Martin Friedenberg by the Grand Chapter of the fraternity.

Osteological Keys for excellence in the Freshman class were given by Dr. Halladay to Belden, Clausung, Cullen, Gay, Irish, Frantz, Pinchak, Rosich and Sweeney.

Bertram Waskey won the essay award offered each year thru the A. O. A. the subject this year being "Osteopathic Treatment of Pneumonia."

Dr. J. P. Schwartz announced Isobaker, Renier and Toriello as having won the internships at the Des Moines General Hospital.

Charles Parker, our engineer, was called to the platform and Dr. Halladay presented him with a deed to a little home that Charlie has been buying on contract, thus completing a long list of payments.

Well—it was a fine program. A lot of awards for service and fidelity to the college and to our science. A lot of work done and the records closed with honor. A fine program without the usual razzing of a few that at times has been carried a little too far. We congratulate the graduating class on the excellence of the program and hope that others that follow will be mapped along similar lines.

PEARSON HOSPITAL—

We have a little note from Penn'a stating that Dr. H. Dale Pearson has opened a hospital in Erie, Pa. It is licensed by the state and is equipped for acute and chronic non-surgical diseases, obstetrics, minor surgery and diagnosis. Good luck to you Dale.

I. S. O. P. S.

The Board of Trustees in special session May 26th, concluded their deliberations on the selection of a Secretary-Treasurer for the ensuing year with the employment of Attorney Dwight S. James as its Lay-Secretary-Treasurer. Mr. James took over his official duties on June 1st and will be in attendance at the St. Louis convention in the interest of that new responsibility.

Delegates and Alternates to the House of Delegates were named by the Iowa Trustees as follows:

Delegates:

Holcomb Jordan, Pres.
Mary E. Golden
S. H. Klein, Vice-Pres.

Alternates:

J. J. Henderson
W. S. Edmond
Laura E. Miller

The fully paid membership on June 1st is up for a new high of 40 more than as of this date a year ago. Response of delinquent members to the monthly dues statements improves that ratio daily. Including the following applications received since May 1st, the total roll stands at 255 today. With so little of timely contact assistance, coupled with the ambitious plans of the new Membership Chairman, Dr. H. L. Gulden, there could actually and easily be developed an early increase of 100 from among the 175 non-members in this state. The obligations of membership include such cooperation. If no objections are filed with your secretary by July 15th, the following applicants will by regulation be enrolled as members.

Applications for Membership

Anderson, M. R., Adair
Andrews, S. M., Oelwein
Bobenhouse, H. A. Bode
Conaway, J. H., Bridgewater
Dirlam, Kenneth M., Des Moines (40)

Fedson, C. H., Des Moines
Garton, J. G., Chariton
Ge Meiner, F. M., Newell
Gamble, H. C., Council Bluffs
McNerney, J. R., Ledyard
Morrison, Martha, Shenandoah
Parry, Edward D., Des Moines (40)

Stoddard, Genevieve, Des Moines
Sutton, George W., Des Moines (40)

Toriello, Dan, Des Moines (40)
O'Shana, R. P., Carlisle.
Wing, Harry E., Des Moines
F. A. GORDON, D. O.

P. G. Class

(Continued From Page One)
Campbell arranged the props. It was the first viewing for many present of a movie taken of the Old Doctor and several other scenes related to the early days of osteopathy. The beautiful country home, the perfect weather, the excellent meal and the fine entertainment left each of those present with a glow of satisfaction marking the end of a perfect day.

Dr. A. B. Johnson, treasurer of the class, presented Dr. Arthur D. Becker with a sum of money Friday, to be used in the name of the class in extending the professional magazine subscriptions for the library. The college wishes to express its gratitude for this gift and will distribute the sum to the best advantage of our student body.

The class work continued until noon of Saturday and the majority of the class was there until the final bell closed the 42nd Anniversary Post Graduate and Review Week. We will have another next year and we hope our two faithful students from K. C., Drs. Clark and Carroll, will not be delayed as they were this week. It was good to see the many new faces of some we had not contacted for several years and also many who were here for their first time and it was highly gratifying to see the many who have repeated with us for the past several years.

We will see you again next year.

Resolutions

We, your Committee, Resolve that we as Practicing Osteopathic Physicians do appreciate and consider invaluable, to us and our profession as a whole, this opportunity to attend such sessions as has been given here this year.

Be it also resolved that each and every one of us do personally and collectively commend each member of the staff of Still College that have in any way contributed to the preparation or presentation of this P. G. course.

Be it further resolved—That we especially appreciate the very courteous manner in which all services have been rendered by our instructors and received by our classmates.

Be it further resolved that we especially appreciate and consider very fitting and proper the efforts that have been made by certain members of Still College Faculty to reduce "Manipulative Therapy" to a more scientific and therefore tangible fact, and may this movement grow and prosper.

Be it further resolved that each and every member of this 1940 P. G. Class consider himself a committee of one to offer our time, talent and means to the further growth and development of Still College. May our efforts be those of cooperation and "constructive" criticism. Let's always be Optimists—never Pessimists.

Be it also resolved that we consider this the most valuable and altogether satisfactory Course it has been our privilege to attend, so we hereby recommend like courses be made available annually, if possible.

Then let us resolve to promulgate Osteopathy and the interest of Still College to such a degree in our respective communities that many worthy young men and women may be influenced to enter our schools and our profession.

In conclusion then, let us resolve our Thanks and Congratu-

lations to Dr. Arthur D. Becker and his able staff for a valuable course unselfishly prepared and ably rendered, as well as a congenial good time. In closing we resolve that a copy of these Resolutions be handed to the editor of the "Log Book" for publication.

Submitted very respectfully by your Committee.

(Signed) Dr. Chas D. Ball, Chm.
Dr. A. J. Bowman-Buck
Dr. C. C. Jackson

P. G. Alumni Luncheon

Thirty-five Alumni of the college sat down to a fine luncheon at the Savery Hotel Wednesday, May 29. The majority of these were in Des Moines attending the Post Graduate Course and Dr. Fred Campbell took advantage of their presence and called them together. As an official of the national organization Dr. Campbell acted as toastmaster and called upon a number for reports.

Dr. Arthur D. Becker spoke briefly on the improvements at the college and stressed the importance of Alumni coming to Des Moines to be convinced of the many changes for the improvement in teaching.

Dr. H. V. Halladay, College Representative of the national association, reported on activities in several of the states and asked that a greater interest be shown in state units of the Alumni organization.

Dr. Paul Park, president of the Iowa Alumni referred to the need for more intimate contacts thruout the Alumni with prospective students and sources of endowment and foundation funds.

Dr. Ruth Paul, secretary of the Iowa Alumni, outlined the Iowa plan and the many items on the past year's program that have been of great aid to the college and students.

Reports were given by Drs. Andreen of Michigan, Stevison of Missouri, Clark and Naylor of Ohio, Bowman-Buck of W. Va., and Heian of Wisc.

Dr. Ball of Okla. reminded these present of the newer requirements and that as osteopathic physicians we must and can meet these.

Many compliments were passed on the Alumni plan and the changes at the college in added physical equipment and faculty. All left the luncheon with the determination to work just a little harder this next year on the two major items of the Alumni program—Student Recruiting and Foundation Funds.

Inspection

Dr. R. MacFarlane Tilly of Brooklyn, N. Y., was with us April 21 and 22 in the capacity of inspector for the A. O. A. It was a real pleasure to see and talk to Dr. Tilly again and the faculty enjoyed a luncheon with him Monday, April 22. Dr. Tilly wasted no time while in our city and kept us busy opening doors and records.

W. Va. Convention

Dr. Halladay returned recently from a meeting of the state association in W. Virginia and reports a most enjoyable trip. It seems that he had planned the journey originally so that he could contact some relatives in Charleston and made this his first stop. Mr. and Mrs. Dick Yates of Charleston invited Drs. Ure in for breakfast adding to the pleasure of the visit. A bus trip across the state to Bluefield was marred some by the heavy rain but proved the dexterity of the bus driver under some rather trying conditions. The program in Bluefield was filled to the minute. Two talks before high school boys and girls early Monday, May 20, followed by an hour on the program. A noon luncheon with 14 of the 25 Alumni in the state was held at Jimmie's and was enjoyed by all. Ab Graham was elected president of the W. Va. Alumni and immediately appointed several chairmen to start working on the major items of the National Alumni program. The food at Jimmie's was worth the trip to Bluefield. A talk in the afternoon was followed by a trip to the famous Pocahontas Exhibition Mine and don't miss it if you are near there.

The banquet in the evening was attended by over 80 being the largest for many years. Antichicken P. Meador acted as toastmaster and carried on successfully. Dr. O. O. Bashline, gave an excellent address on the value of osteopathy. Still College Alumni led by Benny Kinter surprised Dr. Halladay with a Ronson cigaret case and the local Lion's Club Quartette entertained assisted by Miss Smith. Dancing followed the banquet until an early hour.

Two talks on the following morning's program topped by a talk at the Rotary Club at noon ended a strenuous two days for Dr. Halladay. Dr. Cudden and wife offered him a drive back to Charleston that was interrupted many times by stops for camera shots. Another high light of the trip was the gift of Harry McNeish who brought a W. Va. cactus for the Halladay collection. The return trip was uneventful except for a short stop at the A. O. A. office between trains. It was a swell meeting.

DOCTORS' HOSPITAL—

An item from a Columbus, Ohio paper describes the acquisition of the stock of the Doctors' Hospital by a group of osteopathic physicians and surgeons in central Ohio. The new officers have not been named according to the notice but Drs. Licklider, Clybourne, Watson and Konold are mentioned as possible officials. We certainly wish this group of osteopathic physicians continued success with this opportunity for expansion of their services in Ohio.

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

THE LOG BOOK

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Volume 18

July 15, 1940

Number 7

Corporate Board

Each year following the regular college year the corporate board of the college is called together to check over the activities of the past twelve months. This meeting was scheduled this year on May 11 and attended by more than the number necessary to establish a quorum.

Dr. Arthur D. Becker's opening report was perhaps the most gratifying one that has ever been received by the board. Dr. Becker reviewed the accomplishments of the year briefly stressing the points that proved conclusively that the trustees had been alert and that the general conduct of the college was to be highly praised.

This past year has seen Des Moines Still College of Osteopathy at the top in the matter of percentages of increase in students. No other college of osteopathy has had an increase in each class and this is a record year for us in Des Moines.

The faculty of the college has been augmented and Dr. Becker stated that it was the best organized faculty and the most authoritative in the history of the college. With minor changes this faculty remains intact thruout the coming year.

Equipment has been improved in a number of the departments of the college. The acquisition of two thousand dollars worth of microscopes is only one of the items that have been purchased this past year for the benefit of the students. Several important projects in the preparation of laboratory specimens have been completed and much of the time this summer will be used to continue the series of models being made for the Embryological Laboratory.

The building has been kept in A-1 condition by constant cleaning and painting and with some slight rearrangements has been made more convenient for the use of the Clinic. This has increased considerably during the past year and is weak only in number of students to handle the many cases presented for osteopathic care. Our Seniors have been overworked thru the entire year.

Dr. Becker complimented very highly the several Alumni projects that had been planned and completed during the year. The Homecoming Jubilee and others have increased the interest and loyalty of our Alumni so that we feel that there is an added support from our graduates in practice.

(Continued on Page 4)

ATLANTIC CITY NEXT

Without much opposition the city famous for its Board Walk will entertain the osteopathic profession next year. Atlantic City is known not only for its beach but also as a convention city and we are certain that with the profession not having visited this resort, in toto, on any other previous occasion the convention next year will be well attended. Our congratulations to Atlantic City and we are preparing now for a visit to our most famous Eastern Spa.

AT ST. LOUIS LAST MONTH

Our Booth was not hidden so deeply that it could not be found for about 75 registered with the secretary. Mrs. Robinson reports that the general tone of those who stopped to talk and register was encouraging and quite a number of prospective names were handed in. The new catalog excited plenty of compliments and the topic of recruiting seemed to be paramount in the minds of the majority.

Our Scientific Exhibit, attended by Ronald Woods, excited considerable comment. The majority seemed to think it took a little too much time to fully comprehend but those who hesitated for a few minutes expressed themselves as being well paid for the study. The booklet prepared especially for this exhibit was taken by the majority and with the intention of making a further study of the illustrated physiological processes.

Our Banquet and Reunion was a complete success. Due credit must be given to Sam Leibov of St. Louis for all of the preliminary arrangements and the completed business of the tickets sale up to the last minute. Over eighty Alumni and visitors enjoyed fully the meal and the talks that followed. Cy Clybourne had the program well in hand and went thru the routine like an old timer M. C. Not a dull moment, the talks being limited and the substance of each extremely important in the future of osteopathy and our college. Altho one of the busiest men at St. Louis, Dr. Frank F. Jones took time to step into the room and greet the assembly for a few minutes. Dr. Jones is an Alumnus of our college but had previously promised to speak at another banquet. His talk was another inspiration to strengthen the defences of the practice of osteopathy.

Reports by the Alumni officers were short and to the point. Dr. Becker announced the reduction of the debt on the college and pointed out the many advantageous changes made during the past few years. Roll Call revealed three dating back to 1903, Drs. Arthur D. Becker, J. S. Schweiger and S. W. Irvine. Dr. Paul Park announced plans for the Homecoming Jubilee to be held October 18 and issued a special call to all present to spread the news and make arrangements themselves to be on hand for the day. Dr. Clybourne outlined the "Eight Year Plan" and received the applause of the ensemble for the many important items listed. A new constitution and by-laws was adopted vesting considerable power with the chairmen of the geographical subdivisions of the association. The nominating committee headed by Dr. St. Amant brought in a slate that was approved in record time. Alumni of Still College will be proud to know that their leader this coming year will be the retiring president of the A. O. A., Dr. Frank F. Jones. Dr. H. V. Halladay was elected to the office of Vice President, Dr. J. Paul Leonard, former Secretary will assume the obligations of the College Representative, Dr. Paul Park will fill the office of Executive Secretary-Treasurer, Dr. John Rogers will continue as Foundation Councilor and Dr. Fred Campbell as Student Recruiting Councilor. This group of officers will have plenty to do and will do it. The cooperation of the Alumni in the field is not requested, it is demanded and not by the officers but because of the need now for complete cooperation on the part of each graduate of this institution. The outlook at the college is better than it has ever been. The officers of the college and the Alumni agreed that with concerted effort from the field that we can not only maintain the prestige we have enjoyed for the past two years

(Continued on Page Four)

Half Gone

The past six weeks have been busy ones for all of us. We at the college completed the year's work and added a week of Review that was thoroly enjoyed by the class and the faculty. We then started to prepare for the St. Louis Convention and now we find ourselves ready for that much needed vacation. But—there is still much to be done and summer is half gone.

Checking with the office we find that new names are coming in with nearly every mail. Our students are scattered over the country and are at work for the college and for osteopathy. They were here last year and witnessed the improvements and the enthusiasm of a successful year in every way. They are anxious to pass this opportunity on to some young man or woman who has not learned the need of more physicians of our training. We wish we could inject into each of you in the field the same feeling so that wherever you go you will have constantly in mind the need for making contacts with possible students of osteopathy.

There are several outstanding items that should be given consideration in the selection of a college. We have tried during the months of February, March, April and May to give you thru the pages of the Log Book an idea of the educational plan we follow at this college. We feel that we have the proper faculty group to present the program of teaching. The additions and changes made this year have added considerably to the strength of our teaching staff.

We have carefully planned the teaching of our Basic Sciences so that a continuity is maintained and the student is led gradually to the more specific subjects of therapy and its osteopathic interpretation. The introduction of specific osteopathy is graded to the gradual advancement of the student to the clinical demonstrations. The practical work of the Clinic is divided for convenience and efficiency. We wish you would review these major features of our educational plan and expand your appreciation of our efforts beyond the confines of your office.

We want you to feel the importance of a proper plan for the study of osteopathy and if we have not strengthened the chain of study, write us your constructive ideas. We want our

(Continued on Page 4)

N. O. I. C.

The meeting called for Monday noon, June 24 in the Press Room at the Auditorium was the most successful of any enjoyed by our organization. Dr. F. A. Gordon, President-elect of the A. O. A. and President of the N. O. I. C. presided and following the excellent lunch went thru the business of the organization as rapidly as efficiency would permit. Each organization was represented by one or more official delegates. Since no organization was able to qualify under the rulings made in the membership contest, Dr. Gordon continued the prize for another year. His report proved an incentive to considerable discussion about the plan and the desire on the part of the membership to be granted the privilege of an extension of time. The Council approved with thanks the president's report.

The major feature of the report of the Secretary, Dr. Halladay, was the success recently achieved, in establishing our official fraternities and sororities in Baird's Manual, The World Almanac and Banta's Greek Exchange. Very few of the profession realize what this means for the very simple reason that they pay so little attention to their fraternity or sorority after graduation. If we are to maintain a standard and increase the usefulness of our members we must have more cooperation from the field. It is to be hoped that with the accomplishment of the past year a notable one, that the future will bring out a more complete appreciation of the value of attention to the needs and important place of osteopathic fraternities and sororities.

The subject of student recruiting was fully discussed and brought out many excellent ideas that will later be incorporated into a report. It is unfortunate that there is no provision for an official committee for this work under A. O. A. supervision. The matter of expense of course must be taken into consideration. It is well known that we must begin an intensive drive for students in all of our colleges and this will be initiated in a limited way thru a committee appointed from the council. Some of our chapters are suffering now from the decrease in number of students in our colleges. It is believed that with the Alumni of these eleven organizations aware of the situation that they will make an extra effort to send into our colleges young men and women who will not only fill the need in the field but will, during their college career, begin their education in organization work by joining one of our affiliated fraternities or sororities.

A very definite stand was taken on "Hell Week." This has been eliminated in the majority of our chapters but was erased completely by a very short motion. With the raising of our standards we have most certainly advanced from the high school age to the college and with many of our

pledges fully acquainted with this part of an initiation ceremony it detracts from, rather than adds to the interest in the organization. We hope to have reports soon of educational substitutes for that part of the initiation commonly known as "Hell Week."

We are glad to report complete accord between our two honorary fraternities on several matters, the settlement of which will divide their interests and raise their standards, both of which will increase the prestige of these two important fraternities.

As a matter of greater efficiency the recommendation was made to elect secretaries for a period of five years. This was agreed upon by all and our reports to date indicate that the majority have complied with the request.

Dr. J. Paul Leonard, retiring president of the Atlas Club, was automatically inducted into the office of President of the N. O. I. C. and Dr. Halladay agreed to carry on the office of Executive Secretary for one more year. This was taken on the supposition that the majority of the work done by the office would be assumed by the Local Committee of the convention and the P. & P. W. of the A. O. A. This, however, does not leave the office with twelve months of vacation in between meetings for if we are to continue to prove ourselves worth while there is still much to be done in each Grand Chapter.

The very sincere thanks of this office go to Eddie Sommers, Harold Hoermann, Ernie Moore, Nannie Chappell, Pearl Thompson, Walter Bailey, Ellsworth Whitmer, John Hayes and Dewey Millay for their excellent cooperation in putting over the details of the ten banquets and reunions. These men and women not only fulfilled their duties with this group but had many other responsibilities all of which were carried to satisfactory terminations. We hope the Local Committee at Atlantic City will find as willing a group of workers as we have dealt with this past year in St. Louis.

H. V. Halladay, Exc. Secy.

Halladay Wins Prize

When the smoke had cleared from the voting on the prize for the best editorial written this past year on A. O. A. Membership it was found that Dr. H. V. Halladay of the Log Book stood out in front. In addition to a certificate of merit for his writings, Dr. Halladay was presented with an onyx desk set, properly inscribed. Dr. Halladay says he knows this fine piece of editorial equipment is supposed to rest on a modern desk in some modern office but it will probably be just as inspiring on a packing case in the desert and will be tried out that way.

The college is very proud to have this honor brought to the Log Book and our institution.

Continuous Service

Still College takes great pride in presenting to you eight members of the faculty who are on call at your pleasure. Our college enjoys a clinic that is constant and extensive. The departments of this clinic operate thruout the full twelve months of the year. It is, therefore, necessary for us to have expert clinicians available at all hours and laboratories equipped and ready for use in any emergency. Patients registering in the General Clinic and in the Obstetrical Clinic often need immediate attention. This group of eight members of the faculty do not have to stand and wait for opportunities, they are in constant demand and are busy even thruout the summer months.

Dr. Arthur D. Becker

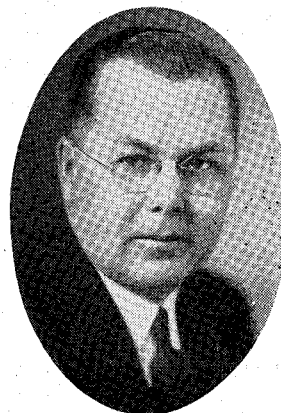


Our president keeps a watchful eye on every item that goes into the education of a Still College graduate. Keenly aware of the demand for increased osteopathic service he is fully appreciative of the need for quantity in the classes and yet supports the added preliminary entrance requirements. His interest in increasing our number in the field is balanced perfectly by his watchfulness over the thoroughness of the work of the teaching staff. According to Dr. Becker, a poorly equipped graduate is not only a detriment to the college that claims him but is a liability to the whole profession. Our president takes great pride in his staff of educators and his Alumni.

For over thirty years Dr. Becker has been a leader in osteopathic organization and education. On numerous occasions the profession has shown its confidence in his ability for he has filled nearly every office offered by organized osteopathic groups. The profession knows that with Dr. Arthur D. Becker as the leader at Still College that each graduate will be well trained and fully prepared to give expert osteopathic service in any community.

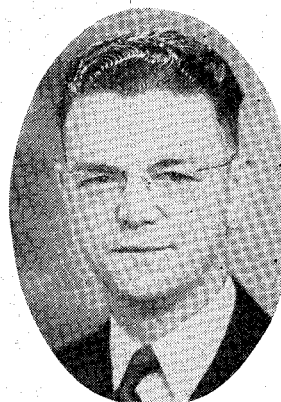
Dr. J. M. Woods

The profession knows that Dr. J. M. Woods is a keen diagnostician, a thoro osteopathic physician and an excellent instructor. For the past eighteen years Dr. Woods has been intimately associated with the college. For the past several years he has been



devoting much of his time to the Clinic and is now at the head of the General Clinic. Beginning with the teaching of Anatomy, Dr. Woods quickly branched into the subjects related to the diagnosis and treatment of all divisions of the listed diseases and is an expert in Differential Diagnosis. His extensive private practice proved an excellent background for his continuous service in the Clinic during recent years. The college is fortunate in having at its disposal the talent of Dr. J. M. Woods.

Dr. L. L. Facto



Osteopathic Technic is the basis for osteopathic therapy. In Dr. L. L. Facto we have an expert in analyzation and practical application of all forms of osteopathic technic. His appearance on the programs of the many state conventions and the national is sufficient evidence of the high esteem in which he is held by the profession. Dr. Facto is a member of the Clinical Staff of the college and has specialized in diseases of the nervous system. His students know him as a hard master in class, not appreciating at the moment his deep interest in developing their ability in a difficult subject. Structure and Function are his hobbies and these two formulate the major principles of osteopathic practice.

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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

Annual A. O. A. CONVENTION

Another annual convention has come and passed into history. To say that it was worth-while is a feeble expression. It was momentous! The sessions of the house of delegates and of the board of trustees of the A. O. A. were fine examples of the growth and development of osteopathic legislative bodies. The new officers are tried and true exponents of osteopathic solidarity. Our unlimited support and loyalty is hereby pledged to them in the many tasks now before them.

A word of congratulation to those whose untiring and intelligent efforts made this 44th annual convention an outstanding success. The program was well planned and excited the sustained interest of those who were fortunate enough to attend. The section programs were of unusual merit. Even the weather man went out of his way to make his contribution.

Many problems of greatest possible importance confront our profession at this time and these problems were carefully considered by officers, trustees, delegates and various affiliated groups and these groups deserve and will require the united and unstinted support of every osteopathic physician and surgeon in practice. That they will have such support goes without saying. Osteopathy has rapidly moved into the front of big events and will give a good account of its stewardship.

Arthur D. Becker, D. O.

I believe that the convention was the best that I have ever attended. Certainly the Municipal Auditorium was an ideal place in which to hold it. Of the sessions I attended, the symposium on Osteopathy and the film on the second lumbar lesion were outstanding.

Speaking of outstanding things; some of you missed the real treat of the convention—the D. M. S. C. O. Alumni Banquet. It was a record breaker. L. L. Facto.

* * *

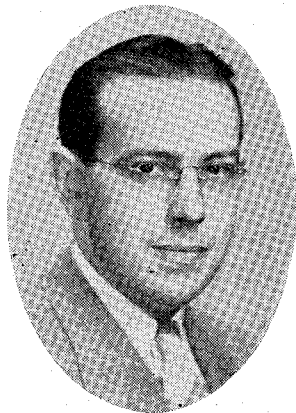
The arrangements, hotel accommodations, cooperation of the Local Committee, publicity, etc., were all fine and couldn't have been better. It was one of the best conventions I have had the pleasure of attending. (Note—Dr. Marshall was reelected President of I. S. O.) H. J. Marshall.

The delightful weather furnished by the Local Committee—the yearly amazement at the energy and efficiency of Dr. R. C. McCaughan—the way registration is being handled—the scientific exhibits, while not as extensive as some, were decidedly worth while—wishing there were not quite so many sections or that I were triplets—hoping that the Manipulative and Technic sections will get together—the proud belief that my flower garden beats those in Shaw's Gardens—seeing old friends and making new ones—the D. M. S. C. O. banquet—the one thing that exceeded my expectations—many new things learned and old knowledge polished—a profound feeling that A. O. A. Conventions are worth while . . . J. M. Woods.

Dr. Dornbush

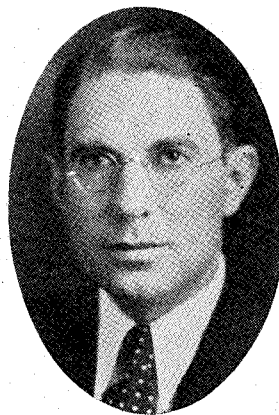
A news clipping has been received stating that Dr. Frank Dornbush, formerly of Stubenville, Ohio will, in the future, be associated with Dr. Russell Wright in his Sin-O-Vac Clinic in Detroit. Dr. Dornbush is not a stranger in Detroit, having interned at the Detroit Osteopathic Hospital following his graduation in 1929. We are certain that Dr. Dornbush's move to Detroit will be mutually beneficial and extend to him and Dr. Wright our best wishes.

Dr. E. F. Leininger



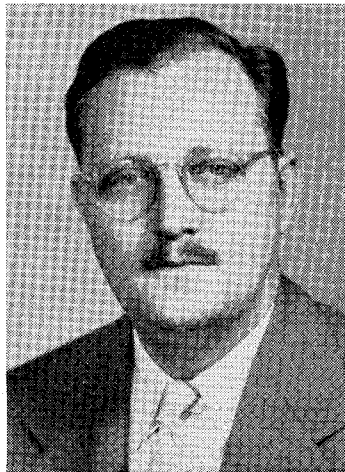
The mere mention of the subject of Obstetrics recalls the irregular hours and the necessity for constant service. Dr. Leininger enjoys both of these and imparts this enthusiasm to his students. The department of Obstetrics at the college is too well known for comparison. The recent attractive chart displayed at the national convention in St. Louis is a record that any college may envy. The excellent service rendered by this department of our Clinic reflects great honor on the man in charge, for it is no easy task to superintend four hundred obstetrical cases each year. Dr. Leininger's amiable disposition and his extensive practical knowledge have made for him a position of highest esteem not only among the students in the college but thruout the profession. He weighs the babies delivered in his clinic not in pounds but in tons.

Dr. O. E. Owen



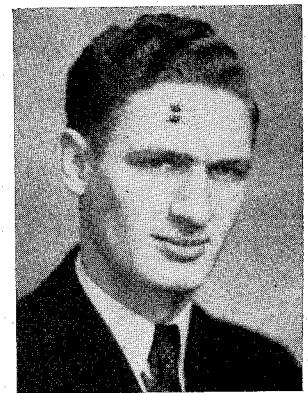
The profession is already aware of the fine work in pathology that has been done by Dr. Owen at the college. Since his graduation he has been largely responsible for the many improvements in the several divisions of the study of Clinical Laboratory Diagnosis and is an authority on Clinical Pathology. His ability and initiative have been demonstrated not only in teaching but also in administration in his capacity as Assistant Dean of the college. Dr. Owen has appeared many times on state and national programs and is deeply interested in the problems of our national fraternities and sororities.

Dr. Byron Laycock



Altho young in the profession and our most recent acquisition for the faculty, Dr. Laycock has already proved his ability in many ways. His osteopathic training was preceded by preparatory work at Northwestern University, and following his graduation from the Kansas City College of Osteopathy and Surgery he was retained on the teaching staff for over two years. His vacations have been spent in taking postgraduate courses from coast to coast. His natural ability as a technician and his tenacity for delving into scientific explanations have won for him certain distinction in the field of osteopathic principles and technic. His time is fully taken with his responsibilities at the college in teaching and in the Clinic and he is in demand as a speaker and demonstrator of osteopathic diagnosis and technic.

Dr. Paul E. Kimberly



For the past three years Dr. Kimberly has followed the footsteps of Dr. H. V. Halladay so closely that he has walked into his shoes. The college is fortunate in having available a young man of the mental calibre and ability of Dr. Kimberly. Osteopathy has been paramount in his family for many years and it was a perfectly natural sequence for him to become deeply interested in the science. For the past three years Dr. Kimberly has been assisting in the department of Anatomy and following his graduation was retained as a full time member of the faculty and will continue at the head of the Anatomical Department. He is fully aware of the need for the added osteopathic interpretation of Anatomy and insists on a thorough knowledge of these subjects by every student. We predict that a leader in osteopathic anatomy has been saved for the teaching staff of our college.

Dr. Hugh Clark



A year ago the college decided to obtain the services of an authority in the basic sciences. We were indeed very fortunate in contacting Dr. Hugh Clark of Michigan University, for he not only has proved his ability as a teacher in the basic subjects but has expressed a very deep interest in the osteopathic application of these subjects. Dr. Clark has advanced the interest in these subjects to the point where the student is very much aware of the real value of thoro basic training. His work with the college will be expanded this coming year thru increased laboratory facilities and by means of specially designed specimens that are usually found only in museums.

I. S. O. P. S.

Application for Membership
Kay Y. Yazarian, Clutier, Iowa.

The St. Louis Convention

By Attorney Henry E. Sampson, A. B., Ju. D., Des Moines, Ia.
(Mr. Sampson was the guest speaker at the Atlas Club banquet at St. Louis, June 25. —Ed.)

Walking thru the hotel corridors, we quickly realized that we were in the presence and under the inspiring influence of those who are today advancing the cause of osteopathy. Thruout the convention hall, we learned from successful practitioners and great teachers in the profession much about new discoveries and better technic.

We were meeting in Missouri, the birthplace of osteopathy, where Dr. A. T. Still, the founder begun the expansion of his great idea and where for three score years his science has been bringing health to thousands of individuals. All of this caused us to value more highly the past, and to contemplate with confidence the future of this profession. It helped us to realize the strength of osteopathy and to appreciate the many things yet to be done to maintain osteopathy as a separate school of healing.

The inspiring atmosphere of the St. Louis Convention gave us a review of the glorious past of osteopathy and enthusiasm for the future under the many great leaders we met in the halls—able men who have long been convinced of the value of osteopathy. They cherish its past and are laboring hard toward insuring its future. These personal contacts fortified our faith, strengthened our courage and renewed our hope for the future of the science.

Everyone must have come away with much more of the spirit and purpose of the forefathers; more determined to redouble their efforts for the cause of the profession and in the interest of humanity.

As an Atlas member, I naturally took particular notice and pride in the fact that the leaders at the convention and the men most responsible for the present-day success of the profession were, with but few exceptions, wearers of that cherished emblem of the Atlas Club.

Half Gone

(Continued From Page One)
college to deserve the fine support that has been given it in the past and to be prepared for the new students this fall and in semesters to come. We have not based these major changes on needs of the past but we are looking ahead into the future and preparing osteopathic physicians to meet every modern requirement of a well trained physician.

The summer is half gone, but during the time that is left you can make a valuable contribu-

ATLANTIC CITY NEXT

(Continued From Page 1)

but can maintain it and advance to a safe lead in osteopathic education.

Evidence of the enthusiasm initiated by the favorable reports and the stabilizing plans was shown in the willingness to fill the treasury of the Alumni to the point of putting it on a firmer basis. Drs. Rusty Wright and E. M. Davis subscribed to Life Memberships. Dr. George Lawyer paid in full for the twelve years he has been out in practice. Mrs. Busick subscribed to an associate membership and every other one present helped with a glow of pride.

There is not one iota of doubt in the minds of those present as to the future of Still College. The unfortunate thing is that 1426 of you should have been present to get the personal contact that fills you with this grand and glorious feeling of pride in our colleges accomplishments. You will hear from the officers as soon as vacations are over and when you do we know you will also want to add your small contribution of time and dues. If you were absent you certainly missed the most enthusiastic meeting of the St. Louis Convention.

Mrs. Becker Honored

Evidence of greater efficiency among our women's organizations was shown in St. Louis at the convention by the formation of the National Women's Osteopathic Auxiliary with Mrs. Arthur D. Becker unanimously elected as the president. This new organization brings the many subordinate divisions closer together and will coordinate many of the planned projects of the several organizations. Mrs. Becker is not new in the auxiliary, having been national chairman several years ago and is the major sponsor for this group at the college.

The constitution of the new auxiliary parallels closely the constitution of the A. O. A. by whom it has been approved. Other members of the Executive Board are: Mrs. T. J. Meyers of Pasadena, Calif., Mrs. T. J. Howerton of Washington, D. C., Mrs. H. E. Williams of Ardmore, Okla., Mrs. A. B. Crites of Kansas City, Mo., Mrs. R. R. Lamb of Des Moines, Ia., and Mrs. Grover Gillum of Kansas City, Mo.

We congratulate the group on their good judgment in the selection of officers and hope for them a most progressive year.

tion to the profession. Above everything we need added strength in numbers. We have met the needs for increased preliminary requirements. We must not let this change make a great difference in our total. We can easily increase the number of students in each of the recognized colleges if a little time is spent by each of you in talking about your science.

Our past records in the field of therapy are envied by others. We are being investigated and our methods of treatment are being copied. With osteopathy having grown from within and having firmly established its value in the minds of increased numbers each year, we have much to be proud of. We want you to pass this enthusiasm on to young men and women in your community and put them in touch with the college of your choice.

With nearly ten thousand os-



Dr. J. Paul Leonard
of Detroit

Newly elected member of the Board of Trustees of D.M.S.C.O.

O. W. C. C.

From the annual report of the Osteopathic Women's College Club it looks like the organization enjoyed a year of profitable meetings. With two meetings a month varied between serious instructive talks and social hours the program has been exceptionally well balanced and interesting thruout. Parties were held at the home of several members of the faculty and at both the Atlas and Phi Sig houses. Trips were made to special points of interest in the city and the problems of the wife of the doctor were discussed on several occasions. Officers for the next year were elected at the final meeting and another year of enjoyable contacts is anticipated.

President, Georgia Rogers.
V. President, May Chandler.
Secretary, Mary Ball.
Treasurer, Jeannette Westfall.

teopathic physicians in the field, it is not asking too much of you to send one thousand students into osteopathy this fall. But you must be the one in ten who does this and not one of the nine who loses the advantage of the last half of the summer.

Corporate Board

(Continued From Page One)

tice. The several meetings held during state conventions have been filled with constructive plans and the groups have been enthusiastic over the program of student recruiting and the establishment of a Foundation for the college.

The future of the institution rests largely in the hands of those who are in the field and with their continued and increased support expected, plans are being made for the establishment of a Clinical Hospital in direct contact with the college. This is in addition to the excellent hospital facilities already enjoyed by the college in connection with the Des Moines General Hospital.

Probably the most startling and gratifying part of the report was the announcement that the entire financial structure of the college has undergone revision and that the debt of the college has been very materially reduced. He stated that the re-funding and re-financing of the balance of the debt was under a most satisfactory plan and that this accomplishment opened the doors in a fine way for our program of continued progress and development.

Dr. Becker's fifth annual report was an historic document. The trustees who work thruout the year to make this possible are to be complimented highly. Dr. Becker has given many hours to the solving of problems for the benefit of the institution and it was gratifying to note the enthusiasm that radiated from the membership of the corporate board upon hearing this excellent resume of the year.

With the exception of one change, the officers for the ensuing year were reelected. The resignation of Dr. Halladay from the board of trustees made it necessary to fill his vacant chair. Taking into due consideration the policy of expansion the board unanimously elected Dr. J. Paul Leonard of Detroit to membership on the Board of Trustees of the college. Dr. Leonard will bring to the Board of Trustees his several years experience in the successful management of the Detroit Osteopathic Hospital. Altho he will not necessarily have to be in attendance at each meeting of the board he can offer much in the way of constructive planning for the future of the college. We heartily endorse this selection by the Corporate Board and extend our best wishes and continued support to the small group that plays a most important role in the development of our college, our Trustees.

Dr. Johnson of Jefferson, Iowa was present and expressed his gratification for the fine report of the auditor and to others that have made it such a successful year for the college.

The meeting closed with the entire board in high spirits and a most optimistic outlook for the future of our institution.

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PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 18

August 15, 1940

Number 8

YOUR ALUMNI OFFICERS - 1940 - '41

Dr. Frank F. Jones

Immediate Past President of the A. O. A. and President of the D. M. S. C. O. Alumni Association

"It is a pleasure and a privilege to begin another year of service to our profession. 1939-40 gave me the opportunity to know many of you personally and you are a fine group. I want you to continue your enthusiasm for osteopathy and one way it can be done is by adding your sincere support to the college. You will hear from me often either by letter or thru the pages of the Log Book."

• • •

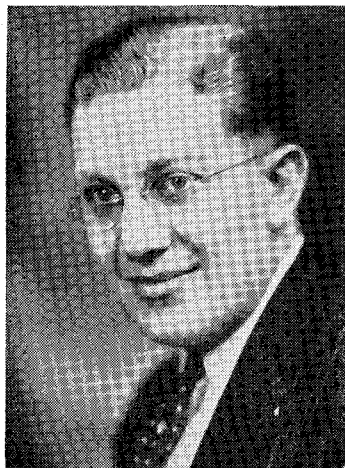


Dr. H. V. Halladay

Vice President of the D. M. S. C. O. Alumni Association

"Our membership was extended last year to include more of the real workers for osteopathy and our college. This year I want the secretary to be busy continuously receipting for your dues and acknowledging your letters. There is much to be done in every community for the college and for our science. Your isolation in a small town is no excuse for isolating your ideas."

• • •



Dr. Paul L. Park

President of the Iowa D. M. S. C. O. Alumni and Executive Secretary of the D.M.S.C.O. Alumni Association

"This office asks your sincere consideration of the many problems ahead. One solution is to reply to inquiries we may make of you. In our several plans for the advancement of our common interests we need your advice and support. When you receive a letter answer it then and let's keep the wheels turning. This is a responsible office but the responsibility rests with you as well as the officer who holds the title. We anticipate our best year and it can only be our best with your help."



Dr. J. E. Rogers

Past President of the A. O. A. and Foundation Councilor of the D. M. S. C. O. Alumni Association

"The profession has never been alert to the opportunity of securing foundation or endowment funds for our institutions. Every other type of college and hospital in the country is prepared to accept funds and has made it known that they can use donations to excellent advantage. Each Alumnus of this college must be awakened to the fact that our college and affiliated institutions cannot progress as rapidly as we wish without the same generous support that other institutions receive."



Dr. F. D. Campbell

Student Recruiting Councilor

"Expansion of osteopathic service thruout the country depends largely on an increase in the number of practicing osteopathic physicians. Our profession is the least crowded of the entire list and one of your major interests in your work should be to influence young men and women to enter our college. Still College is at the top now in the matter of percentage increase in each class. Every opportunity you have for meeting possible prospects should be an opportunity for you to add to the prestige and augment the members of our profession."



Dr. J. Paul Leonard

Member of the Board of Trustees of the D. M. S. C. O., Superintendent of the Detroit Osteopathic Hospital and College Representative of the D. M. S. C. O. Alumni Association

"Our Alumni organization is separate and distinct from the official body of the college yet there must be a common connecting link between the two. It will be my pleasure and duty to correlate the fine unselfish efforts of the Alumni Association with the needs of the college. I sincerely hope that your suggestions for the rapid development of each will reach my desk and you may be sure that they will be given deep consideration and applied where most useful."

REGISTRATION SEPTEMBER 3

N. O. I. C.

We now start another year of concentration on the problems of our fraternities and sororities. The first letter to the officers and other interested members has left this desk. We are expecting returns from this letter before this copy of the Log Book is in your hands. I must urge those of you who are responsible for the activity of our eleven members, to answer letters promptly and keep your appointments and other official business cleaned up to date.

The division of the work done in the past by this office does not lessen the work very much. The time we used to aid in the arrangement of convention affairs can well be directed to other factors that will advance our standing. All of you must help some and not pass over lightly any of the suggestions that will raise us to greater efficiency and proven usefulness. I hope all of you are ready for the activity that will begin very soon in our subordinate chapters and that you will contribute to their needs in personnel and progress.

H. V. Halladay, Exc. Secy.

Welcome Freshmen

The smile you will see greeting you in the halls is not a sinister sign concealing a plot against your welfare. It is the sincere expression of a welcome to you as a new member of our student body. True, there will be invitations to this and that and you may be assured that these affairs are planned so that you will be able to quickly expand your list of friends and that we may in turn become better acquainted with you sooner.

Our college lists seven recognized members of the National Osteopathic Interfraternity Council. Five of these are social and two are honorary. We are anxious for you to become acquainted with these young men and women and we urge you to begin your education in organized osteopathy by seriously considering membership in the one of your choice.

The young men and women who will greet you are at your service and will be glad to help you with any problems you may have. They will help you find a suitable room, advise you about meals and the other needs that always confront a stranger. They are there with the smile to help you as they have been aided in the past. Look out for members of the Atlas Club, Delta Omega, Iota Tau Sigma, Lambda Omicron Gamma, Phi Sigma Gamma, Psi Sigma Alpha and Sigma Sigma Phi.

AOI

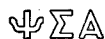
In one respect the past year has been a profitable one for the fraternity in that it cemented the friendships of the group thoroly. The unfortunate fact that the last two classes offered

no material for the organization brought to forcible light the certain need for recruiting during the Summer.

A number of excellent practical talks have been enjoyed by the fraternity and given by outstanding authorities in the city. The fraternity closed its year at the college with the Senior Banquet held at the Des Moines Club and pledged loyalty to the college and our science. Officers were elected at the final business meeting and will lead the fraternity during the Fall semester, Dr. Jack Berck continuing as Councilor.

Cerebrum, Edward S. Kanter.
Cerebellum, David E. Friedman.
Pons, David Gateman.
Calamus Scriptorius, Arthur M. Friedman.

Neuroglia, Lou Radetsky.
Calvarium, Dan Feinstein.
Student Council Representative, Sam Gross.



The initiation of bimonthly banquets this past year has been an added incentive to attendance and to interest in the fraternity. Not only is the meal enjoyed but also the fine programs that have followed. The entire year has been profitable in many ways and the fraternity feels that with a program of constructive study planned already for next year that the past year has been a complete success. We have no fear of the revival of interest next Fall with the following officers.

President, Jack Yagoobian.
V. President, Kenneth Fowler.
Secretary, Robert Berger.
Corresponding Secreatry, Don Brail.

Treasurer, Cris Henkel.
Reporter, Jack Edgerton.

Dr. Frank F. Jones

We know that the mere mention of his name brings you to attention. Those of you who have had the privilege of knowing this Southern gentleman and optimistic osteopathic physician know that we have much to be proud of in our new president of the D. M. S. C. O. Alumni Association. Frank's first personal contact with the college was at the Homecoming Jubilee December 8 least year. At that time he expressed his surprise at the enthusiasm of the assembled profession and students. Since then he has been giving the college and its problems considerable thot and expressed his confidence in its future at our graduation in May. We know our Alumni will want and need to assume a little added inspiration with Frank F. Jones watching your activities. It will be our very great pleasure and privilege to support these new Alumni officers and we all know that the six officers are absolutely helpless without our own obligations being fulfilled.

This MUST be our best year.

MORE OF OUR FACULTY

Space is limited this month but we want you to be reminded of more of the experts who make up our faculty list. We could write many compliments on each, as many of your already know. We have no second choice instructors. They are each and every one well informed and acknowledged authorities. These professors, without exception, are convention speakers of note. They have appeared many times before national and state groups and are frequently called upon to address lay organizations in the city and when attending out-state meeting.

The college also recognizes within the local group of Polk County osteopathic physicians a number who have offered their services to the college as Affiliated Members of the Faculty. The Senior Class enjoys the privilege of an occasional special lecture by these well known local Alumni.

* * * * *

Dr. J. P. Schwartz

Dean of the college, Surgeon-in-chief of the Des Moines General Hospital, Member of the Board of Trustees, Professor of Surgery and Instructor in Pharmacology and Toxicology.



Dr. H. J. Marshall

Member of the Board of Trustees of the college, and of the Des Moines General Hospital. Treasurer of the college and Professor of Oto-laryngology.

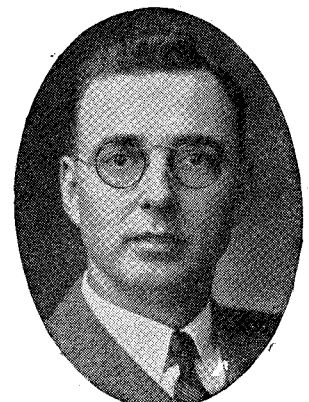


Dr. H. E. Graney

Member of the Board of Trustees of the college and Professor of Surgery. Assistant Surgeon at the Des Moines General Hospital.

Dr. R. B. Bachman

Member of the Board of Trustees of the college and Professor of Obstetrics.



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

Hasta La Vista

My little "Jimminy Cricket," E. Harwood, and I will steal away from Des Moines about the time that you receive this issue of the Log Book. However, we are putting the responsibility for its appearance on your desk in the hands of one of our efficient Seniors, Bob Drews. We hope you will give Bob the fine support you have given us and continue to read every word of the Log Book.

E. Harwood and I have had a lot of fun and some grief thru-out the last five years but the fun has predominated and so we leave with light hearts and many thanks to all of you for your loyalty to our typewriter.

For about a month we will be taking a pre-vacation vacation visiting with some friends along the route in several of the South-western states. About the middle of September we will be some place out there but exactly where, we do not know at this writing. But you will hear from us thru an early issue of the Log Book. Our definite location may be kept a secret for about six months for we would like to do some plain and fancy loafing for a while. In other words, if you see us leaning on a shovel along a road where the sign says, "Men Working," don't bother us for we will still be on vacation.

Our very best wishes are left with the entire staff of the college. We still have an obligation to the institution thru the office of V. P. of the Alumni and will continue to mix in fraternity affairs thru the N. O. I. C. As near as we can figure these two jobs pay about a —\$300.00 per year and when you pay that much into an organization, together with time, you certainly want to see it succeed. We are anxious to see Still College stay on top and we promise to take time off from our vacation to help, if we may, both the college management and the Alumni group.

Virg Halladay and "Jimminy Cricket" Harwood.

Convention Problems

Two years ago, thru the pages of the Log Book, we advocated the selection of our national convention city two years in advance, in the same way that we prepare for our A. O. A. president. We were glad to see this done this year at St. Louis. There are a

number of good reasons for this plan.

Los Angeles knows that it is expected to entertain the profession in 1942. The profession has that date in mind. In the meantime we are not forgetting that Atlantic City is our host next year and neither is Atlantic City forgetting it for preparations have already begun at that famous resort. The fact remains that Los Angeles has a little the advantage in this new arrangement for they have two years to use in preparation and knowing this far ahead can anticipate many of the needs in advance of the usual last minute rush. One year is not a long time to prepare for a show as big as we are now putting on.

Toronto made a strong bid for the convention this year at St. Louis asking for it for this next year. We sincerely hope that the convention again goes to Toronto and that the year selected will be an advantageous one for all of us. We have very pleasant memories of our meeting there fifteen years ago and we hope that when we go to Toronto that the world at large will be again on peaceful terms so that no other emotions will interfere with our attention to our own professional progress.

Whatever the city or its location selected for 1943, deep consideration should be given to the facilities for our national meeting. We urged two years ago a study of all of the principle cities of the country with a listing of the advantageous physical geographical and psychological factors that go to make a successful convention. We hope that something has been done along this line for in the future we must have good and sufficient reasons for the selection of a convention city.

We anticipate two successful conventions ahead. It gives us a glow of pleasure to plan for a trip to the East coast next year with the many attractions together with the convention itself. We are looking forward now to the following year with the jump to the West coast to an entirely different atmosphere. To us, it looks as if we had made two wise selections each of which should approach the much desired 100% in anticipated pleasure and business.

We hope that the survey of acceptable cities, if it is made, will include Des Moines. Our convention of 1929 is still remembered very kindly by the profession. We did give you a good convention and we can do better if we have two years in which to prepare.

Of the many forward steps taken at the St. Louis Convention this one of wisely advancing the announcement of our conventions is an important one. We are learning to look beyond the end of our noses. —H. V. H.

1940

Too many things are going on that distract our minds from the business of our own profession. Our newspapers are filled with reports from across each of the oceans and now we add the interest of a presidential campaign. In the midst of all of this we must bring our minds to the point of giving some serious thought to our own future. There is much that each of you can do and too much for our officials in any capacity. Our space limits us this issue, to only one phase.

This Fall each college of osteopathy requires two full college years preparatory to matriculation. We have been jumping high during the last four or five years and we still have one more jump to make. In 1942 the restrictions will be more stringent. The two years of preparatory college must cover certain specified subjects with specified hours of each.

During the process of these transitions the profession must be alert to every opportunity to secure an audience with prospective students. We must realize that the field is becoming more limited and our efforts must accordingly be concentrated. Beginning with this Fall and extending thru to include the class entering January, 1942 students may enter with the necessary two years of preliminary college education. If you have some young men and women in mind for classes beyond the date given above remember that they will have to meet the requirements as stated.

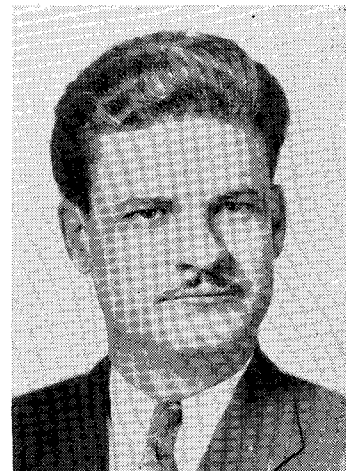
The Alumni of our college and our friends must take some time from our national problems and give serious thought to our own personal affairs. The fact that you are in active practice and are settled for life does not excuse you from supporting our organizations and institutions. You must be continuously seeking the right young men and women for our profession. Added numbers adds to your strength. —E. H.



Dr. Byron L. Cash

Professor of Roentgenology, Physiotherapy and Urology.

Dr. F. A. Gordon



President of the A. O. A.

Iowa throws out its chest with pride and sits back with confidence this year. Our own Pat Gordon is at the helm and having had several years of profitable experiences with him as an officer in state affairs we can predict with certainty a year of strong osteopathic influence and meticulous care and attention to a vast amount of linked detail in advancing the interests of osteopathy.

The home folks are happy to acknowledge our support along with ten thousand other members of the profession. (Aside to Pat only—Don't work between 2 and 6 a. m. Try to get a little rest then.)



Dr. Mary E. Golden

Professor of Pediatrics.



Dr. J. B. Shumaker

Professor of Chemistry.

I. S. O. P. S.

Iowa-A. O. A. Committee Correlation

Each society committee chairman has written the like A. O. A. committee chairman for suggestions and ideas from a national standpoint which may be utilized for the advancement of your profession in Iowa. Correlation of all committee work with that of the identical A. O. A. committees should prove of far reaching value. It is the first time such action has been taken by your Iowa Society.

Basic Science

Basic Science exemption is being sought for osteopathic physicians of other states who may desire to make Iowa their professional home. Dr. D. E. Hannan, Perry, Secretary of the Iowa Board of Osteopathic Examiners, is in charge of this activity in cooperation with the Executive Committee. He is now in correspondence with the Secretary of every Osteopathic Examining Board in the United States, securing information and material needed in this undertaking.

Fall District Meetings

Dr. Holcomb Jordon, President of your Society, is now in the midst of developing and preparing plans for the October District meetings. He reports a most constructive and unusual program is in the making.

Veterans Committee

Dr. H. D. Wright, chairman of the Veterans Affairs Committee, advises that a number of legion posts in Iowa have passed resolutions urging that osteopathic therapy be made available to veterans through the various regional facilities of the Veterans Administration and further providing that these resolutions be approved by the Department of Iowa and submitted for adoption at the National Convention of the American Legion to be held in Boston, September 23-26, 1940. He reports outstanding work, in securing adoption of these resolutions, has been done by the following: W. L. Tindall, D. O., Woden; Phil S. McQuirk, D. O., Audubon; Burton M. Gotshall, D. O., Waterloo; Charles H. Potter, D. O., Forest City; W. A. McVane, D. O., Dyersville; and Paul L. Park, D. O., Des Moines.

Membership Committee

Dr. H. L. Gulden, Chairman of the Membership Committee, is now creating plans for a well unified cohesive and comprehensive statewide membership campaign. He advises that within thirty days the machinery for the campaign will be set in motion and predicts the largest membership in the history of the Iowa Society before the end of the present fiscal year.

Social Security

Dr. S. H. Klein, Chairman of

the Legal and Legislative Committee, and Mary E. Golden, Chairman of the Committee on Maternal and Child Health, are working overtime in attempting to obtain federal recognition of plans for the inclusion of osteopathic physicians in the Washington County Maternity Demonstration and Refresher Courses in Obstetrics and Pediatrics. They feel confident their efforts, in cooperation with the Public Relations Committee of the American Osteopathic Association, will be successful within a reasonable period of time.

Radio Broadcasts

Public service radio broadcasts over KSO, Des Moines, and KVFD, Fort Dodge, have recently been discontinued, due to the extremely warm weather. Dr. O. Edwin Owen, Chairman of the Public Service Radio Committee, plans to resume these broadcasts during the month of September, with the assistance of Dr. J. R. Forbes, local radio chairman at Fort Dodge. Dr. Owen is also planning to make contacts with additional radio stations this fall.

Industrial and Institutional Service

Dr. Paul O. French, Chairman of the Committee on Industrial and Institutional Service, successfully handled a compensation claim for a Society member during July. The osteopathic physician had quickly and successfully served a patient who had suffered a spine injury during the course of his employment. The insurance company mailed the doctor a check for a sum somewhat lower than his actual charge. The doctor protested the lower payment and upon Dr. French's entry into the dispute the company determined to make "payment in full" without further delay.

Dwight S. James, Sec-Treas.

Applications for Membership

T. F. Coulter, Farmington.
B. E. Laycock, Des Moines.

Bright Corners

Returning students will be happily surprised to note new paint in many spots over the college building. The gray motif of last year has been eliminated with a buff that adds considerably to the visibility quotient. Not only has new paint been applied but other changes made during the vacation period will increase our efficiency and enable us to take care of greater numbers.

We anticipate a fine class this Fall. Matriculations have been coming in at a very satisfactory rate and the correspondence is above the average at the time of going to press.

Homecoming Jubilee

OCTOBER 18

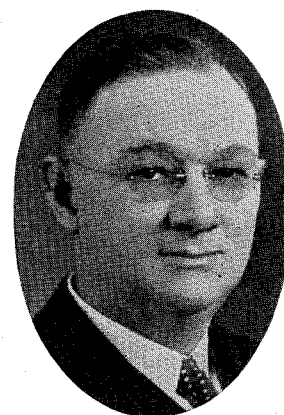
We have just had a long talk with Dr. Paul L. Park, Chairman of the 1940 Jubilee Committee. Many of you remember the day last year and the enjoyment of every minute of the program. This year the committee is not running the risk it did last year with the Weather Man. The date has been set earlier and two functions will be combined. The college will be introducing to you our fine new Freshman class and if for no other reason, you will want to be here to congratulate them on the start they have made in our science.

Dr. Park told us something of the plans for the day, or really a day and a half. The program will begin Friday morning at the college building. The afternoon session will also be held there and will be technical. The finished program will be front page news in the September issue of the Log Book and take note of the speakers.

The evening will begin with a banquet at the Ft. Des Moines Hotel which will be followed by the Freshman Reception and Dance. Last year over 400 attended this affair and unanimously asked for a repeat.

An added attraction is being planned for Saturday morning, October 19. Clinics will be held at both the college and hospital and will continue from an early hour until noon. This will give all of you plenty of time to drive home and be at work Monday or earlier.

Our grape-vine telegraph has it by good authority that groups are already organized from the Blue Ridges to the Rockies to drive thru. Make October 18 a "Must be in Des Moines."

Dr. H. E. Clybourne

Dr. J. L. Schwartz
Professor of Proctology.

* * *

In 1936 at the New York Convention we elected Cy Clybourne to head the Alumni association. The history of that group from that moment on is one of rapid development and the accomplishment of many fine projects. Cy has given time and considerable money freely in the advancement of our Alumni interests. He has been willing and anxious to use every means to increase your interest in the college and the needs of the profession. Cy has been a fine leader and he will be missed greatly when the officials meet.

Not so long ago Cy and a number of other members of our profession assumed the responsibility of a hospital in Columbus, Ohio. With this added load it was asking too much of our good friend to continue the office he has filled so well. All of our good wishes and many thanks go with



Judge R. L. Powers
Lecturer on Jurisprudence.

Cy in his new capacity but we will probably be writing to him now and then about some problem and we know that he will respond as he always has in the past. Cy, you can't break those Alumni ties completely.

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Volume 18

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Homecoming Day To Be Held Oct. 18

"United We Stand— Divided We Fall"

Human beings demand human association. No man can live alone and remain normal, and just as no man can live alone, so groups, when engaged in the same type of service can not progress toward a proper destiny when each one works and plans as an individual.

Yes, Doctor Still, for a long time, worked alone and those years are still brilliant periods in our history, but Doctor Still was an unusual man; he was a genius; he was a pioneer, traveling alone but he doubtless did this, not so much from choice, but from necessity. If there had been, in his early years, men trained to be his companions and confidants, he would have united with them in the interest of a more complete service and a more rapid public acceptance of his therapy and his ideals.

Progress

You and I are the beneficiaries of all his wisdom, his experience, his sacrifices. You and I think in unison on our many problems; we are attempting a similar journey; we are guided by similar ideals, so we have at hand the men and the women who are ready, willing and anxious to cooperate with us in the progress and perpetuation of our science.

We are graduates of the same institution; an institution worthy of our love and affection; an institution whose continued existence is bound up definitely with our personal progress. This institution looks upon us with parental affection and when we prove ourselves to be worthy scions, there is a lifting of the spirits of those who are "carrying on" at the college; there is a feeling of pride and satisfaction that can not be purchased with money.

We, the Alumni of D. M. S. C. O., occupy a peculiar position in relation to our college; a relationship that carries with it an obligation—an obligation to make of ourselves worthwhile advocates of its ideology and loyal supporters of its every ambition.

Individually, you and I can do little for the advancement of our college, but if we will unite our thinking and ourselves, making a compact whole, with a determination to carry its banner to a

(Continued on Page Four)

Plans for the 2nd Annual Homecoming Day are well under way. The numerous committees appointed have their assignments well in hand.

The Scientific Programs will be held at the college building. The Banquet Dance and Entertainment will be held at the Fort Des Moines Hotel.

The marked success of the Homecoming Day last year created the demand that this event should be made an annual affair. Those who were fortunate enough to participate on that occasion will require no urging to insure their presence on October 18th.

The Day and the Program will be under the direction of the D. M. S. C. O. Alumni. Dr. Paul Park, the executive secretary of the National Alumni Association, is Director in charge and eight affiliated organizations are lending enthusiastic help and cooperation.

Last year 436 guests were present at the evening banquet and ball. It is the determination of all committees that Homecoming Day this year shall eclipse last year's record. Let's make October 18th a brilliant spot in the osteopathic year! Mark the day in your calendar NOW. Plan to share in the good things available, and by your presence add to the success. A number of state groups have already sent word of good-sized delegations that will be on hand.

Friday, October 18th.

10:30 a. m.—Assembly Program at the college auditorium with Mr. Arthur Brayton of the Des Moines Chamber of Commerce as the guest speaker.

2:00 p. m. to 5 p. m.—Scientific Program at the college. Clinics, diagnostic discussions and demonstrations of treatment by several members of the Clinic Staff.

6:30 p. m. at the Fort Des Moines Hotel—Banquet, Address, Freshman Reception and Grand Ball.

Saturday a. m., October 19th.

Clinics at Des Moines General Hospital. Discussions and demonstrations in osteopathic technic at the college.

Come early and do not miss any part of this program.

Those who have had the pleasure of hearing Arthur Brayton are unanimous in his praise as a speaker — clever, witty and thought-provoking.

There will be many members of the A. O. A. official family present. Meet your friends and classmates. Join in a rousing good day filled with interesting and valuable events.

Make your reservations early by writing to

D. M. S. C. O. Alumni Committee
500 Teachout Building
Des Moines, Iowa

New Equipment In Physiology Laboratory

The Physiology Department has acquired for the coming year a set of equipment for demonstration of circulatory, respiratory, nervous and endocrine phenomena on mammals. The set consists of an electrically driven, entirely hand-tooled long-paper kymograph, for recording physiological changes over a long period of time. In the set are also included a large mercury manometer, Marey tambours and pneumographs which may be used for

both human and lower mammalian experiments. These items will enable the laboratory phase of the Physiology training to include a rather searching study and demonstration of the various factors associated with blood pressure, respiration, control of the heart and the affects of the more common drugs as well as anaesthetics. The Department has added to its equipment a female hormone demonstrator. This is a mechanical device for showing the changes which take place in the pituitary, ovarian and placental hormones during the menstrual and pregnancy cycles. This machine is likewise hand-made and incorporates the latest available information on the subject.

Extension of Laboratory

One of the major improvements at the college this summer was the enlargement of the clinical laboratory. Under the direction of Dr. O. E. Owen the available floor space was increased to double its former size. The physical facilities have been expanded by the addition of a second sink, and the erection of additional shelf space and work benches. A new electric refrigerator has been provided to care for the storage of necessary reagents, media and sera.

Quantitative Methods

In keeping with the physical enlargement, the scope of the laboratory has been advanced to care for any procedure that may be desired by the clinic staff. In addition to the routine procedures required in all examinations, many special tests may now be run. Quantitative methods in blood chemistry are available, and include as well as the routine procedures, estimation of the calcium, chloride or phosphorous constituents. Bacteriological work will now include the cultural isolation of the Neisserian groups and blood cultures.

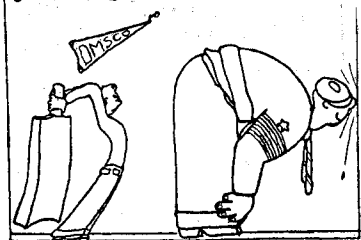
Blood Sedimentations

In order to make the value of the laboratory work more personal to the student, and to increase his general knowledge, accurate records are maintained to correlate all the work done by the laboratory. All blood sedimentations are run by two accepted methods and the results tabulated with the essentials of the physical findings in the case. Where it is practical, exact colorimetric methods of hemoglobin determinations, and two simple office procedure methods are run on each case so the student may compare the results.

Laboratory Diagnosis

It is felt that the laboratory will prove to be an increasingly valuable aid in the determination of the correct diagnosis in each clinic case. As has been the policy in the past, the laboratory will be staffed by students in their Junior year so they may have the advantage of personal effort in the methods of laboratory diagnosis. R. C. Rogers

FRATERNITY NOTES



ΦΣΓ

Many modes of travel have pointed toward West Grand during the past week bringing old and new faces to be welcomed by the good old Chapter House at 2141. Informal and enthusiastic greetings bring reports from all points of the compass of prosperous vacations and renewed determination to forge ahead in the cause of Osteopathy. Many of the boys have been in close contact with members in the field and these associations have served to keep the wheels turning in the right direction. Thanks Brothers, for the shelter of your wings.

The house, being guest to ten or twelve industrious members all summer, has taken on an Esquire garb which is really easy on the eye. It is to be further decorated with an outside paint job. Truly, it more and more reminds us (Doctor Ferris take note) of a home away from home. After all is completed it will be marked with a new Neon sign.

An informal meeting was held September 4. Necessary committees were appointed from the chair and a report by our Work-night chairman insures a full year in this activity. Many of Des Moines prominent citizens will participate in these gatherings held every other Monday night.

We will be with you again next month with all the news and happenings at Phi Sigma Gamma.

G. J. B., Sec.

ATLAS CLUB

Scanning over the activities that have controlled about thirty-six boys over a period of three months time is a far different problem than it would be to record those of a more current nature. In this, respect liberty is taken to treat such a report with an eye of generalities. One year has gone by in the annals of the A. C. since moving in to the new house. Howie Johnston has done an admirable job in keeping the house up to par during the relaxing period.

A word of welcome to the incoming freshmen and the club hopes that they will grasp a liking toward our institution and its environment and find little difficulties "in getting in to the swing of things." We include also those boys who have transferred from other colleges.

The roll call of the boys shows us that Steve Riley, and Earl Gay have found it impossible to return. We in the Club and no doubt, many of their friends will miss these boys this year.

Noble Skull, Jim Watt called a

special meeting for Monday, September 9, during which the various committees were readvise of their capacities and are now racing around to give evidence of a little action.

See you next month.

R. H. J.

AOF

Back for another year, and from all reports it looks as though everyone had an enjoyable and prosperous summer.

Our congratulations to the freshmen class for having chosen Osteopathy for their profession, they couldn't have made a wiser choice.

All the L. O. G. boys are back except Dan Feinstein and Dave Friedman, wonder if they were waylaid along the route somewhere? Prospects for the coming year appears excellent and we are all pledged to make this year the best ever for all the fraternities and sororities and may we wish each of them a successful year.

So back to the classroom and clinics, and let our enthusiasm grow with each succeeding year.

E. K., Sec.

ΨΣΑ

With the opening of the 1940-41 school year, Psi Sigma Alpha members and pledges return to resume their activities on the campus. We hope all have had an enjoyable summer, and will be ready to take over their scholastic duties once more.

Meetings will be held as usual this year on the Second and Fourth Tuesday of each month. The first meeting will be September 10, so don't forget. Initiation of new men will headline the evenings business. Discussion of men eligible to receive the freshman and sophomore Psi Sigma Alpha awards will complete the order of business.

At this time Psi Sigma Alpha wishes to extend a hearty welcome to the incoming freshman class.

ITS

Well here we go again, all the old potential doctors have returned with a scattered group of new shining faces seen here and there.

Iota Tau Sigma welcomes all of the new students, freshmen and transfers, to Des Moines Still and will do all in its power to help implant them in the routine of our college.

Plans for the annual stag steak fry are being worked up and will soon be announced in the near future. Everyone must plan to be there and eat till you throw a nerve.

The redecoration of the college building are very fine in fact the board of "Fix up and Clean up" over did themselves in remodeling the Blood lab.

In these days of confusion let us all strive to keep our heads while all about us are losing theirs and put forth effort to gain everything within our power.

Activities of the
Summer Clinic

A report on the summer clinic activities at the D. M. S. C. O. is an old story; the comparatively small group of students remaining for the summer struggling to care for all the patients in the general and the obstetrical department. However the student Physician reaps a reward for his extra efforts in the form of a greater amount of time for study of his patients and perfecting his osteopathic technic.

With the opening of the fall semester some new methods are being introduced in the presentation and handling of the patients. Upon entrance the patients are given a preliminary examination before the junior class and then sent through the routine special and laboratory examinations. The cases of special interest as soon as all the data is obtained, are presented to the Senior clinic group with discussion of the differential diagnosis and thorough direction of treatment. This plan will insure that all interesting cases will be seen by the students without the less interesting cases being neglected.

In addition a new method of checking progress and results by regular reports on each treatment is being used. By this procedure we hope to have more and better statistics available for the College and the Profession. Our large and varied clinic is an asset which we desire to use as a teaching clinic to the advantage of the patient, the student, the school and the entire Osteopathic Profession.

O. W. C. C. to Meet

The Osteopathic Women's College Club will hold its first meeting of the year Tuesday evening, September 17th, at the home of Dr. and Mrs. Arthur D. Becker, 1245 34th St. Special guests of the club will be the wives of new students of the college.

ΔΩ

The "gathering of the clan" has been accomplished for this fall. Everyone seems to be back except our graduates of last June. Even Becky Van Wald alias Richardson visited us at the beginning of the semester. We all seemed to have had a pleasant summer—some worked, some loafed—some gained weight, some lost—some tanned, and some did not—but anyway we're all glad to be back.

We closed the past year in May feeling that we had enjoyed an interesting and profitable year in Delta Omega and we are all looking forward to an even better year to come. Many changes and improvements have been made in the school over the summer. The one we wished to express our thanks for especially is the redecoration of the Ladies Lounge.

R. P., Sec.

VACATIONS

On our way to school, September 4, we stopped in to the Owl Lunch and found several of our classmates doing a lot of chatting over their coffee. You should have heard some of the vivid tales they were telling about their summer vacations. Just ask them.

Going up the first flight of stairs of our college, to the second floor, we were wondering what the faculty have been doing this summer.

First, we dropped in to see our president, Dr. Becker tells us that after attending the national convention at St. Louis he visited Kentucky and Michigan and played golf whenever and wherever opportunity presented. Finally we decide to register, so while doing so Mrs. Robinson said she spent two weeks in Canada really having a swell time. Dr. Owen, traveled approximately 5,000 miles this summer in a circuit trip thru the Bad Lands, Black Hills, Yellowstone National Park, Teton National Park, Zion National Park, Grand Canyon, Massa Verda National Park, Rocky Mountain National Park with many places of interest en route and across Nebraska home. Dr. Owen also visited the National A. O. A. Convention in St. Louis.

Dr. Clark visited Winipeg, Canada for his first three weeks, where his vacation was highlighted with the opportunity to work with Dr. Glenn Murphy, with photographic equipment. The next seven weeks were spent in the Biological station at the University of Michigan, where he has been carrying on his research in embryology.

Dr. J. M. Woods, attended the national A. O. A. convention in St. Louis, then took a trip to the Black Hills, Yellowstone National Park, then to Salt Lake City, and home. Oh yes, he caught one fish on the trip.

Dr. Facto spent his vacation in the country and around the river, also attended the St. Louis Convention.

Dr. Paul Kimberly held summer dissection till he went to the A. O. A. convention in St. Louis. Finished the rest of the summer taking over Dr. Whetstines office for one month at Wilton Junction, then to New Hampton where he spent two weeks in Dr. Millenbaugh's office.

Dr. Mary Golden spent a few days in the Ozarks.

Dr. Marshall went to Oregon for a couple of weeks, attended the International Society of Ophthalmology and Otolaryngology. Then spent a while in Minnesota.

Dr. Shumaker spent the summer fishing in Minnesota and doing some research in La Seuer.

Men of a high type do not need to advertise themselves in big type.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

Editor Arthur D. Becker

Co-editor R. O. Drews

Osteopathy Without Limitation

Osteopathic Therapeutics

Region Below the Diaphragm
(Number 20 in Series)

DYSPEPSIA

Dyspepsia or indigestion is a symptom and not a disease. It is not and should not be a final diagnosis. It is a very common complaint and, because it frequently causes considerable distress, is a presenting symptom in many cases. That is, it is to secure relief for this troublesome symptom that many patients first call upon the physician. The disability caused by dyspepsia may vary from slight distress and fullness after eating to acute distress with severe pain, nausea and vomiting. Associated with dyspepsia may be headache (commonly referred to by patients as sick headache).

If the physician recognizes the important fact that indigestion is a symptom and that the diagnosis of the underlying cause is still before him as a problem to be solved, there is limited liability for error. Too often treatment is undertaken to relieve the symptom and the diagnosis of the actual cause is neglected. This is far too easy of accomplishment in many cases, whether the treatment be medicinal or osteopathic, and the patient is not only satisfied at the time but frequently is lured into a false sense of security. It may be trite, but it is still worth remembering, that one should not mask or do away with a symptom until he has evaluated it. The initiating or underlying cause should be determined, whether simple, as error in diet or method of eating, or serious, as in chronic cholecystitis or pulmonary tuberculosis.

The causes of dyspepsia are many and varied, and it will be possible in this brief discussion to indicate but a few of the more common ones. In twenty per cent or less of all cases of indigestion does the cause lie in the stomach itself. Peptic ulcer and gastric carcinoma are usually associated with digestive disturbances of more or less marked intensity. Acute gastritis as a result of poisoning or after an alcoholic debauch may be considered. Chronic gastritis probably deserves no place as a separate entity but is an associated finding in carcinoma of the stomach or in primary anemia.

This leaves eighty per cent or more of all cases of dyspepsia to be explained by conditions acting outside of the stomach itself. Among the more common of these are diseases elsewhere in the gastrointestinal tract. Recurrent appendicitis is commonly diagnosed

as bilious attacks. Chronic gall bladder disease, with or without gall stones, may exist for years with only indigestion as a symptom. Colitis with constipation is another frequent cause of digestive disturbance and has been listed as the "great American disease." I am rather surprised at the large number of patients in our clinics who list among their disabilities "habitual constipation." Cancer of the lower bowel and actual disease of the liver, as cirrhosis, are among the more rare causes.

The stomach is a tough organ and stands much in the way of abuse, but it is very sensitive to toxemia whether acute or chronic. The nausea and vomiting associated with many acute infectious diseases is due to toxemia, as in scarlet fever. Not so well recognized, however, is the symptom of indigestion associated with chronic toxemia. Chronic tuberculosis of the lungs is often treated for dyspepsia because that is the first, and for months or years may be the only presenting symptom, and valuable time is lost in institution of proper treatment for the real disease. Chronic toxemia caused by cryptogenic foci of infection is a common cause of poor appetite and impaired digestion; as an example, the child with chronically-infected tonsils that has a capricious appetite and suffers from attacks of acute indigestion. Fatigue and worry, or the stress of dire poverty, may be sufficient factors in causing indigestion. There are many other factors which must be in the back of the alert physician's mind as possible etiology, such as reflexes, (pelvic disease in women), failing heart, acute or chronic nephritis, blood depravity, eyestrain, starvation, intestinal parasites, ptosis, vitamin - mineral deficiencies, chronic lead poisoning, pregnancy, tabes and many other possible conditions.

I have reserved the discussion of the subject of osteopathic lesions and their effects for a subsequent article.

A. D. B., D. O.

(To Be Continued)

MARRIAGES

Howland-Waldum

The marriage of Dr. Bernard Howland of Decorah, Iowa, to Hazel Margurete Waldum was held August 24, 1940, in Decorah.

Lyle Ackerson of the Junior class was married to Dorothy Sederquist early this summer. The wedding took place in Stillwater, Minnesota.

Jack-Maassen

Dr. R. W. Jack and Mrs. Dorothy Maassen were married on Saturday, August 31. They will be at home after October 1.

BIRTHS

A daughter, Linda Anne, born to Dr. and Mrs. Paul Kimberly August 19, 1940.

COORDINATION

One only needs to be alert and well informed today to recognize the increasing importance of organized effort. The great osteopathic profession has made material progress in the nearly seventy years since Dr. Still first made known his remarkable discoveries. Each step in that progressive march has been made by pooling the strength of those vitally interested. New ideas must be fought for and insisted upon and proved, not once, but again and again and again.

It is just plain smart to cooperate and develop teamwork. Great leaders appear and do heroic work, but the strength of these mighty men and women lies in the support by those who are led.

Never before in the history of osteopathic progress has the indication for consolidation been more evident than now. We have gone too far to be timid or halting or indifferent. We have grown; we occupy a prominent and an important place in the scheme of things. As a corollary we have assumed heavier responsibilities than ever before. We must accept these obligations and prove to ourselves and to the public that we deserve them. We must show our competence to administer the trust.

All this means, I think, that organized osteopathy must be better and more completely organized. We must be cemented together; we must develop solidarity; we must pool our strength, our influence and our powers. We must move together, in the same direction and at the same time.

The American Osteopathic Association is our concrete evidence of effective working power. Big things done in a big way will be done through that concentration of weight and influence. That is the mechanism through which you and I can make effective contribution. Every osteopathic physician, wherever he may be, should be a part, a real part, of that coordinated instrument of service. If you are eligible for membership, join today. In union there is strength.

A. D. B., D. O.

Osteopathy At Camp

The 1940 camping season, of the Des Moines Y. M. C. A. Camp, opened June 15 with a new hospital presented by the Des Moines Junior Chamber of Commerce as one of the features of the new program. Through Dr. Bennie Devine, the honor of being the first Student Doctors in the building went to two Des Moines Still College students.

This is the first time that Osteopathy has been recognized in this particular field of activity and the success of the student doctors was most gratifying. That there is a place for Osteopathy in camp was proven before many

days of the camping season had passed.

The duties of the first aid director at the camp were numerous and included administration of first aid as required and also the general supervision of camp health, sanitation and safety. This calls for cooperation from the cooks, program director, those who handle garbage, storekeeper, and all cabin leaders.

R. H. Johnson and R. O. Drews, both of the senior class, were the two to take over the responsibilities of the first-aid hospital at the Des Moines Y. M. C. A. Camp. Johnson spent three weeks at the camp and Drews took over the duties for the rest of the season.

The faculty of the Des Moines Still College extend their thanks to Dr. Devine for his efforts in making it possible for our profession to be recognized in this particular field of work.

Report On O. B.

September 1st has closed another year in the obstetrical department at D.M.S.C.O. with a total of 401 cases. This would give the 45 graduating students an average of 8.9 deliveries each, and an attendance average of 89 cases during three years' work.

This was an unusual year in some respects. Out of the 401 cases 11 were operative, eight forceps, two caesarian, and one Craniotomy. Ten pair of twins were born, and our fetal mortality was at its lowest level in the history of the clinic, losing only one baby.

We are justly proud of our record in the matter of maternal mortality. But one mother has been lost since December of 1934. This means that there has been but one maternal death in approximately 2,000 obstetrical cases cared for since that time.

Why should we have such favorable results in our large Obstetrical Clinic? No doubt the rigid prenatal care given to these patients is a very important factor, as well as the careful attention to detail given at the time of delivery and in the post-partum work is a part of the answer. Many of these same routines, however, are available to non-osteopathic practice. We believe that the most important factor is the osteopathic treatment given before and after confinement. This single factor will explain why such a large percent of our obstetrical cases are able to go through an uneventful pregnancy and give birth to a normal child with safety. Osteopathy has made a very large contribution to obstetrical practice.

Celsus, about 25 A. D., was the first to recommend nutritive enema and the first to mention the four cardinal symptoms of inflammation — pain, heat, redness, and swelling.

I. S. O. P. S.

Fall District Meetings

The fall District Circuit meetings will be held as follows:

District I, October 11, Maquoketa, Hurst Hotel.

District II, October 8, Council Bluffs, Chieftain Hotel.

District III, October 7, Ottumwa, Ottumwa Hotel.

District IV, October 10, Mason City, Hanford Hotel.

District VI, October 9, Jefferson, Lincoln Hotel.

The lay secretary of the Society has been directed by the Board of Trustees to attend each of the district meetings in order that he may get acquainted with the entire membership.

President Jordan has prepared and arranged for a most valuable and interesting program.

Veterans Committee

The Iowa Department of the American Legion, at its annual convention at Arnolds Park, on Wednesday, August 28, passed a resolution urging that osteopathic therapy be made available to veterans through the various regional facilities of the Veterans Administration and that the resolution be submitted for adoption by the American Legion at its national convention in Boston, September 23-26, 1940.

The following osteopathic physicians secured adoption of similar resolutions in their local legion posts and it was because of this state-wide demand for osteopathic recognition that the Iowa Department favorably considered the resolution:

H. D. Wright, Hampton; W. L. Tindall, Woden; Paul Park, Des Moines; Burton M. Gotshall, Waterloo; W. A. McVane, Dyersville; F. A. Gordon and N. A. Cunningham, Marshalltown; R. E. Brooker, Grinnell; Preston L. Etter, Washington; Charles A. Boyden, Waukon; W. S. Edmund, Red Oak; J. J. Henderson, Toledo; Thomas C. Mann, Estherville; Phil S. McQuirk, Audubon; and Charles H. Potter, Forest City.

Dr. Wright, Chairman of the Veterans Committee of the State Society, is to be commended for his successful direction of the program. Dr. Phil McQuirk, Audubon, who was placed in charge of this activity at the State Legion Convention by Dr. Wright is likewise to be congratulated for the wonderful work he did in guiding the direction of the Veterans Resolution to a successful passage. Dr. McQuirk and Dr. Thomas C. Mann, were members of the Committee on Rehabilitation which considered the Resolution and recommended it for passage to the Convention.

A special meeting of legionnaire osteopathic physicians was called by Dr. McQuirk and held at Spirit Lake on Sunday, August 25. The following physicians attended: C. N. Stryker, Chas. H. Potter, W. L. Tindall, Thomas C. Mann and B. W. Jones. It was at this meeting the final plans

were formulated and developed to handle the necessary work involved in securing passage of the Resolution.

Dr. C. N. Stryker was unanimously elected Commander of the Sheldon Legion Post at its meeting on Tuesday, July 30, 1940.

Membership Committee

Dr. H. L. Gulden, Chairman of the Membership Committee, launched his state-wide membership campaign on Monday, September 9, for one week's duration. Fifty-nine members, representing specified areas in each District, will personally interview every non-member and invite each such physician to join the Society. The members of Dr. Gulden's committees will operate in teams of two, thereby giving the program greater impetus and stability.

Dr. Gulden's campaign is the most immense membership undertaking ever staged by the Iowa Society and it comes at a time when we already have the largest membership in our history. Every physician participating in this movement has voluntarily pledged to see every non-member assigned to him by the Chairman within the time prescribed. Each participant has been furnished a manual of immediate past accomplishments and work now being engaged in by the Society to acquaint the non-members with the service which is being rendered for and in behalf of the general public and the Iowa profession.

The members of the Society who have joined, as sub-committees, in this membership campaign are as follows:

District I: H. B. Willard, W. A. McVane, H. C. Friend, Holcomb Jordan, P. O. French and Byron A. Wayland.

District II: N. D. Weir, Rolla Hook, T. A. Kapfer, J. A. McIntosh, J. H. Conaway, B. W. DeConly, and Harold Gamble.

District III: B. D. Elliott, G. W. Loerke, M. G. Tinch, Bessie Nudd, C. R. Reynolds, J. W. Rinabarger, P. L. Etter, and E. W. McWilliams.

District IV: B. M. Gotshall, J. W. Peterson, J. R. Forbes, Earl Jurgenson, B. M. Hudson, J. R. Shaffer, W. D. Andrews, W. L. Tindell, L. E. Gordon, H. D. Wright.

District V: D. C. Geihm, Ray B. Gilmour, Loren Green, J. A. Hirshman, B. W. Jones, C. N. Stryker.

District VI: Nellie and H. A. Kramer, J. E. Gray, N. A. Cunningham, F. D. Campbell, Paul Park, Bennie Devine, Orval Rose, Beryl Freeman, Rachel Woods, E. O. Sargent, A. D. Craft, Ralph Jack, J. K. Johnson, Jr., Grace Nazarene, and Laura E. Miller.

Results of the campaign will be found in the Society column

of the next issue of the Log Book.

Basic Science

Dr. D. E. Hannan, Secretary of the Iowa Board of Osteopathic Examiners, has delivered to Henry W. Grefe, Corresponding Secretary of the Iowa Board of Examiners in the Basic Sciences, examination questions in the basic science subjects as given by the following osteopathic examining boards:

Missouri State Board of Osteopathic Registration and Examination; State of Vermont Board of Osteopathic Examination and Registration; Kentucky State Board of Osteopathic Examiners; West Virginia Board of Osteopathy; the University of the State of New York; The State Education Department, Board of Medical Examiners; Ohio State Board of Osteopathic Examiners; Wisconsin State Board of Medical Examiners; North Carolina State Board of Osteopathic Examination and Registration; Board of Osteopathic Examiners of the State of California; Texas State Board of Medical Examiners; and the Michigan State Board of Osteopathic Registration and Examinations.

The Iowa Basic Science Board is considering the examination questions given by these boards to determine whether it should grant exemption from basic science examinations to osteopathic physicians from those States who may desire to practice their profession in Iowa and duly make application therefor.

Additional examination questions from other State Boards will be presented this month.

Smallpox-Diphtheria Campaign

Dr. D. E. Hannan, Chairman of the Department of Public Affairs of the Society, recently submitted to the Iowa State Department of Health a plan for osteopathic participation in that Department's state-wide smallpox vaccination and diphtheria immunization program, and official approval of the plan by the Department has been received. The campaign will be for one week, beginning November 4.

The members of the Society will soon be receiving complete information about the program and a detailed explanation of the work to be done will be presented at the fall district circuit meetings.

Osteopathic Examining Board

Dr. W. D. Andrews, Algona, has been appointed by Governor George A. Wilson to the Iowa Board of Osteopathic Examiners for a three-year term, succeeding Dr. C. N. Stryker of Sheldon whose term had expired.

Visitors

The following physicians called at Society Headquarters, 600 Walnut Bldg., Des Moines, during the month of August:

H. L. Gulden, Ames; Phil S. McQuirk, Audubon; Charles H. Potter, Forest City; Byron M. Laycock, Des Moines; Luther W. Swift, Kansas City, Mo.; D. E. Hannan, Perry; Holcomb Jordan,

"Flash News"

Dr. G. N. Gillum, director of clinics at the Kansas City College of Osteopathy and Surgery, has been secured as guest speaker for the various district meetings and will speak on (1) "Infantile Paralysis," and (2) "The Routine Use of Kahn and Tubercular Testing As An Office Procedure for the General Practitioner."

Dr. Gillum has spent much time on this subject and is very well and favorably known in the profession.

"United We Stand— Divided We Fall"

(Continued from Page One)

place of preferment in the educational world, we can create an influence and that influence will contribute toward a glorious future for our Alma Mater.

But, first, we must become an united whole; we must band ourselves together, letting the college have the benefit and feel the inspiration of our unity. There are 1,400 of us, who have been graduated from D. M. S. C. O. and its affiliated institutions. We must get closer and stay closer to our college but, first, we must bind ourselves together as a unit. You have elected me president of our Alumni Association. I am ambitious to see the organization grow,—grow in numbers, grow in influence, grow in understanding of present day problems of our college and other educational institutions of our profession.

I want you to join your Alumni Association,—join today,—not just because you will pay your dues which are twenty-five dollars for life membership or one dollar for annual dues but because I want to know that you have become determined to put yourself into active participation with the affairs of our college. The payment of dues will be recognized as an evidence that you are following your dollar into a position where you can have a definite part in the future success of our college.

I have often wondered about student recruiting and have tried to make estimates of how many students we might send to our colleges, if and when we put our minds on it. It seems to me that we might not be aiming too high if we determined to send a number, equal to ten (10) per cent of our Alumni to our college for each freshman class. That would be 140 new students and if that average could obtain for several years Doctor Becker would have to use the house-stretchers on the class rooms.

Let's get together. Let's have a real Alumni Association. Let's do it for the joy it will bring to us.

Fraternally yours,

Frank F. Jones, President
Alumni Association, D. M. S. C. O.

Davenport; S. H. Klein, Des Moines; W. A. McVane, Dyersville.

Application for Membership

M. C. Day, Indianola.

DWIGHT S. JAMES,
Sec.-Treas.

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

THE LOG BOOK

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Number 10

Dr. Becker Attends Convention

It was my privilege and opportunity to attend three conventions during the past week and to take an active part in the programs. On Monday and Tuesday, September 21 and 22, I attended the annual state convention of the Indiana State Osteopathic Association held at French Lick Springs Hotel, French Lick, Indiana. On Wednesday and Thursday, September 23 and 24, we moved on to Louisville, Kentucky, for the annual state convention of the Kentucky Osteopathic Association held at the Brown Hotel. We then journeyed on to Chattanooga, Tennessee, to attend the annual state convention of the Tennessee Osteopathic Association in session at the Hotel Patten.

It was an inspiring trip filled with many interesting experiences. The meetings were well attended and the interest evident in the several groups was most gratifying. One felt impressed by the fact that osteopathic groups have definitely moved up and forward in their arrangements, and in the general character of their assemblies. These three states arranged their meeting dates so that speakers could move to advantage from one convention to another, thus enabling each group to work out programs otherwise impossible. In each case a two-day post graduate course in diagnosis and treatment was carried out and business sessions were so spaced as not to interfere with the technical presentations. Mrs. Becker went with me and had occasion to meet with Auxiliary groups and accomplished much in helping in state and local organization of auxiliaries.

The trip was made even more delightful and profitable by the fact that Dr. and Mrs. R. C. McCaughan made the circuit, as did Dr. and Mrs. Fred Still and Dr. Arthur G. Hildreth. Dr. McCaughan was the principal speaker at each of the banquets and his able discussions of A.O.A. activities and A.O.A. responsibilities were most revealing. It made those present realize that Osteopathy is rapidly assuming a prominent place in the world of therapeutics and in professional affairs. Certainly everyone eli-

(Continued on Page Three)

The Freshman Class of January 1941

It is the history of educational institutions that with increase in entrance requirements the size of new classes is less. This was our experience when two years ago we instituted a one-year collegiate prerequisite, but the next year's enrollment more than offset the temporary decline. With the September, 1940 class another year was added to the entrance requirement, making the prerequisite two full years of collegiate work (60 semester hours), and as we anticipated, the then entering class was definitely less than average in size. We were not surprised and we are not too much concerned. It was logical and was foreseen, and ample provision was made for it. It does and should serve, however, as an effective stimulus, and fires our determination that the lessened size of the new class shall again be a temporary decline and that subsequent classes shall again more than offset the lessened number in the size of that class. Our present situation carries with it no dismay or loss of vision. Quite the reverse, we have real grounds for encouragement. Our total enrollment for the year is but slightly less than that of last year (a peak year), due to accessions in advanced classes and also to the return of several students who for one cause or another had been forced to interrupt their work. Our correspondence clearly indicates that the class entering in January, 1941 will be above average in size and that the steady march of increased enrollment will have again begun.

We are not drifting with the current, but we are manning the oars and moving forward. The many improvements in and about the college give evidence of our constructive program. The newly installed modern laboratory equipment tells more effectively than mere words of our confidence in the future of our college, and of our determination to deserve the cooperation and enthusiastic support of our plans from each member of our large and growing alumni.

Already we have been informed that osteopathic student groups will not have their work interrupted, at least for the present college year, by the conscription. This clearly indicates the importance attributed to our work by governing bodies. Such highly technical training serves a large and important place in community life and in public welfare. Two letters recently have come to me; one from J. W. Studebaker, Commissioner of Education, Washington, D. C., and a copy of one to Mr. Studebaker from President Roosevelt. They tell their own story and I reproduce them here.

"Federal Security Agency, U. S. Office of Education, Washington, August 20, 1940—To Presidents of Colleges and Universities and Directors of Educational Organizations: Attached is a copy of a statement made public by President Roosevelt urging young people to continue the normal course of their education. This statement was issued on the basis of information supplied to the Chief Executive through Administrator Paul V. McNutt. Reliable reports received by this Office indicate a tendency by youth to find in the current emergency reasons for interrupting their educational plans. This Office will act through various channels to make both young people and their parents aware that emergencies require trained citizens. Our youth should use to the utmost the unequalled training opportunities of United States colleges and universities. The responsible heads of colleges and universities may wish to supplement the President's statement with press releases which will emphasize to the youth of the country the importance of education as a means of national defense. (Signed) Very cordially yours, John W. Studebaker, Commissioner."

"The White House, Washington, August 14, 1940—My dear Mr. Administrator: Reports have reached me that some young people who had planned to enter college this fall, as well as a number of those who attended college last year, are intending to interrupt their education at this time, because they feel that it is

(Continued on Page Two)

Pursuit of a Reason

We will attempt to provide in this series of brief papers things that are interesting or practical, or both. Some statements will be direct quotations; a few indirect; and many the result of my own unconscious plagiarism. With scientific placidity, we will deliberately strive to interpret facts under the revealing and practical light of Osteopathic reasoning.

The objective of this series will be dedicated to a more sincere and earnest study of the patient and a more intimate professional association between the physician and the patient at hand. We can copy Osler, Still, and Mackenzie in learning more from our patient about himself than we can in any other manner; and as long as clinical practice exists the patient must be an individual, to study and probe, and not be considered just a visceroptotic biped with a number on his chest and history sheet.

"There is no study today that offers us greater hope for the future practice of medicine than the study of the individual that has the disease and the means by which the disease process expresses itself in his tissues, secretions, and excretions—the study of pathologic physiology."

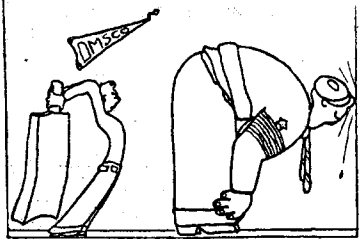
We can say arbitrarily and for the present at least without explanation, fully agreeing with the foregoing statement, that as much expressive and differentially valuable information can be derived by intent and diligent spinal examination as can be obtained in a similar period of time spent on another method of approach. The diagnostician must develop specific affinity for the degree of expression that the visceral or somatic disease produces in the patient's tissues. This somatic and visceral expression of reflex arc disturbance is the most consistent and quantitative diagnostic finding available, and it is obtainable in direct proportion to the accuracy of the tactile sensibilities that we develop in our fingertips, coupled with a knowledge of the anatomy and physiology of the Vegetative Nervous System.

The somatic or reflex expression of disease, toxemia, synaptic resistance, Central Excitatory or Central Inhibitory State of the cell, the PH of the tissues, and

(Continued on Page Three)

Homecoming Day To Be Held Oct. 18

FRATERNITY NOTES



N. O. I. C.

Since the work of this office relative to Reunion preparations at Atlantic City, has been taken over by the Local Convention Committee our work has been happily lightened. We do not have the full quota of appointments of Local Representatives yet but hope to have this complete by the first of the month. If our fraternity affairs are to run smoothly we must have complete cooperation with each of the represented organizations. I have yet to learn of the appointment in or near Atlantic City of the Acacia Club Local Representative.

We are starting the year with full recognition in Baird's Manual, Banta's Greek Exchange, The World Almanac and The Fraternity Press. This is the most extensive listing we have ever enjoyed and these listings will bring our eleven organizations to the attention of nearly every college student in the country. It certainly can do no harm and should do a great deal of good.

I have personally contacted one of the fraternities on the campus of the State College here in Las Cruces. This was not a difficult thing to do and I feel that many of you are missing an opportunity if you have a college of any kind in your city and have failed to make yourself known as a member of a professional fraternity. I found these boys anxious for ideas brought to them from someone outside their regular routine. I want to urge this upon each of you as a personal project this year. I want a report from you on these contacts made thru your fraternity or sorority membership.

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



The first evening party of the new semester was a huge success. We all coagulated at Grace Ransom's Tea Room Monday evening, September 23. Most of our alumni practicing in the city were present, and we had as our guests the girls in school who are not sorority members. Mrs. Virginia Silver (a gal from the ole south) told us some darkie stories and also gave us some vitamins for cerebration. We seem to have a lot of business to attend to this fall, new, old and indifferent, but we've already gotten a good start on it. The most important thing right now is the Homecoming October

18. We are cooperating with the Interfraternity Council on their job of ticket selling. We not only intend to sell our class and active membership 100 per cent, but we intend to also sell our alumni, in the vicinity and out, 100 per cent! So come on, you gals, get your tickets from us now, so that we can be on the top of the heap after all of the shuffling is over. We want all of you to come back and visit us during Homecoming. You wouldn't know the old school. She sure ain't what she used to be. Everyone told me this would be my easiest semester, so I was all prepared to just have a good time this fall. But what a rude awakening I had to find that they had doubled my lab schedule, forced me to do some studying outside, and put the double high pressure on me in general. For all of you that attended last year, I need not plead—but for those of you that did not, you don't know what you missed. And I understand that it is going to be even better than it was last year. So—until October 18, when we expect to see all of you back—au revoir.

—R. P., Sec.

ATLAS CLUB

It is hard to believe that it is time for another report from the ATLAS CLUB for the LOG, but somehow realities are difficult to dodge.

There is a law called "Jackson's Law" which states that the most newly acquired portion of the brain is the first to be impaired in certain conditions—so why not applied here! Being more specific, if any event or measure were to affect my memory, those activities which have happened most recently would be the first to be forgotten.

Therefore, I begin with last Tuesday night's Smoker which was attended by fifteen freshmen and upper classmen not afflicted with other organizations. It is not difficult to note the trend of the profession after having met and talked to this group of men. They are definitely of higher calibre and quality with each incoming group, and it seems obvious that they are strong in their convictions, interested in the more professional ideas than was the tendency of a few years back. Somehow, one cannot help but admire this spirit, and the future of the Osteopathic profession for coming years cannot be too uncertain when such men wish to associate themselves with it.

The Practical Work Nite scheduled for the 23rd has been postponed to the first Monday in October because of conflicting dates. Dr. Byron E. Laycock was to have given a lecture and demonstration on the subject of "Technic." There is no doubt that each and every one of us shall be looking forward to this date with a great deal of anticipation.

Before forgetting it, Homecoming is only a short time away, and we are to be the hosts of you men in the field. It is, however, sometimes discouraging to be the

host when our guests are unknown to us. With this thought in mind, may we suggest that our guests wear forlorn expressions, or we may take it to mean you are having too good a time to be annoyed by your "lessers." The Club will be open to each and every one of you. Hope we may see and talk with you.

RHJ Stylus

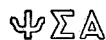


The primary objective of most of our fraternal organizations is to further the progress of the school. Our organization has shown this spirit by giving the school some valuable clinic material, the latest being an electrocardiophone. An instrument which will amplify the heart and lung sounds for a large group of listeners. This instrument is now in use in our clinic.

The plans of the Fraternity for this semester is nothing short of spectacular. There has been a good foundation laid and the present members have added many constructive ideas.

Sigma Sigma Phi plans to support the "Homecoming" 100 per cent. The members are all planning to attend and a good support is expected from our alumni.

—H. C. P.



Gamma Chapter of Psi Sigma Alpha met at a dinner October 2 at the East Des Moines Club. The banquet was in honor of those members of the freshman and sophomore classes who have excelled scholastically, and who are eligible to receive the Psi Sigma Alpha Scholastic Award. Those entertained were: Freshmen, Lou Radetsky, Muriel Stewart and Ronald Woods; Sophomores, Philip Reames, Rachel Payne, and Richard Rogers. One from each group will receive the award to be presented in assembly Friday morning.

President J. M. Yagoobian

turned the meeting over to Dr. O. E. Owen, who explained the purpose and qualifications for the award. Dr. A. D. Becker was then introduced as the speaker of the evening. His remarks were inspirational and directed to the group as a whole. He urged us all to strive for greater heights—scholastically, personally and professionally.

The banquet was followed by a short business meeting. Plans were made for the fraternity to attend 100 per cent. We want to see all of you there.

—J. C. E.



Our smoker went off with a big surprise to all. The main speaker of the evening was Forrest W. Seymour, assistant editor of the editorial page of the Register and Tribune—spoke on International Affairs. The speaker was introduced by Dr. S. H. Klein, who gave an interesting inspirational talk, "Organization and the Individual." A welcome and understanding of "Fraternal Work" was included by Dr. O. E. Owen. Dr. J. B. Shumaker and Dr. Paul Kimberly, each extended a welcome and success to the new men. The program and evening concluded by refreshments and an informal get-together of all.

We would like to introduce three of our new men: M. Hodson, W. Moore, and E. Sheldahl. The best of success and good luck to you fellows in your Osteopathic and Fraternal careers.

At last a long wanted wish has been granted, through the efforts on the part of the brothers the house has been painted. We all feel mighty proud of our house now.

Plans are now under way to bring to the members and pledges of P. S. G. citizens of note in Des Moines—these persons will be introduced on the work nights.

—W. C.

The Freshman Class of January, 1941

(Continued from Page One)

more patriotic to work in a shipyard, or to enlist in the Army or Navy, than it is to attend college. Such a decision would be unfortunate. We must have well-educated and intelligent citizens who have sound judgment in dealing with the difficult problems of today. We must also have scientists, engineers, economists, and other people with specialized knowledge, to plan and to build for national defense as well as for social and economic progress. Young people should be advised that it is their patriotic duty to continue the normal course of their education, unless and until they are called, so that they will be well prepared for greatest usefulness to their country. They will be promptly notified if they are needed for other patriotic services. (Signed) Sincerely yours, Franklin D. Roosevelt."

To put it clearly and briefly, we want a good-sized class for January, 1941 and for September, 1941. We want selected and well-qualified students. We have had to refuse a number because of poor or inadequate records. We want students that will bring to their osteopathic training not only scholastic ability and sound preliminary training, but who will also bring stability of character, high idealism, and a real ambition to serve. There is a vital place in the osteopathic profession for such young men and women. We will gladly send catalogues and literature to those who may be interested in such a program as this institution has to offer.

—A. D. B., D. O.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

EditorArthur D. Becker

Co-editorR. O. Drews

Osteopathy Without Limitation

Osteopathic Therapeutics

Region Below the Diaphragm
(Number 21 in Series)

DYSPEPSIA, Cont.

In the immediately preceding article in the September Log Book on "Dyspepsia" we discussed some of the more common etiological factors producing this common symptom. Continuing this discussion, it is desirable that we evaluate the place of osteopathic spinal lesions, both as primary causes of stomach dis-function and as maintaining causes of impaired functioning capacity.

It is well to remember that the nerve supply to the stomach is derived from each of the two divisions of the autonomic nervous system. The parasympathetic innervation is by way of the vagus, and its function is that of initiating and activating peristalsis. It is also this innervation that inhibits the sphincters, tending to cause their relaxation. The sympathetic innervation is by way of the great splanchnic nerve which has its origin from the fifth to the tenth thoracic segments, although many fibers in the great splanchnic nerve have their origin in the spinal cord above the fifth segment. Dr. Louisa Burns states that fibers in the great splanchnic nerve originate as high as the first dorsal segment.

The function of the sympathetic innervation is to inhibit peristalsis and to contract sphincters. It also furnishes vasomotor innervation, is secretory to the mucosa and carries with it that important function known as trophism. It is probable that most of the sympathetic fibers which directly and specifically supply the stomach come from the 5th and 6th dorsal segments of the cord, so that the gastric center, as we use the term in osteopathic discussions, would be the 5th and 6th dorsal vertebra and the associated ribs. Osteopathic spinal lesions, then, from the occipital atlanto-articulation down to the 10th dorsal area, are of particular significance in relation to disturbed functioning capacity of the stomach. The tissue pathology associated with spinal and rib lesions in these areas may be either the primary cause or the maintaining cause of the symptom of indigestion or dyspepsia. The many so-called gastric neuroses are part and partial of this anatomical-physiological picture. Gastromotor neurosis, gastro-secretory neurosis, and gastro-sensory neurosis or any combination of them, give evidence of disturbed anatomical-

physiological integrity associated with osteopathic lesion pathology, producing loss of integrity of the important controlling and regulating nerve supply.

We have said that the osteopathic lesions may be either primary, acting as the initial and the immediate cause of the dis-function of the stomach, or secondary. Where a gastric disturbance, for instance, develops as a result of chronic gallbladder diseases, the disturbances in the stomach through viscerosomatic reflexes will produce secondary osteopathic spinal lesions in associated anatomical areas. These secondary osteopathic spinal lesions, so produced, act as maintaining causes of disturbed and impaired functional capacity. We should not forget in this relation that osteopathic spinal lesion pathology acting over a period of time, and which lesion pathology more or less profoundly impairs the innervation to the stomach, may serve as the cause of more profound pathology. When we remember that the blood supply to the stomach is controlled through the vasomotor innervation and that trophism of stomach tissues is by way of the sympathetic innervation, it is entirely logical that profound disturbance in these innervations may be the necessary contributing factor for gastric and duodenal ulcer (peptic ulcer). Clinically, this seems to be true in many cases and will be discussed in a later article dealing more specifically with the subject of peptic ulcer. We do not know the cause of gastric carcinoma. There are many theories. It may easily be some day shown that profound disturbance in the circulation of the gastric mucosa, acting over an extended period of time, will prove to be a part of that story.

With the background in the previous article on Dyspepsia and in this article, both dealing with etiological factors, it is easy to see that the treatment of Dyspepsia is by no means a simple one. We have called attention to the old saying that one should not mask or do away with the symptom until it has been evaluated. It is comparatively easy in a very large majority of cases, to do away with the digestive disturbances by the normalization of osteopathic spinal lesions. If the cause of the disturbed function in the stomach was primarily due to the osteopathic lesion pathology, then the problem has been adequately met. If, however, the disturbance in gastric function is a symptom of other (sometimes remote) pathology, the relief of symptoms as a result of normalizing the osteopathic spinal lesion pathology is apt to be but temporary. Logically, here one must seek out and remove, if possible, the initial cause, whether that be gallbladder disease, constipation, toxemia or otherwise. From the beginning of osteopathy one of the fundamental principles in the osteopathic reasoning is to seek and remove the cause. Many times in these cases of indigestion the

Polk County

Regular meeting of the Polk County Association was held Friday, September 16, 1940, at the Hotel Kirkwood. Thirty-seven members and guests were present.

Dr. Arthur D. Becker was the speaker of the evening. Dr. Becker presented a talk on the development of Osteopathy as a science, which proved very interesting. He also stressed the necessity for unity among the members of the profession for continued advancement.

The October meeting was announced for October 11, 1940. This meeting is to be a free meal, served by one of the grateful members. Judge Ralph Powers is to be the speaker for the evening.

The meeting was closed following an announcement of the Alumni Homecoming Celebration for October 18, 1940.

The Polk County officers for the current year are: Dr. P. L. Park, president; Dr. L. L. Facto, vice president; Dr. P. L. Kimberly, secretary; and Dr. D. E. Sloan, treasurer.

At present the membership of the Polk County Osteopathic Association is forty-five D.O.'s.

—P. E. Kimberly, D.O.
Secretary.

Interfrat. Council

Orchids to Dr. Owen for the superlative dinner he gave us last Sunday noon at the Hotel Kirkwood. We suspected an ulterior motive, however, and that being to get us all in a good mood before we divided up the freshmen, considering their choice as well as ours.

We have had three meetings already this semester and have gotten a good start on our work, although there seems to be a lot of it. The Homecoming Committee has given us the job of selling tickets to the student body, and we intend to do it 100 per cent. We are not anticipating any difficulty after the swell party we had last year, and from what we hear it is going to be even better this year, if that is possible. We are expecting to see all of our alumni back, so don't disappoint us. We'll be looking for you!

—R. P., Sec.

Dr. Schwartz in Pennsylvania

Dr. J. P. Schwartz, dean of the college and head of the surgical department, will attend a meeting of the American College of Osteopathic Surgeons in Grove City, Pennsylvania on October 7-8-9. Surgical clinics will be held at the Bashline-Rossman Hospital.

cause is loss of integrity of structural relations. On the other hand, in many cases the initial cause must be found as the result of a careful survey of all the possible etiological factors in any given case.

A. D. B., D. O.

Student Council

The Student Council Meeting of the fall semester met Thursday morning, September 26, 1940, at 11 a.m. in the library of the Des Moines Still College of Osteopathy.

Meeting dates were decided on and were set for the first and third Thursdays of the month.

All the officers were elected except the president. The officers elected were 1st V. Pres., Jess Varner; 2nd V. Pres., Howard Johnston; and Sec. and Treas., Bertrand Adams.

The President of the Student Council was elected by the student body on Monday, September 30, 1940. From the group nominated the honors went to Tom A. Hewetson of the senior class. Tom will serve for the remainder of the fall term.

P. E. Kimberly, D. O.,
Faculty Advisor.

Dr. Becker Attends Conventions

(Continued From Page One)
gible would want to be a part and parcel of an organization that is really doing things of lasting moment.

At the time of writing this report I am planning to attend the meeting of the Southern District division of the Minnesota State Osteopathic Association to be held at Austin, Minnesota, on October 4 and 5 at their beautiful country club. Past experience with this same group assures a most worthwhile visit. On October 9 I plan to attend the Iowa Sixth District meeting at Jefferson, Iowa. At both the Minnesota meeting and the Sixth District meeting I have been honored with a place on the speakers' program. I am glad to report that after many years of meeting with osteopathic groups I find that my interest in such work does not lag. Quite the reverse, I find myself becoming increasingly enthusiastic. I like to come in contact with the men and women who are doing things in various parts of the country. I get many valuable suggestions and opinions and it keeps me closely in touch with the problems as they confront the general practitioner, as well as those met by the specialist. As I said in the beginning, it is a real privilege and an opportunity.

—A. D. B., D. O.

Pursuit of a Reason

(Continued From Page One)
the degree of irritability of the sensory terminals are synergistic and cooperate in maintaining the vicious cycle of somatic-visceral and viscerosomatic reflexes that permits, even facilitates the production of reflex arc disturbances and the maintenance of symptoms.

Subsequently we will underwrite many of such clinical facts by referring to our physiology and bio-chemistry.

—Byron E. Laycock, D. O.

I. S. O. H. S.

Veterans Committee

The Veterans Resolution urging that osteopathic physicians be given the same rights and privileges in veterans administration hospitals as medical physicians was referred to a fact-finding committee of the standing national rehabilitation committee which will report to the next convention, it was determined by the American Legion at its annual convention in Boston during the week of September 23. The next convention will be held in Milwaukee, Wisconsin, in September of 1941.

As soon as the Iowa Department had passed this resolution, at its convention on August 28, Dr. H. D. Wright, chairman of the Veterans Committee, began directing the development of support of Iowa delegates to the national legion convention for the resolution. He corresponded with osteopathic physicians throughout the state asking each such physician to personally interview certain named delegates, residing in specified areas, and obtain their pledged support to work for the adoption of this resolution. He reports excellent cooperation was given him.

The information thus received was then forwarded to Dr. H. Willard Brown, chairman of the Committee on Veterans Affairs of the American Osteopathic Association, for his information and use at the Boston convention.

It is considered that the action taken by the American Legion at Boston is a step in the right direction. It will permit the committee named to study osteopathy and its scope of practice and service and, based upon such survey, if a favorable report is made to the national rehabilitation committee it would seem altogether likely that said committee will recommend the resolution for passage at the next convention.

A big task faces the chairman of the Veterans Committee of the A.O.A., and we are sure he will adequately cope with his responsibility. The Iowa Society will cooperate in any manner desired by Chairman Brown.

You may be interested to learn that Iowa and Pennsylvania were the only departments of the American Legion which passed the resolution at their respective state conventions.

Membership Committee

Dr. Gulden's membership campaign has thus far been the cause of eighteen new membership applications. Many committees have written to him advising that they would see the physicians assigned to them during the first week in October, immediately preceding the fall district meetings. A complete report cannot therefore be made at this time.

The following doctors have thus far presented reports of accomplishment:

C. R. Reynolds and J. W. Rina-barger, one membership application; Earl O. Sargent and A. D. Craft, one membership application; N. A. Cunningham and James Grey, one membership application; L. E. Gordon and H. D. Wright, one delinquent; G. M. Tincher and Bessie Nudd, three membership applications; W. D. Andrews and W. L. Tindall, three membership applications; Holcomb Jordan and Homer C. Friend, one delinquent; W. A. McVane, five membership applications and one delinquent.

The latter, Doctor McVane, covered the entire first district alone with the exception of Cedar Rapids and Davenport. He spent five days on the trip and travelled approximately one thousand miles. This is a most noteworthy example of service and sacrifice for the best interests of the profession. A complete and detailed report of his interview with each physician was presented to the officers of the Society for their consideration and use.

The membership campaign has also served another purpose. We have found that our non-member list contained the names of several physicians who are dead, several who are now practicing in other states and several who have retired from practice. This list will, therefore, be revised and corrected in the near future.

Press Relations Committee

Dr. J. R. Forbes, chairman of your Press Relations Committee, is supplying news of the district circuit meetings to all the newspapers located in each district. News stories announcing the meetings have already appeared and "follow up" stories were published during the first week of October.

It is suggested that any physicians having news items of interest, pertaining to members of the profession, send such items to Dr. Forbes for the purpose of securing proper publicity. He will be happy to cooperate.

Board of Trustees

The Board of Trustees of the Society held a special meeting in Des Moines on Sunday, September 22. This was the second meeting held within a period of thirty days. Many problems of vital importance to the profession are now pending.

Applications for Membership

Ira L. Christy, Farmington
O. L. Johnson, Marshalltown
Walter S. Swift
Stella Swift, Keokuk
L. B. Mosley, Ft. Madison
George A. Purdie, Rockell City
Clifford E. Worster, Laurens
S. C. Gartrell, Lake City
F. M. Crawford, Renwick
R. K. Richardson, Wesley
H. E. Dresser, Humboldt
Fannie Parks, Winterset
C. F. Howe, Williamsburg
H. A. Achen, Dubuque
Homer F. Huston, Grinnell

Desert-Ations

The 12th of September was a red-letter day with me. I drove to Ajo, Arizona, and then, over a rough trail-like road crossed by many arroyos, finally spied what I came for. We have near the border here a few of a very rare type of cacti technically the *Lamaireocereus Thurberii* but commonly called the Organ Pipe Cactus. Mature plants grow to be about 15 feet high with many branches starting from the base only. The younger trunks mixed with the older ones and on to the oldest and silhouetted against the intense blue of the sky are certainly well named. I got out of the car and examined several of the specimens carefully.

This close inspection brought out a fact that I had not been able to note at a distance. All of the many trunks did spring from a common root but there were many variations in the stems belonging to the same plant. Some of the shorter trunks showed signs of age while some of the taller ones were plainly new growths. It reminded me of one of my former classes or perhaps of our Alumni. Here we had a group of cacti trunks springing from a common source and yet with many variations in development. Each had the opportunity like every other branch to obtain the same nourishment, rain and sunshine and yet some stems permitted others to crowd them and stunt their growth. Others with every freedom apparently did not have the ambition to grow and develop. I noticed particularly that the healthy growths were the only ones that bore fruit. Beautiful flowers and deep crimson seed pods were profuse on the well developed trunks. This again reminded me of my own people.

How many of us take advantage of our opportunities to grow and develop and produce fruit. The tall lively green trunks bearing flowers and seed pods were the ones that were attracting favorable comment and attention. The smaller dull green stems with graying spines did not add to the beauty of the picture. In one we see the alert plant fulfilling its mission in life. In the other we see the passive branch, willing to subsist on the crumbs thrown from the table of the more alert and active stems. As a profession and as students of osteopathy from our matriculation to our retirement, we must be constantly alert to our environment. We must be ready to take advantage of the rains and sunshine and to store these energies and use them to our advantage and for the expansion of our influence and power.

This year we have a good start considering the handicaps that have been self-imposed. We are

D. S. House, Dubuque
Clayton A. Reeves, Anamosa
DWIGHT S. JAMES,
Sec.-Treas.

not sitting idly by but we are responding to the immediate needs of our profession and so we will recover our enrollment and pass its best figures. We like to be admired and we will grow and blossom that we may attract favorable comment. We do not want to look old and stunted and gray neither as individuals nor as a profession.

Virg Halladay, V. Pres.
D. M. S. C. O. Alumni

1940 Grid Season

Des Moines Still College of Osteopathy opened its 1940 football season with a victorious start. Although the institution has no team of its own, it plays an important role in the care of the teams of the surrounding institutions such as Drake University, Dowling College, and the several high schools of Des Moines.

Dr. L. L. Factó will have supervision of this department and it is his province to assign the senior students to their particular school.

The routine of taking care of these teams has been altered this year. The students who now take a team will stay with his team for the entire season, and in return will receive credit for his services toward his clinical requirement.

This particular line of work enables these students to gain considerable amount of experience in the field of athletic injuries and in orthopedics. The student physician's duties are to be at hand before and after field practice, and to give osteopathic treatment to all who need such care and to give first aid to those who may get injured during scrimmage or in an official game.

Dr. Golden in Wisconsin

Dr. Mary E. Golden of the college faculty is attending the mid-year meeting of the Wisconsin State Osteopathic Association being held at Portage, Wisconsin on October 3rd and 4th.

Assemblies

On September 20th Miss Marguerite Stock of the American Institute of Business entertained the students with several members on the xylophone which were much appreciated. Dr. Arthur D. Becker, our president, gave a few brief comments which set the tempo for a year of constructive effort.

On September 27th the Rev. Frederick J. Weertz of St. Johns Lutheran Church gave a most inspiring talk on the subject, "This Wonderful Book"—referring to the Bible. His illustrations were graphic and intensely interesting in which he drew from his own personal experiences. Dr. Weertz is a real friend to the students in Des Moines Still College and is always received with enthusiasm.

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 18

November 15, 1940

Number 11

Home Coming Day

It is most gratifying to report the unqualified success of the Second Annual Homecoming Day sponsored by the Alumni Association of Des Moines Still College of Osteopathy. Visiting physicians from the various states expressed themselves in no uncertain terms, voicing their enthusiasm and their appreciation regarding the many evidences throughout the college of continued progress and development. The recent new additions in the various laboratories received much attention, particularly the new long-paper kymograph used in the Physiology Department as a part of the work in mammalian physiology. The new piece of equipment prepared to show in a graphic way the various hormone reactions was viewed by many of the visitors and pronounced a most practical method of demonstration of this somewhat complex physiologic mechanism. It is a valuable step forward in modern visual, educational procedure.

Perhaps the most appreciation was evidenced over the new clinical pathology laboratory recently doubled in size, and with greatly increased equipment.

Alumni representatives were present from Michigan, Ohio, Wisconsin, Minnesota, South Dakota, Nebraska, Kansas, Missouri and Illinois, as well as many from the home state of Iowa. 425 sat down to the banquet at the Ft. Des Moines Hotel. The entertainment provided was excellent, winding up with several numbers presented by the Register & Tribune choir of 40 voices. Dr. Russell C. McCaughan was the speaker of the evening and his talk was not only informative but clearly showed the evidence of his farseeing vision and of his fine grasp of osteopathic affairs. Excellent as Dr. McCaughan's presentations are, it was the unanimous opinion of this fine, large audience that he was "tops" on this particular occasion.

The opening assembly at the college at 10:30 Friday morning was remarkably well attended and constituted a fine start for a full day's program. Mr. Arthur Brayton, chairman of the Bureau of Conventions of the Des Moines Chamber of Commerce, was in excellent form and further substantiated his reputation as a

(Continued on Page Four)

Thanksgiving

It is a mark of intelligence for people to be appreciative of privileges, advantages and opportunities. In a war-torn and pro-



foundly distressed world filled with suffering, grief and woe, we, the citizens of the United States, are indeed most fortunate in the many blessings which we enjoy. It is a wholesome thing to pause in the midst of the busy march of events and take stock of our good fortune. We are thankful for many things; for the security of our homes; for life; for love; for work. We are humbly grateful that we, as a great osteopathic profession, have a humanitarian service to offer to the

great mass of those who need our services.

We are thankful that Osteopathy continues to grow and develop, and to constantly assume a larger place in the consciousness of the scientific world and in the world of affairs. Such growth and development brings with it its fair share of responsibility. It should, and it does, create in each of us not only a spirit of humility and thankfulness, but a determination to increasingly deserve the rich rewards which have fallen to our lot.

With all the misery and suffering in the world today, it is not possible to be jubilant, but it is possible and right that we set aside a time to express our thanks to the Great God who in his great wisdom and compassion takes note of even the tiny sparrow's fall. May we extend to each reader of the Log Book our sincerest wishes for a happy Thanksgiving Day.

A. D. B.

The Lumbar Fascia

While giving an osteopathic treatment in the lumbar and lower rib areas, the applied anatomy of the above fascia is worthy of the operator's consideration. Likewise, the surgeon during operations on the kidney and adjacent structures finds this structure a barrier and a guide.

The lumbar fascia consists of three lamellae arising mainly from the lumbar vertebrae, enclosing muscular masses and fusing to give origin to the transversus abdominis muscle.

The posterior layer, which is the thickest, arises from the lumbar spines and supraspinous ligament. It covers the erector spinae mass and blends at the lateral edge of these muscles with the middle layer to complete the sheath. A portion of the latissimus dorsi muscle and the posterior inferior muscle lie superficial to and have origin from this fascia.

The middle layer is of more osteopathic interest. Its origin is from the posterior portions and tips of the lumbar transverse processes and it passes anterior to the erector spinae mass and

posterior to the quadratus lumborum muscle. The most interesting feature of this layer is the posterior lumbocostal ligament, two rather dense masses of fibers extending from the first and second transverse processes to the lower margin of the twelfth rib if that rib be of normal length; otherwise to the eleventh. Through this ligament a direct pull may be applied to the rib in certain disturbances of the upper lumbar vertebrae. The sharp lower edge of this ligament parallels the inferior line of pleural reflection and is a warning mark in renal surgery.

The anterior layer of the lumbar fascia passes anterior to the quadratus muscle after arising from the anterior surfaces and the bases of the transverse processes. It is the thinnest of the three layers. Its upper portion, the lateral lumbocostal or external arcuate ligament is anterior and lateral to the posterior lumbocostal ligament. This lateral lumbocostal ligament gives origin to some fibers of the diaphragm and gives added protection to the lower edge of the pleura.

J. M. W., D. O.

Pursuit for a Reason

Pursuit for a reason relative to a disease or symptom usually takes us back to the fundamental anatomy and physiology of the Autonomic or Vegetative Nervous System. Most diseases influence Vegetative function profoundly. In professional schools we spend considerable time on the anatomy and physiology of the Nervous System, but most of it is pertinent to the Cerebro-Spinal Nervous System. There are only a few hours at the end of related courses into which the very important consideration of the Vegetative Nervous System and its function is crammed hurriedly. With the exception of the debatable process of cerebration, about all that the human animal does objectively is to move and secrete. When most of the functions of man are colloquially "boiled down and spotted" we find they are controlled by a center in the cord, medulla; pons, midbrain, hypothalamic area and basal ganglia, and invariably under vegetative control. This is where we live. Yet we spend a precious paucity of time in the study of this all-important system of specialized tissue.

When we become ill or infected we depend upon this system of nerves to produce definite reflex effect and precise disturbance in contiguous and segmentally related tissues that we call "symptoms." We depend upon a portion of this system to resist the destructive force—and upon another portion to produce repair. As time speeds by it is entirely probable that in the future more of it will be utilized on the survey of the Vegetative Nervous System.

One of the most interesting phases of the study of the Vegetative Nervous System is in its comparative anatomy and evolutionary development, its embryologic differentiation and migration. This must be appreciated as a foundation and as an introduction with which to finally understand some of the phases of vegetative function—many of which are still obscure to human comprehension.

Protozoa exhibit a marked specialization of parts of the single cell into an elaborate system of conduction and excitation. In the Paramecium there is situated anteriorly in the cell a neuro-muscular center. From this center fibers are directed peripherally. These fibers are connected intimately among the ciliary basal granules and with the trichocysts. The function of the center and

(Continued on Page Three)

Next Class Enrolls January 18

N. O. I. C.

The membership of our Council is to be complimented on the efforts they make to cooperate. A recent call went out from this office for cuts to be used in a directory of fraternities and sororities that will soon be published. Over half of our members had the cuts here on my desk before the dead line and I am sure that the others will be delivered in time. This is being written before the time limit was expired.

Our Local Representatives have all been appointed and they are ready to be called by the proper chairman in Atlantic City.

A message will soon be sent from this office to each of the subordinate chapters of our membership. We still have plenty of room for improvement and if we expect to continue as recognized professional fraternities and sororities we still have a few things to do.

I wonder if you have stopped to think that our osteopathic organizations are now pledging in a field two years in advance of any of the more prominent collegiate fraternities. We are taking our membership now from Freshmen who have had two or more years of fraternity life in college. It is certainly up to us to advance from the High School level to a truly professional type of organization. "Hell Week" as it has been practiced is beneath us now and there are a few other changes we must make to bring ourselves up to the professional standard we wish to attain.

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

ATLAS CLUB

While I set my quilled pen at a quivering rate, the Club is entertaining about a dozen or fifteen members of the Axis chapter from Kirksville. Their arrival in D. M., Friday nite was a heralded event as the traditional annual visit of last year was unavoidably postponed. There is no doubt but what this time for our KCOS brothers has been an appropriate one, as the local periodicals have estimated the attendance of approximately 10,000 people for the Iowa State Teachers' Convention.

Provocative has been the atmosphere from several individual sources within the 'house' during the past week, as the national election took on an air of heated argumentation. Totalitarian, dictator, socialist, and other titles of blasphemies have been perpetrated in an effort to express the feeling of many. However, the tempestuous remarks of the loser often falsify his actual beliefs. Even the mouse will fight when he is cornered! But now the storm has abated and these same individuals must calm themselves into submissiveness, by the thought that "one never knows."

The first of the bi-annual pledge parties was held at the "house" on the night of the twenty-sixth and undoubtedly was a

tremendous success, until Howie Johnston, Paul Taylor, Gordie Elliott and Johnnie Schott got certain people wet while competitively "bobbing" for apples.

The Homecoming event proved this year to be as important and successful as last year. The banquet at the Fort was well served, and the intermingled bits of entertainment added much to the color and atmosphere of the occasion, and thus served as the prerequisite to the after-dinner speeches to which all in attendance listened with acute hearing, especially to Dr. McCaughan's address. The representation of Atlas men from the field was somehow disappointing. But never can we condemn a busy man when his intentions are favorable, for many reservations had been previously made which by necessity were subjected to last-minute cancellation. We look forward to another Homecoming next year and hope that you who were absent this year may join us next.

R. H. J.—Stylus



We certainly have had a season of great activity this month. Dr. Beryl Freeman and Dr. Genevieve Stoddard started it off with an informal (very informal, I might add) party at Gen's house. Between hunting for hidden potatoes and eating with tongue depressors we had a lot of fun.

A little more serious was our pledging ceremony held at Grace Ransom's Tea Room. We were very glad to accept Mildred Weygandt and Mary Klesner as prospective D. O.'s. Pledge duties began immediately afterward, and I think the actives have found the unfortunate victims very cooperative.

Last Monday night we had a pot luck supper at Beryl's. Since all girls are romanticists, we enjoyed eating by candle light and having a peak into the future with the aid of a palmist who considered us seriously and separately, but we all compared notes afterwards.

The sorority isn't turning into a supper club (I hope), however, because we have had about half a dozen serious business meetings this past month. We are now working on two important projects. First of all we would like to take this opportunity of congratulating the Grand Council for their splendid work on Life Membership Certificates. Secondly, we are trying to get an engraving die for the sorority stationery and Christmas cards. Any of our alumni or honorary members who have not been contacted, and wish to send in their contributions, may do so to this address and we will thank you in advance.

Rachel Ann Payne,
Corresponding Secretary



In the opening weeks of the fall semester—many enjoyable events have been the pleasure of the P. S. G. men—and in the

immediate future new and even more exciting ones are anticipated.

Our homecoming met with great success, several graduates and members were at a luncheon held at the fraternity house, following with a grand evening of excitement—joining with all others of the college.

We all had one grand time and thank all those whose generous effort and time made the Homecoming a success. October 25 was another date, the P. S. G. Stag. The guests at the fraternity event were Drs. Klein, Clark, and Shumaker.

As in all fraternities the life of a pledge is ended after that one event has been passed, the informal initiation. The fellows who so gallantly and successfully fulfilled these duties were: H. Clausen, Wm. Rodgers, and L. Gatien.

Their next step is their complete enjoyment of fraternity brotherhood into which they shall enter on November 17, the formal initiation.

The program committee consisting of T. Koeing, G. Deer and Wm. Reinfried are at work to give the members of P. S. G. their biggest and best fall dance—the date set to be Friday, November 15.

Well, at last I have all the past and present event dates off my mind—but still I hear there are to be more coming. So I think my job is not yet completed but why spoil the fun, in knowing what is going to happen.

The best of luck and success.



Since the last writing the men of Iota Tau Sigma have been busy with social and business functions of the fraternity.

The annual steak stag was held on the night of October 23, with all members present. Dr. Don Sloan gave a short after dinner speech which was followed by a general discussion.

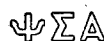
A dandy time was had by all.

The fall initiation of pledges into the bonds of Iota Tau Sigma will be held within the next two weeks the final date will be posted soon.

We are all sorry that pledge Ralph Morgridge was suddenly called home due to illness in his family. We hope that he will soon return to Still.

Now that the big election is over let us all bury the hatchet and united again turn with full power to the business of our school work.

J. R. L.



This issue finds us welcoming a new group of pledges to the organization. Namely: Harry Livingston, Hal Deals, Lou Radetsky and Laurel Dietrick.

Congratulations men!

These men accepted their pledgeships at a banquet held in the Cremona Room at Younkers. Following the dinner Mr. Reed of the Iowa Press Association gave a very interesting talk.

A few weeks ago Brothers

Owen, Berger, Rogers, Kimberly, and our own President, Jack Ya-gobian made a trip to Kirksville for a joint meeting of the various chapters. The fellows report a very nice meeting. Next morning tho' you might say they showed the ravages of the trip.

We should have more meetings at Younkers. From all reports the food is delicious. You fellows that enjoyed it might slip the officers a word.

J. C. E.



The weekly meeting of the chapter was held Monday night at the Jewish Community Center. Arrangements were completed for the physical examination of the boxers, to be held at the Community Center Monday, November 11, 1940. All prospective boxers who desire to participate in the annual Boxing Tournament at the Center must have as a prerequisite a complete physical examination. This examination is conducted by the senior students of this fraternity, under the supervision of Dr. Jack L. Berck.

A new publication, the first of its kind to be published by this fraternity, has just gone to press. It is aptly titled "The Calvaria," and is most ably edited by Brother Gerald Zauder. This periodical is for the express purpose of linking our interests and activities with our alumnae and the various chapters throughout the country. From what we can judge by Editor Zauder's industry and zeal, we predict a successful future for "The Calvaria."

Another innovation shall have come into its own by the time this goes to press. The first Jewish Interfraternity Dance, sponsored by the E. A. Pi. of Drake University, the A. Z. A. of Des Moines, and this fraternity, will be held at the Center, Sunday evening, November 10. Phil Reams and his orchestra will provide sweet melodies for the "light fantastic."

We should like to take this opportunity to extend our thanks to Dr. A. D. Becker for his very enlightening and instructive speech presented to the fraternity, Monday, October 28. His well-chosen topic was "Diagnosis." His method of applying the Osteopathic Concept to the all important art of diagnosis held the unwavering interest of us all throughout the presentation.

With the pledging of the three stalwarts: Arthur Abramson of Des Moines, Bill Diem of Newark, N. J., and Norman Kurzur of New York City, an equilibrium has been established, geographically at least. We now have the east represented; the west; the middle west, and of course, Michigan and Ohio.

This semester is proving to be very successful socially for the fraternity. Activities are humming, and the system of weekly meetings—one week business, the next week social—has proved to provide a complete fraternity program at its best.

L. R.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

EditorArthur D. Becker

Co-editorR. O. Drews

Osteopathy Without Limitation

Osteopathic Therapeutics

REGION BELOW THE DIAPHRAM

(Number 22 in Series)

Chronic Constipation

Chronic or habitual constipation is a common symptom and is found in association with many diseases and conditions. It has been called "the great American Disease." The causes of this widespread ailment are many and varied and in numerous cases, no doubt, there may be two or several contributing factors in etiology.

It would be well, first, to define just what we mean by "constipation." True constipation is that condition in which more than forty hours is required for food residue to pass through the entire gastrointestinal tract. French suggests that this passage time is best measured by taking three or four charcoal tablets with food. If taken at noon, the charcoal should show in the stool the second morning following. Absence of charcoal indicates delay in the movement of the bowel contents and constitutes true constipation. The portion of the bowel in which delay occurs is usually the colon. X-ray studies with an opaque meal give more detailed information and the exact point of delay may be determined. In average normal individuals the food residue of a meal or the charcoal will be evacuated within sixteen hours.

Many cases of so-called chronic constipation are not true constipation at all, but are conditions in which there is inability on the part of the patient to evacuate the fecal mass. The proper term for this condition is dyschezia. There is no delay in the proper movement of the bowel contents in these cases of dyschezia.

The time elapsing between stools is not a true criterion for judgment and may vary from two or three times daily to every third or fourth day within normal limits. The average individual's time is every twenty-four hours.

Only fifteen percent or less of cases of constipation are organic in origin and are caused by such conditions as pressure from abdominal or pelvic tumor masses, stricture of the bowel (benign or malignant), adhesions, disease of spinal cord, congenital defects in muscle or innervation. (Hirschsprung's disease etc.).

Eighty-five percent or more of cases of chronic constipation (true constipation or dyschezia) are due to functional causes. Of these causes, osteopathic lesions

of the lower dorsal and upper lumbar vertebrae and of the pelvis occupy an important place. Errors in diet and insufficient fluid intake are common etiologic factors. Irregularity of evacuation time, inattention to nature's call, lack of exercise, and poor tone of abdominal walls all have an important place in many cases. In children, a common factor of importance is the improper height of the closet seat. Prominent in the list of causes, the abuse of purgatives must be included. A condition described by the term "thrifty" or "greedy" colon is comparatively rare. It refers to cases where the fecal mass becomes over-dehydrated and forms hard scybalous masses which may be evacuated with great difficulty or may appear as small hard pellets. In many cases of constipation some degree of chronic colitis coexists.

It is desirable at this time to review briefly the innervation of the colon and rectum. The sympathetic innervation of the colon and rectum comes from the upper two or three lumbar segments of the spinal cord by way of the superior and inferior mesenteric ganglia. Its functions are vasomotor, secretory, inhibitory and trophic. The parasympathetic innervation of the caecum, the ascending and the transverse colon is by way of the vagus, while the descending colon, the pelvic colon and the rectum are supplied by the pelvic nerve (nervus erigens) from the second, third and fourth sacral segments. The function of the parasympathetic is to activate peristalsis. Osteopathic lesions in these areas of the spine and pelvis disturb function and impair reflex control. The close relation of osteopathic spinal lesions to malfunction of viscera has been clinically established beyond controversy.

A brief word regarding the physiology of the bowel in relation to constipation. The normal stool is made up of secretions, bacterial growths and food residues. Only about one-third of the stool consists of undigested and indigestible food residues. A patient on a thirty-day fast should have regular bowel evacuations. An empty bowel tends to be an inactive bowel, and the food furnishes, in part, the reflex stimulus to normal activity. The contents of the small bowel are passed into the caecum in a fluid state. An important function of the colon is to dehydrate this material so that by the time the contents reach the pelvic colon they have been dried out to form a fairly solid, moulded mass which tends to be evacuated in cyclic periodicity.

(To Be Continued)

A. D B., D. O.

NOTICE

If and when you change your address, please notify the Log Book promptly.

DESERT-ATIONS

(As of Last Month)

By H. V. H.

The month has passed too quickly. I finally got my old desk and decided to clean it thoroly before putting it to use again. Under the fifteen or twenty layers of dirt and varnish I found a beautiful oak desk, the quarter-sawn grain being something to really admire. I feel perfectly at home now with the tools all handy. Why does one become so attached to an old desk? It must be that as we are watching the sun sink in the West that we wish to draw closer to us those material things that have given us so much pleasure during the past. Perhaps it would be a good idea if each of us would submit to a cleaning such as I gave the old desk. It might bring out something fine in our character that others have missed because of being concealed in a dark corner. Then, there is the other viewpoint also. It might be better for some of us to remain hidden.

I have some exceptionally fine letters from Drs. Becker, Leonard, Park and Campbell. They agree on the success of the Homecoming and it is certainly gratifying to me to know that there was not a dull moment and that everyone thoroly enjoyed the affair. I know from our experience of last year that it took a great deal of work and considerable expense but it was worth it. I must compliment all who helped to make it a success and especially those who took time away from a busy practice and traveled many miles to attend and to take an important part in the affairs of the Alumni and College. Those of you who live near Des Moines and who did not attend this Homecoming might find a thought in this. I do not have a report from the Treasurer but I hope those of you who could do no more, have sent to Dr. Paul Park your small contribution to help the Alumni Association put over its very constructive program this year.

Thanksgiving is about here. It seems to me that we have a great deal to be thankful for. Our profession continues to serve a greater number of people each day. We are not walking backward in professional efficiency. Our colleges are teaching a fine group of young people, the educational standard of all being on a higher plane than ever before in our history. We are united on the majority of our problems. I do think that the profession as a whole could exert a little more power and spend a little more time with Student Recruiting. I have written this many times but will repeat. Our success depends on continuously spreading the influence of Osteopathy. To do this we must have a constant stream of new material entering our colleges. Instead of ten thousand practicing osteopathic physicians in this country we should have and we need, twice that many at

(Continued on Page Four)

Pursuit for a Reason

(Continued From Page One)

the fibers are to conduct impulses and to coordinate and possibly produce definite ciliary motion. The paramoecia are simple single-celled organisms. It reacts to alterations in the media in which it lives and which constitutes most of its protoplasm. A variation in surface tension, a change in the concentration of solutes and suspensoids, a fluctuation in the hydrogen-ion concentration stimulates the modified portions of the cell, and the cell responds characteristically, moving toward food substances and away from a detrimental area, and if these alterations are too extremely sudden or severe the organism is devitalized. This organism is entirely dependent upon its environment, but it is of interest that in the first cell there is a modified and specialized mechanism that will bring a response of purposeful intent to the organism. This is an early attempt to alter the situation of being absolutely dependent upon the environment.

Coelenterates, i. e. sea anemone, jelly fish, demonstrate a much more complex nervous system and the multicellular structure of these organisms presents other improvements. First, there is a protective cuticle developed, and secondly, there are specialized cells on the surfaces. These cells are sensitive to changes in the environment and their processes transmit waves of excitation that are developed in them directly to the muscle cells. Muscle and the neuro-muscular mechanism were developed to enable the musculature and the organism to react as quickly as possible to changes in the environment.

In the coelenterate the nerve cells and their processes are arranged in a complicated network, with the cells and fibers connecting adjacent cells together forming the so-called proto-neurons.

The protoplasm has altered to have a high rate of conduction, but in this network the conduction is diffused through the system. The cells of the network do not have an intimate relationship with the muscles that they activate. Experimentally, it has been observed that the impulses flow much more freely into different parts of the network. It has been suggested that the impulses flow more rapidly into and through an area of the network that is placed on a stretch. The coelenterate nerve net is of more than casual interest in that it not only is a most primitive form of a nervous system, but also because this form of nerve retiform has apparently been retained by the vertebrata in their Gastro-intestinal tract, blood vessels and heart. In this network there are no synapses but the processes enter direct contact with the cell, that is similar to the vasomotor plexuses and the plexuses of Auerbach and Meissner in the Gastro-intestinal tract.

(To Be Continued)

I. S. O. P. S.

District Officers

The following are the new district society officers, recently elected at the district meetings:

District I: Dr. Thomas F. Lange, 503 C.R.S.B. Bldg., Cedar Rapids, President; Dale S. House, 604 Roshek Bldg., Dubuque, Vice President; G. A. Whetstine, Wilton Junction, Sec.-Treas.

District II: Dr. Mark J. Sluss, Lenox, President; Dr. Clive R. Ayers, Grant, President; Dr. Bernice Worth DeConly, 301 Park Bldg., Council Bluffs, Sec.-Treas.

District III: Dr. I. S. Lodwick, Grant Bldg., Ottumwa, President; Dr. M. G. Tincher, 722½ Ave. G., Ft. Madison, Vice President; Dr. J. W. Rinabarger, Keosauqua, Sec.-Treas.

District IV: Dr. H. D. Meyer, LuVerne, President; Dr. R. A. Phillips, Kensett, Vice President; Dr. J. R. Forbes, 505 Carver Bldg., Fort Dodge, Sec.-Treas.

District V: Dr. J. C. Bishop, Rock Rapids, President; Dr. W. C. Gordon, 419 Frances Bldg., Sioux City, Vice President; H. A. Somers, Hawarden, Sec.-Treas.

District VI: Dr. H. L. Gulden, 215½ Main Street, Ames, President; Dr. J. K. Johnson, Jr., Jefferson, Vice President; Dr. Don R. Hickey, Bayard, Sec.-Treas.

Membership Committee

Doctor Gulden's membership campaign has been successfully completed. Twenty-seven new members were secured as the result of this activity. He reports that twenty-five prospects have been developed and that the majority of these physicians should be on our membership roster by the first of the year.

The following members of Dr. Gulden's committee have presented new membership applications since our last report:

John H. Conaway and T. A. Kapfer, one membership application; B. M. Gotshall and J. W. Peterson, two membership applications; I. S. Lodwick and B. D. Elliott, one membership application; Rachel Woods and Beryl Freeman, one membership application; H. D. Wright, three membership applications; R. B. Gilmour, one membership application.

In furtherance of Dr. Gulden's continued membership effort, President Jordan mailed a letter to all non-members on October 30, outlining the problems confronting the profession and urging each non-member to join the Society and thereby aid in the work which lies ahead.

Smallpox-Diphtheria Campaign

The state-wide smallpox vaccination and diphtheria immunization program is now history. The profession cooperated with the Iowa State Department of Health in this undertaking, during the week of November 4, to a greater degree than in the past according to reports just received.

The program was sponsored by Dr. D. E. Hannan, Chairman of

the Department of Public Affairs. Each district trustee acted as district chairman in developing the program. County Chairmen were appointed by each district chairman to stimulate interest and activity in each county, thereby insuring maximum service to the public in this extremely important health crusade.

Press Relations Committee

Dr. J. R. Forbes, Chairman of the Press Relations Committee, actively cooperated with the Department of Public Affairs in making the state-wide immunization campaign a success.

Dr. Forbes prepared and issued press releases to every daily and weekly newspaper in Iowa. Those news stories presented the objects and purposes of the campaign and informed the public that the entire osteopathic profession was participating in this major health program in cooperation with the Iowa State Department of Health. In addition, Dr. Forbes wrote each osteopathic physician, in advance of the news releases, informing them of this proposed newspaper publicity and requesting that the physician contact his local editor to give him information about local fee schedules, and other pertinent facts dealing with the local program.

Basic Science

Dr. D. E. Hannan, as Secretary of the Iowa Board of Osteopathic Examiners, met with the Iowa Board of Examiners in the Basic Sciences Wednesday afternoon, October 9. The purpose of this meeting was to consider examination questions in the basic science subjects as given by osteopathic examining boards of other states to determine which States, if any, were entitled to have their osteopathic physicians granted exemption from the Iowa basic science examinations.

Dr. Hannan reports that the Basic Science Board took the matter under advisement and that a decision will be announced in the near future.

Hospitals

Dr. H. B. Willard, member of the Iowa Board of Osteopathic Examiners, is just completing a new \$10,000 addition to his present hospital at Manchester, Delaware County. Dr. Willard has an outstanding practice in that section of the State and upon completion of this addition will be in an excellent position to handle the ever-increasing demands upon him and his staff.

Industrial and Institutional Service

Dr. Paul O. French, chairman of the Committee on Industrial and Institutional Service, is now handling a compensation claim for a member of the Society. The insurance company involved has attempted to reduce the fee charged by the physician who successfully handled a most difficult case. The Society, after a thorough consideration of all the facts, is demanding that the company make "payment in full" for the services rendered, according to the statement submitted.

November 5 Election—Coroners

The following osteopathic physicians were elected as county coroners in the November 5 election:

Dr. Charles Boyden, Waukon, Allamakee County; Dr. J. E. Bunker, Cherokee, Cherokee County; Dr. B. W. Jones, Spirit Lake, Dickinson County, and Dr. J. R. Forbes Fort Dodge Webster County.

Visitors

The following physicians have called at the office of the Society, 600 Walnut Building, Des Moines, since our last report:

Mary E. Golden, Des Moines; Roy G. Trimble, Montezuma; Carl Seastrand, Des Moines; Phil S. McQuirk, Audubon; Rachel Woods and Beryl Freeman, Des Moines; A. D. Craft, Osceola; H. L. Gulden, Ames; Holcomb Jordan, Davenport; Lester P. Fagan, Des Moines; W. A. McVane, Dyersville.

Applications for Membership

George W. Marston, Lewis. B. D. Howland, Decorah. G. J. Howland, Decorah. Harry E. Wing, Ottumwa. John Q. A. Mattern, Des Moines. R. A. Phillips, Kensett. L. A. Doyle, Osage. Charles H. Potter, Forest City. W. C. Gordon, Sioux City. Dwight S. James, Sec.-Treas.

"COME SPRING"

A most interesting and thought-provoking quotation from the recent book, "Come Spring" by B. A. Williams: "You might measure a man's character by the way he assumes his obligations or by the evasion of them."

Home Coming Day

(Continued from Page One)
speaker of unusual merit.

The technical programs given at the college Friday afternoon and Saturday forenoon were very well received and largely attended by the visiting physicians. Numerous clinical cases were presented and discussed, many of them being of exceptional interest. The surgical clinics held at the Des Moines General Hospital on Saturday morning were much appreciated, if the many favorable comments can be used as ground for judgment.

The dance in the beautiful Grand Ballroom of the Ft. Des Moines Hotel following the banquet was a colorful affair. The music was by Barney Bernard's famous orchestra. Because of the fact that the annual reception for freshmen students was incorporated as a part of the festivities, it meant that the entire student body took an active part. All freshmen students in the college were guests of the Alumni Committee and of the college.

Much honor and praise goes to the various alumni officers and their associated committees for making this Homecoming Day Program an outstanding event in the year's calendar. It meant a lot to the college officers and faculty to have visiting physicians from ten states show a vital interest in the college and in its program for betterment. Unani-

mous opinion was expressed that Homecoming Day must be continued as an annual event.

Polk County

Regular meeting of the Polk County Osteopathic Association was held Friday, October 11, 1940 at the Hotel Kirkwood. There were sixty members and guests present. The dinner was served thru the courtesy of one of the members whose name was not divulged. Most of the guests were members of the staff of the Des Moines General Hospital and students of the Des Moines Still College of Osteopathy who have been assisting in the hospital clinics.

The speaker of the evening was Judge Ralph Powers of the Des Moines Municipal Court Bench who spoke on the Laymans View of Osteopathy.

Dr. Rachel Woods explained the campaign set up by the Iowa State Health Department for the vaccination and immunization of children against Small Pox and Diphtheria. This association plans to cooperate in this campaign as it has done in the past.

The meeting was closed following the usual routine business.

P. E. K., D. O.

Births

A son, Neil Eugene, was born to Dr. and Mrs. L. E. Augenstein of Osborn, Ohio on November 2, 1940.

A son, Terry Lee, was born to Dr. and Mrs. C. A. Reeves of Anamosa, Iowa October 10, 1940.

Research Statistics

The Research Committee for the collection of statistics on the treatment and results in Lobar Pneumonia announces the completion of their case history blanks. The entire osteopathic profession is asked to cooperate in this important work. Report blanks are furnished without expense and may be had by addressing Dr. L. L. Facto, 722 Sixth Avenue, Des Moines, Iowa. Let's give this work the attention it so evidently deserves!

Desert-Ations

(Continued From Page Three)

While you are passing thru considerable political and patriotic excitement there must be enough left of your nervous system to stand a little professional emotion also.

Give that needed encouragement to your Alumni Association and compliment your Alma Mater by sending a student to enter with the next class.

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

THE LOG BOOK

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PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 18

December 15, 1940

Number 12

Merry Christmas

Christmas

From time to time throughout the world's history there have been individuals, both men and women, who because of their high idealism and because of their ability to think independently, and further because of the fact that they had the courage to live according to their convictions, might well be said to have walked alone.

Nearly two thousand years ago a lowly and humble Nazarene walked alone on the Shores of Galilee teaching a new doctrine and a new way of life. He taught Love, not Hate; he taught Peace, not War; he taught Good Will, not Anger, or Jealousy or Discord. He revolutionized the thinking of men for all time to come. Jesus, the Teacher; Physician for the souls of men.

At this joyous and happy time we celebrate His birthday. Our hearts are filled with love; our generous impulses come to the fore; we pause for a moment of serious thought and give thanks to God for his great gift in sending His Messenger to His children. Never has the world needed the inspiration of Christ's teachings more than now. May each individual one of us find our lives sweetened and made better because of the fact that Jesus was born in Bethlehem of Judea.

A. D. B., D. O.

Dr. Becker's Minnesota Trip

It was my pleasure the week of December 2nd to make a four-day trip to Minnesota at which time I had the privilege of meeting with science groups in Carleton College Northfield in St. Olaf's College, Northfield, and in Gustavus Adolphus college at St. Peter. It was a genuine pleasure to meet with these student groups, for the most part made up of students in biological work. On each occasion I showed the three-reel research film on the Second Lumbar Lesion which was well received. It is an excellent piece of work done in technicolor and tells a most convincing story.

I also had the privilege of addressing high school groups in both Northfield and St. Peter. I

(Continued on Page Four)



The Des Moines Still College family wishes to extend its heartiest best wishes and Seasons Greetings to each and every one of her alumni, to those in the Osteopathic profession, and to our many friends may the coming New Year bring peace on earth and good will to men.

Osteopathically Yours,

J. Garth Anderson
Arthur D. Becker
Robert B. Bachman
Byron L. Cash
Hugh Clark
Albert W. Dennis
Mary E. Golden
Howard A. Graney
Paul E. Kimberly
Harry A. Barquist
Kenneth Dirlam
Byron E. Laycock
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
Richard Rodgers



CALENDAR



CHRISTMAS VACATION.....December 20 to January 6
GRADUATIONJanuary 17
REGISTRATIONJanuary 18
ROLL CALLJanuary 20
EASTER RECESSApril 11 to April 15
GRADUATIONMay 23

The January Class

Our plans for Christmas and the Holiday Season have been much interspersed with correspondence with prospective students for the class entering January, 1941. There are many thousands of young men and women with two years or more of college work who are seriously considering the problem of just how they will make best use of their time, energy and talent. Osteopathy offers a real opportunity to those among this large group to whom the work of physician has an appeal. The public is becoming increasingly aware of the high type of service offered by the osteopathic profession.

There is need and demand for many more osteopathic physicians than are available. Osteopathy stands unique among the professions. Most of the professions are either crowded or overcrowded. Won't you take a few minutes' time to make these thousands of qualified young people acquainted with what the great osteopathic profession has to offer to them? While scholastic standards are high and the professional course is exacting, a graduate osteopathic physician has opportunities for service second to none.

Des Moines Still College of Osteopathy is amply prepared to offer the best in osteopathic education, with a faculty the largest and best in the history of the institution, with extensive modern laboratories with finest equipment, and with large and comprehensive clinics, with a national reputation for excellence. We offer the opportunity to prepare for a career of high purpose and humanitarian service. It is worth careful consideration by those who are looking for the high privilege of joining those who have much to give.

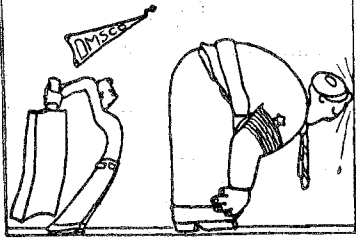
A. D. B., D. O.

COMMUNITY CHEST

The Polk County Osteopaths this year more than doubled the number of contributors to the Community Chest, and their subscriptions were practically 100 per cent over last year.

This is a very fine showing in a humanitarian and civic cause.

FRATERNITY NOTES



N. O. I. C.

A very Merry Christmas to all and may the New Year exceed your expectations.

The Council closes the year 1940 with its best record. A complete listing of our membership will appear in Baird's Manual. The World Almanac, Banta's Greek Exchange and The Fraternity Month.

We have been invited to write an article for the Fraternity Month to appear in the March issue which will cover the activities of the Council and its membership. This is to be illustrated and is now in the process of make-up.

With these four directory listings and the article, our osteopathic organizations will be brought to the attention of approximately 150,000 college students and Alumni.

Our sincere thanks to:

Dr. Alvan E. Duerr of New York City, editor of Baird's Manual.

Dr. George Banta, Jr., editor of Banta's Greek Exchange.

Mr. L. G. Balfour, president of the National Interfraternity Conference.

Mr. L. F. Leland, editor of The Fraternity Month.

These men have been more than kind and considerate and have given our Council much good advice and encouragement.

1940 passes but 1941 invites us to continue and to improve. To do so we must have the complete cooperation of our membership in all things. Letters must be answered more promptly. Requests for information and other items must be filled on time. Our standards must meet or exceed those of other professional organizations or our weaknesses will destroy us.

ALUMNI—The business of maintaining your chapter of your organization in your college is up to you. You must make a greater effort to secure pledges for each of our fraternities and sororities.

J. Paul Leonard, President
Detroit, Mich.
H. V. Halladay, Exc. Secy.
Las Cruces, N. Mex.

Marriages

Taylor-McKeeman

Paul Taylor of the junior class, was married to Miss Nadine McKeeman on November 16. The wedding took place at Bondurant, Iowa in the Bondurant Community Church. The brides brother officiated.

An Interesting Case

It would be impossible to report on all of the favorable cases that go thru our clinic. Cures are the rule even under circumstances and conditions that seem unsurmountable. We had the opportunity to observe the treatment and progress of one of those unusual cases during the past year, the case being treated in the clinic by one of our recent graduates. Varicose Veins are usually that of in the category of therapy outside the realm of osteopathic manipulative treatment. Here is a case that had been thru the mill. Every known method of treatment had been used except manipulation only and the end results prove that specific osteopathic manipulative treatment will normalize the circulation even when handicapped by previous failures in treatment of other types. We are not reporting this case with a lot of technical data but writing it more as it was dictated by the attending student physician and the patient.

Jack S—— member of the Chicago White Sox baseball team of 20 years ago came into the clinic barely able to walk and showing a pair of lower extremities that looked like they would be better off than on. Varicosities profuse and with marked swelling of the feet. Stiffness at the joints and badly everted intertarsal articulations. History dated back to injuries received in playing baseball with gradual progression to the point of rupture of the superficial veins occasionally and he had been warned of the danger of embolus and gangrene. Feeling that he had nothing to lose and perhaps something to gain he agreed to take osteopathic treatment as an experiment.

Manipulative treatment was applied to the feet to bring back the tone to muscles and sponge rubber pads were inserted in the shoes to readjust the weight bearing. Special attention was

(Continued on Page Four)

EDITORS NOTE

Due to the Extra Christmas feature of the Log Book, the omission of the fraternity news was necessitated. From each of the fraternities and sorority and we extend a very Merry Christmas to each one of the organizations and to their alumni.

ATLAS CLUB

ΦΣΓ

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ΨΣΑ

ΙΤΣ

ΑΟΓ

ΣΣΦ

DESERT-ATIONS

By H. V. H.

This past month I have been looking over some osteopathic books that have not been given the attention they deserve. Until I counted, not long ago, I did not realize that I had in my library thirty-five books written by members of our profession. Like most of you, I have bought these books and put them on the shelf with the idea of reading them later. True, I have scanned thru them some and at times referred to the index for some item that was needed at the moment. But—like the majority of you I have not read them as attentively as I should.

We constantly hear the call for more osteopathic literature. I quite often get letters asking why we do not have a book on the osteopathic care of Athletes. The answer was in a letter I received just last week from the editor of one of our finest osteopathic books. He stated that his new edition was being held up because of lack of support within the profession. Having written a book a number of years ago I can certainly agree with him. The percentage of our profession that will buy an osteopathic book written by a member of the profession is too small to make it pay.

I prize very highly my collection of osteopathic books. They represent many hours of real labor in writing and assembling, re-writing and arranging. Many of these books are out of print and cannot be bought at any price. The authors of some have died. They were leaders in osteopathic thought and we should feel fortunate that they did record their ideas in osteopathic texts before these same principles were approved by those outside our profession.

It is restful and refreshing to pick up one of these osteopathic texts and to spend an evening with it. You will not agree with every statement of the author and perhaps he did not intend that you should. A major idea in the publication of any text is to incite his reader to think.

With another year just ahead it seems to me that we should plan to an hour a day reviewing our own science. Our Journal of the A. O. A. contains the finest selection of current osteopathic literature that if offered to the profession. We have other publications that belong on the must list. We should go back over the books on our own shelves and open them. If you stop and meditate a moment you will certainly realize that osteopathy has really advanced at rapid strides since its initiation of colleges less than fifty years ago.

Every active osteopathic physician has contributed to the success of our science but only a few have been bold enough to commit themselves in writing.

The Accessory Food Factors

By John B. Shumaker

Carbohydrates, lipids, and proteins have long been recognized as the principle classes of food-stuffs. About fifty years ago, however, Eijkmann discovered that there was at least one other substance which was vital to the animal welfare, absence of which in the diet caused the disease known as beri beri or polyneuritis. This factor today is well known to us as vitamin B1 or thiamin.

Probably fifty thousand dollars or more had several lifetimes of work have been devoted to the study of this substance. Today the cost per gram of thiamin is about sixty-five cents as compared to sixty-five dollars only two years ago.

No less dramatic are the discoveries of the other members of this accessory group and the investigations of the mineral group of elements which are so necessary to normal functioning of the cells. At least nine members of the vitamin accessory group are now well known and others are on the verge of discovery. The vitamins are classified according to their solubility in fat and in water.

The fat soluble group includes at the present time the following members: Vitamin A and its parent substance, carotene; Vitamin D (D2) or calciferol and other members of the sterol family; Vitamin E or alpha tocopherol, the antisterility vitamin; Vitamin K (K1) (2-methyl-3-phytyl-1, 4-naphthoquinone) and its synthetic associate, 2-methyl naphthoquinone, which are antihemorrhagic factors.

The water soluble group includes: The vitamin B complex from which have been isolated: Vitamin B1 or thiamin; Vitamin G (G2) or riboflavin; Nicotinic acid; Vitamin B6 or pyridoxine hydrochloride or (H) B3, B4, B5, whose characters have not been clearly defined; Filtrate factor, or pantothenic acid.

1. Vitamin C or ascorbic acid formerly known as cevitic acid.

3. Vitamin P or citroin in lemon juice not yet isolated.

4. Vitamin M which may be part of the B complex and may be preventive for bacillary dysentery.

5. Choline which may possibly act in an auxiliary capacity with other vitamins.

6. Grass juice factor concerning which little is known.

7. Vitamins L1 and L2, which may possibly exist in the B complex. Evidence points to its existence in brewers yeast.

There is increasing evidence of the existence of vitamins other than those mentioned above.

Until recent times the vitamins have been determined by physiological methods and is based on minimum daily amounts necessary for recovery from a deficiency of the vitamin in the diet. As methods

(Continued on Page Four)

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

EditorArthur D. Becker

Co-editorR. O. Drews

Osteopathy Without Limitation

Osteopathic Therapeutics

REGION BELOW THE DIAPHRAM

(Number 23 in Series)

Chronic Constipation (Continued)

In considering treatment for habitual constipation due to functional causes (approximately 85 per cent of cases) it would first be necessary to determine whether the case is one of true constipation or if it is a case of dyschezia. True constipation of the functional type is usually due to osteopathic lesions of the lower dorsal and upper lumbar spine, to lack of proper food intake, to lack of fluids, to insufficient exercise, or to loss of tone in the abdominal muscles.

The treatment more or less suggests itself. Correction of spinal lesions is of primary importance. Postural stresses which may factor these lesions must be discovered and corrected. Lesions of the lower ribs may be also present and are important. These lower ribs if in lesion, are usually found depressed and held down by contractures of the quadratus lumborum muscles.

Food should contain a liberal amount of roughage. Vegetables with fibre such as cabbage, celery, lettuce, etc., furnish soft roughage, while bran, whole wheat, figs, etc., furnish sharp roughage. Cases, with a spastic colon should use no sharp roughage. Reasonable bulk is necessary for normal bowel activity. The use of condiments should be very conservative.

The normal well adult should have five full tumblers of water each day besides the fluids taken with meals. Many people do not drink more than that much a week. Constipated individuals should have twice as much, or more.

Exercise to build tone in abdominal muscles is important. Setting up exercises, vigorous walking, bowling, golf, horseback riding, are all good methods. The abdominal muscles may be atonic due to spinal lesions and these lesions may be higher in the spine (6th to 12th dorsal).

Dyschezia, it will be remembered, is inability to evacuate or to adequately evacuate the fecal mass present in the rectum and pelvic colon. It is not a true constipation, although usually referred to as constipation. It is commonly caused by lesions of

the pelvic bones associated with sacrococcygeal lesion. These lesions must be normalized. Dyschezia may be due to loss of the perineal body during labor. (Not included in organic causes in previous article). An important causative factor is lack of regularity in going to stool. All vital functions tend to be cyclic and one should cooperate. Routine is of greatest possible helpfulness.

Here is a suggested good routine. On arising, wash teeth, slowly drink two glasses of cool water, do some bending exercises, bathe, dress, eat breakfast and go immediately to stool every day for 365 days each year. In these cases of dyschezia it is necessary and wise to dilate the anal sphincter usually found spastic and contracted. It may be done by gradual digital dilation and commonly requires six to twelve treatments with three-day intervals between treatments. Sacrococcygeal lesions may be corrected during these treatments. Associated hemorrhoids, fissures, and inflamed crypts if present should receive attention as may be indicated.

I have had numbers of cases of dyschezia of ten to twenty years' standing entirely relieved by osteopathic treatment and dilation of contracted sphincter ani. It is my considered judgment that more than half of all cases of so-called constipation is of this type. Many of these people use physics and laxatives. Why upset twenty-five feet of bowels in a vain attempt to correct a fault in the last one inch of the tract? I would not go so far as to say that a physic is never indicated, but they frequently leave conditions worse than they were previously.

Enemata of various sorts may be used as a temporary expedient, but remember that the bowel was intended to work without such a crutch. If an enema is used it should be non-irritating and may be prescribed either as a cleansing enema or an evacuating enema.

What about mineral oil? It is relatively harmless and is of help in cases of true constipation during the time required for institution of corrective treatment. Agar agar may be added for bulk if desired.

Where the cause of either true constipation or dyschezia is organic, treatment should be directed according to conditions present. Surgery may be indicated. Where the perineal body has been destroyed with the possible formation of a rectocele in association, it is to be restored by perineorrhaphy.

A. D. B., D. O.

in 1540, during the reign of Henry VIII, a law was passed in England allowing "barbers and surgeons" the bodies of four executed criminals a year for dissection purposes.

Pursuit for a Reason

(Continued From Last Issue)

Lengthening of the nerve cell produces polarity or the conduction of an impulse in one direction. As the body increased in size and complexity the cells lost contact relationship and the association became one of synapse. The rapid diffusion of the impulse was lost as the evolutionary plane developed higher than the network structure of nerve tissue in the coelenterate; but a more specific transmission of impulses that was directional was gained by the elongation and the rate of conduction was also increased greatly. The newly-gained synapse serves us as a spark gap or gateway that is directional and governs the polarity of conduction in nerve cells.

Strychnine does not influence the function of the coelenterate for they have no synapses in the nerve network. The Echinoderms have both nerve net and synaptic relations also, and are consequently somewhat affected by substances that lower the threshold of resistance at the synapses. The Crustacea and Molluscs have a greater preponderance of synapses in the nervous system and are markedly affected by strychnine which lowers synaptic resistance and facilitates response to any stimulation of exogenous or endogenous origin.

In mammals under the influence of Strychnine the reflex response to any stimulation is violent and many times fatal. In all higher forms of nervous system development, the system responds to stimuli of endogenous as well as of exogenous origin and consequently affects internal or visceral, as well as external or somatic adjustment.

The sponge contains no nerve net or receptors. The oscula open and close upon stimulation of an effector that acts by direct stimulation.

The earthworm represents a greater degree of development, a more flexible existence that is less dependent on the immediate environment and the nervous system is characterized by segmentation and centralization. There is a pair of centrally and cephalically-placed ganglia that are situated posteriorly to the buccal cavity and a row of neutrally-placed ganglia bound together by a nerve cord.

There is one ganglionic segment in the earthworm for each body segment. From each ganglion three pairs of nerves eman-

ate and pass to the skin, muscle, and digestive tube.

Impulses may pass through the neuropile to several different pathways and may spread progressively from segment to segment by associational fibers. The impulses pass the neuropile through fairly well restricted pathways and do not tend, unless synaptic resistance is lowered by strychnine, etc., to spread to other reflex pathways.

The primary sensory cells and ganglia are situated, as in the vertebrate, outside of the grey matter of the central nervous system. The vertebrate has much in common with the earthworm as well as the coelenterate.

One of the first vertebrates, the Amphioxus, has a dorsally-placed neural tube with segmental nerves. At the anterior or cephalic end the ganglionic enlargement is situated that in the higher vertebrates becomes the brain. That ganglionic enlargement in the amphioxus is quite unpronounced because he had developed little use for a brain, as yet being parasitic and nonpelagic. The amphioxus differs from the earthworm in that the ganglionated cord and tube is dorsally placed instead of anterior to the pharynx and digestive tube. Metamerism is present in the worm and all vertebrates, including the human, exemplified by one metamere and two nerves, one passing to the dermatome, to myotome; and to the viscera via vegetative fibers.

We might continue almost indefinitely to demonstrate the alteration due to evolutionary changes in protoplasm, but in this cursory scanning we can determine that the nervous system and vegetative portion of the nervous system of man certainly represents change and adaptation, and a greater degree of independence from the environment. Our two nervous systems are the present and product of an inexorable and long continued process of evolution that began with the purely chemical aspect of the ameba and the paramoecia, and thence to the sensory mechanism of the sea-anemone and the purely motor mechanism of the sponge, then to the Earthworm, to the Amphioxus and the progressively complex forms of vertebrate life.

It is upon this basis that we will visualize the embryological derivation and distribution of the vegetative portion of the vertebrate nervous system.

B. E. L., D. O.

THOUGHT FOR THE DAY

"This learned I from the shadow of a tree,
That to and fro did sway against a wall,

Our shadow selves, our influence, may fall
Where we ourselves can never be."

—Anna E. Hamilton.

Bruce S. Wright.

I. S. O. P. S.

Legislative Committee

The Legislative Committee met in Des Moines on Sunday, November 24. The entire day was devoted to a consideration of the many problems which will face the profession during the coming session of the legislature and specific plans were adopted pertaining thereto.

Dr. S. H. Klein, Chairman of the Committee, is now busily engaged in carrying out the instructions and plans of the committee. Much important work must be done before the legislature convenes.

The following are members of the Legislative Committee: Dr. S. H. Klein, Chairman; Dr. N. A. Cunningham, Secretary; Dr. J. P. Schwartz, Dr. D. E. Hannan and Dr. R. P. Westfall.

Industrial and Institutional Service

Dr. Paul O. French, Chairman of the Industrial and Institutional Service Committee, has just successfully handled another compensation claim for a member of the Society. The member has been paid "in full" as per his original statement for services rendered.

Members of the Society need not be imposed upon by insurance companies writing compensation policies. Where claims are denied in full, or in part, please notify the Society without delay and all possible assistance will be rendered to you.

Board of Trustees

The Board of Trustees of the State Society met in Des Moines, Sunday, December 8, 1940. The following members were present: Dr. Holcomb Jordan, Dr. S. H. Klein, Dr. Mary Golden, Dr. Beryl Elliott, Dr. W. S. Edmund, Dr. H. D. Wright, Dr. J. J. Henderson, Dr. R. B. Gilmour and Dwight S. James.

All problems now confronting the profession were considered and appropriate action taken, including official approval of the plans of the legislative committee and the work which it is undertaking.

Radio Committee

Rock Island and Davenport osteopathic physicians are now making arrangements for public service broadcasts over radio station WHBF, at Rock Island.

Dr. George C. Boston is handling this work for the Davenport osteopathic physicians, under the direction of Dr. O. Edwin Owen, Chairman of the Public Service Radio Committee of the Society.

Veterans Committee

The annual Rehabilitation Conference of the American Legion will be held in Washington, D. C., the latter part of January. The resolution urging that the Veteran's Administration make available the benefits of osteopathic therapy will be considered at that

conference, according to advice recently received from Dr. H. Willard Brown, Chairman of the Committee on Veterans Affairs of the American Osteopathic Association.

Dr. H. D. Wright, Chairman of the Veterans Committee of this Society, is now engaged in attempting to create favorable support of the resolution on the part of the Iowa members of the national Rehabilitation Committee.

Applications for Membership

Earnest E. Light, Ellsworth.
H. L. Cloyd, Blakesburg.
Marion R. Hunt, Greene.

Dwight S. James,
Sec.-Treas.

Student Council

With the election of new officers for the year, the Student Council has shown a genuine interest in constructive activities in and for the college. At the meeting of November 14th President Tom Hewetson appointed a committee of three, Gehman, Johnston, and Adams, to meet with Dr. Becker in the interest of the Friday assembly programs. It was felt by the Council that the general assemblies are of great importance and the Council is ambitious that the programs shall be both entertaining and instructive. Plans are underway for a special Christmas program on the last day of school preceding the holiday vacation.

A committee of three, Johnson, Waterbury and Woods, has also been appointed to consider ways and means of improving the parking facilities for students who drive cars. It has been decided to thoroughly clear the parking lot available and to mark out parking spaces so that the greatest possible amount of utility may be secured. This is a fine activity and with the cooperation of students who drive cars will result in increased convenience for each.

—Adams, Sec.-Treas.

Births

An eight pound boy, Robert Badger, Jr., was born to Dr. and Mrs. R. J. H. Badger of Montezuma, Iowa on October 10, 1940.

A daughter, Sarah Cathrine, was born to Dr. and Mrs. Chas. U. Gnau of Fort Myers, Florida on November 5, 1940.

A baby daughter, Kathrine Louise, was born to Dr. and Mrs. Paul Maloney, November 10, 1940, Des Moines, Iowa.

Great minds have purposes—others have wishes. Little minds are tamed and subdued by misfortunes—great minds rise above them.

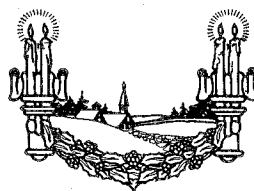
An Interesting Case

(Continued From Page Two)

given to the circulation thru the Popliteal space breaking up adhesions found there and restoring much of the motion to the knee. The circulation was followed up the thigh thru the Adductor canal and into the Femoral Triangle where the tissue was stretched and lifted beneath the Inguinal ligament. Lesions in the Lumbar and lower Thoracic regions were corrected and musculature adjacent thoroly relaxed. This patient was treated three times a week for two months and showed such remarkable improvement that the treatments were cut to one a week. In six months time the case had cleared so that it was dismissed as cured and the patient believed that a miracle had been performed on him.

This case was certainly one in which the formation of scar tissue in the Popliteal space and in the Femoral Triangle was the major damming influence on the return blood. His occupation of twenty years ago as a professional ball player had resulted in numerous injuries to his knees and other joints of the lower extremities. Properly applied osteopathic manipulative treatment will break up old fibrous masses and will insure a freer return of the blood. This case encouraged the student so that he took on two other cases not as serious and with excellent results. One of these cases had been operated upon by a nationally known specialist and the operation a complete failure. In each of these cases the circulation was restored, the soreness and pain disappeared and the extremities became comfortable for the first time in many years.

This student has graduated. He is now serving an internship in a hospital where, he reports, he is having an opportunity to show what osteopathy can do.



DR. SIMMONS IN WITH DR. WRIGHT

Dr. Wilson H. Simmons, former student of the Des Moines Still College of Osteopathy, is now associated with Dr. Russel M. Wright in the Sin-O-Vac Clinic and the Highland Park Osteopathic Clinic, in Highland Park, Michigan.

Following Graduation from the Des Moines Still College of Osteopathy, Dr. Simmons served his internship in the Fenner Hospital, at North Platte, Nebraska.

The Accessory Food Factors

(Continued from Page Two)

for identification have improved and methods for synthetic manufacture have developed, the unit has become a weight unit such as the milligram (vitamins B1 and C); and the microgram (gamma) which is one millionth of a gram (vitamin A).

The study of vitamin malnutrition is rapidly assuming the status of vitamin therapy. Massive dosage of vitamin D is employed for treatment of certain arthritic conditions, vitamin K is administered as an antihemorrhagic in preoperative, postoperative, and obstructive jaundice cases where a predisposition to hemorrhage exists; vitamins A and C find their uses in eye and mouth treatments and general skin conditions; vitamin B1 may be prescribed as an appetite stimulant, treatment for nervous disorders, and metabolic disorders.

The vitamins possess the remarkable property of being relatively non-toxic and may be self-administered with little danger of overdosage. Their value as food accessories is unquestioned as shown by the fact that some of them are being added to manufactured foods such as corn flakes, bread and milk products. Vitamin deficiency in our foods is being adjusted for our benefit in modern manufacturing methods.

Dr. Becker's Minnesota Trip

(Continued from Page One)

want at this time to acknowledge with thanks the many courtesies of Dr. and Mrs. Robert Clark of Northfield and Dr. and Mrs. Karl Burch of St. Peter.

It was a further privilege to meet with the Minneapolis Osteopathic Clinic on Wednesday evening where I had the privilege of talking to a fine group, with visitors from St. Paul and other nearby points. This occasion was rendered even more happy due to the fact that the Minneapolis Osteopathic Clinic was honoring the 90th birthday which occurred on November 25th of one of its valued members—Dr. Dwight J. Kenney. It was indeed an inspiration to have the joy again of associating with Dr. Kenney who is in active practice in his 91st year. It was most gratifying to find that he was mentally as keen and alert as many men 40 years his junior. While somewhat bowed with the years, he is remarkably well and capable physically. He was showered with a number of gifts and presented with a large, beautiful birthday cake with 90 burning candles. It was an occasion not soon to be forgotten. The unanimous wish of all present was that Dr. Kenney would see many happy returns of the day. The Minneapolis Society is justly proud of the honor of having as one of its group the oldest living active osteopathic physician.

A. D. B., D. O.

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