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PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 5

JULY 15th, 1927

Number 1

THE STILL COLLEGE ENDOWMENT PLAN

TO THE PROFESSION

In a recent meeting of the Trustees of the Des Moines Still College of Osteopathy with the officials of the Royal Union Life Insurance Co., of Des Moines, the Still College Group Endowment Plan was discussed thoroly. We are happy and proud to report our unanimous approval of this policy from every standpoint. Our investigations show that it is safe, sane, an excellent business plan and will prove a mutual benefit to all concerned.

Thru this supplement we offer you the information many of you have already written for and sincerely hope that you will take advantage of the offer that will assure the profession a greater Still College.

C. W. JOHNSON, Pres.
E. E. STEFFEN, Treas.
K. M. ROBINSON, Sec'y.
BERTHA CRUM,
J. P. SCHWARTZ,
R. B. BACHMAN,
H. V. HALLADAY.

THE FUTURE

A new light has appeared on the horizon of Osteopathy. It is the light of advancement, of co-operation, of good will, of brotherhood. It is the light of progress.

We have great plans ahead for Still College, and as Still College grows and expands and its great work is fruitful, the general science of Osteopathy in its relationship to the public is, of course, enhanced. Only a lack of appreciation on the part of the public is responsible for some of our handicaps. But down at the root of our problem is the basic fact that we must educate the public to the service of Osteopathy, and by closer unity and co-operation among ourselves, the great task of educating the public can be accomplished. We must go about our work with a missionary zeal, realizing that the foundation of all success is built upon service. Only those institutions that serve have the right to survive. Our constant effort is to devise and adopt new methods of gaining more publicity for the members of our profession. We want your co-operation. We are doing our best to deserve it.

WE ASSUME—

We start with this assumption, that you, as is the case with all individuals, desire information. In this particular instance that information is relative to a certain plan, namely the Still

College Group Endowment Insurance Fund. And being interested, either from an informative or a purchase standpoint, you desire all of the related detail.

A BEGINNING

All things must have a beginning and there must be reason back of the beginning or the end will soon come. Osteopathy had its beginning, it has weathered many storms and because of its true worth has gradually forged ahead. To maintain a profession and to further its progress there must be a source of new members each year and these must exceed in numbers and knowledge those who for many reasons drop from the ranks. You are a member of a dignified and useful profession and already know these facts. And you can look back over the years, whether they be few or many, and offer constructive criticism, which, if followed, would add strength to your system. In tracing back these weak factors in your education or your society, you find that the basis is either a wrong policy pursued or the lack of sufficient funds to carry out a constructive program. This last fact has held our profession in check. Our schools, the sources of new energy and strength, have been handicapped. If some plan is offered, that, with a minimum of expense to the individual will provide a maximum of benefits and results, that plan should be accepted. Such a plan is offered.

One that will insure an institution and assure the profession of added strength.

STILL COLLEGE

The college seeking this endowment is, as you already know, the Des Moines Still College of Osteopathy. Founded in 1898 and chartered as a non-profit institution. The first in our profession to take out such a charter. The college is not seeking this fund out of necessity. The plan itself was suggested by the Royal Union Life Insurance Company of Des Moines, from whom the college is purchasing a new home. It was suggested and is put into effect in order that the college may be freed of debt at a time earlier than anticipated under the original contract. It has been approved by the Board of Trustees and the Finance Committee and it is sound and safe and sensible. By it, you as an individual will profit first. The college is credited also, and in this act the science as a whole is strengthened. Still College is firmly established now, but if its progress can be hastened, its sphere of usefulness and scope of service will be extended to the benefit of all.

THE ROYAL UNION LIFE INSURANCE COMPANY

The company, thru which our ownership of the new building is being made possible, is the only one issuing this special group endowment policy, and while the plan in itself is very simple, yet it is very unusual and it is a specially prepared copy-righted policy. The Royal Union does business under the famous Iowa Compulsory Deposit Law, Section 8741, Chapter 401 Iowa Code 1924, which requires that the legal net value of the policy shall be invested in United

States, State, County or Municipal Bonds, First Mortgages on real estate, or other approved securities and deposited with the state of Iowa. This statement appears on every Still College Endowment Fund policy and is a guarantee to every member behind one of those policies that every promise made in the contract will be fulfilled to the letter. There is no security evolved by the minds of men more sure and certain than this special group endowment policy.

YOU—

Analyze your position. You are a member of a community. You attended and graduated from a recognized college of Osteopathy, passed your state board and have established a practice. You are at the head of a family or perhaps expect to be. You seek an estate, for your protection later and their protection at any time. There are various ways of securing this. One of these is by insurance, and this particular plan should appeal to you for several reasons.

THE POLICY

This policy is a specially prepared contract sold only to Osteopaths and members of their families at a saving to the insured and for the twofold purpose of protecting the insured and creating an endowment fund for Still College. This special policy and rates have been approved by the Insurance Department of the State of Iowa.

The function of this plan, briefly, is the use of life insurance as a means of accumulating a sinking fund to retire first the indebtedness against the new Still College building, and secondly, create an endowment fund for Still College. The contract is (Continued on page 2)

YOU CAN INCREASE YOUR ESTATE by taking out a
LOW COST POLICY. There are
NO AGENTS and
NO EXAMINATION Consequently
YOU WILL BENEFIT and help
ENDOW STILL COLLEGE. Thank you.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

The Still College Endowment Plan

(Continued from page 1)
sold in units of \$1,000. Each unit pays Still College a minimum of \$200 whether you live or die during the first twenty year period. The face of the policy, or \$1,000 each unit, is payable to your estate or family as you designate.

Through the use of this endowment plan by individual members of the Osteopathic fraternity, substantial results can be obtained at an individual sacrifice so small as to be hardly worth mentioning. It is practically certain that the sum involved, owing to its smallness, would in the absence of the plan be wasted in daily expenditures for trifles, and the large sum that may be secured through endowment insurance under this plan may therefore be regarded as the utilization of a by-product—odds and ends that possibly would not otherwise be saved—for a noble purpose.

THIS INSURANCE PLAN IS SUBMITTED TO MEMBERS OF THE OSTEOPATHIC PROFESSION AND MEMBERS OF THEIR IMMEDIATE FAMILIES BETWEEN AGES 10 AND 60. THIS APPLIES TO STUDENTS OF OSTEOPATHY AS WELL AS GRADUATES.

EASILY SECURED

Another advantage of this policy to the members of our profession is that they can get additional life insurance for their families or estates without any red tape, without physical examination, if in good health and in States where the laws permit, and without any bother of personal interviews with insurance agents. This supplement you are reading is the agent. You will not be annoyed by someone calling upon you and taking your time from recreation or work. You are selling yourself this policy.

THE LOW RATE

It is an important thing to remember that the insurance policy to be issued in this group endowment fund is a standard old line legal reserve life insurance policy under which the rate is extremely low, lower, in fact, than you could possibly buy in like amount of protection and endowment from any other old line company. The reason for this is due to the fact that this policy will be sold by the Com-

pany direct to you by mail and through the Still College, without the services of agents. Another important factor in the reasonableness of this rate is that it is being sold as a group proposition and not as an individual proposition such as it the case with the ordinary purchase of a life insurance contract by the individual.

This arrangement made by the insurance company of selling units in this group endowment fund through Still College saves the commissions paid to agents and other agency overheads, thus giving you individually the benefit of the reduced cost of the life insurance.

AN EXPLANATION

The plan briefly is this: The policy is issued on the Ordinary Life form. Much more than half of all business placed in the United States during the year 1926 was on the Ordinary Life form. The policy is equipped with coupons representing the savings for twenty years in stipulated guaranteed amounts. The savings or coupons are assigned in the application for the policy to Still College. The policies are issued in units of \$1000. One unit equals \$1000, two units equal \$2,000, two and one-half units equal \$2500. Each member may buy up to two and one-half units, or \$2500, without medical examination, as above provided. Using one unit as an illustration, the coupons or guaranteed savings are of such an amount exactly to aggregate, compounded at interest, \$200 over a period of twenty years. If two and one-half units are desired, the savings equal \$500. Each unit represents a guaranteed savings of \$200.

Should your death occur during the first twenty year period while the policy is being maintained in force, (using one unit as an illustration), your estate or family gets the face of the contract, or \$1000, and Still College receives \$200, plus an amount equivalent to the matured savings or coupons, and interest. Under one unit, therefore, Still College is guaranteed a minimum amount of \$200—whether you live or die. At the end of twenty years all interest of Still College ceases and the guaranteed savings then can be used by you to reduce the premium rate. You may change the primary beneficiary from time to time as you see fit. The premium rate is guaranteed. This policy is an old line legal reserve life insurance contract and provides for cash values, paid up and automatic extended insurance values beginning with the third premium payment.

ADDITIONAL POLICY DIVIDENDS

In addition to the annual guaranteed dividends represented in the coupons, there will be distributed at the end of the fifth policy year, and at the end of each succeeding five year period, an extra dividend direct to the policyholder.

PLEASE REMEMBER—

There are two important things to remember in analyzing the benefits of the policy:

(1)—The death benefit (excluding guaranteed savings) during first twenty year period is \$1200 under each unit—\$1000 to your primary beneficiary, (your wife, family or estate), and \$200 to Still College.

(2)—At the end of the twenty year period all interest of Still College ceases, and the guaranteed savings will be used to reduce your premium deposits. (See page 3 for Table of Rates.)

Dear Dr. Johnson:

Hurrah for Still College and the new school. No news was ever more welcome to me than when I heard about the new building you had secured. And no one cheered any louder than I, when they heard it, although I do not suppose you heard me away out there.

We had our state convention last week and Still College was well represented by Drs. Walker, Bone, McNeish, J. P. Brown, Marquand, Jo Bowman and myself. Had a real good meeting and some interesting and instructing work. However, I fear my paper was not altogether a howling success. Imagine me reading a paper on Obstetrics. Can you?

Here is wishing each and every one of you a happy vacation in preparation for the most glorious year in the history of Still College.

In case you find time hanging heavily on your hands, drop me a line and give me any available inside information.

Fraternally,
DR. W. E. MONTGOMERY,
Weston, W. Va.

When your work becomes a task, quit, you're in the wrong business. Until your work is your pleasure you can never succeed.

Editor The Log Book,
Still College, Des Moines,
Dear Sir:

Why all the glee? Every advancement should be shouted from the housetops. And I presume a New College Building is an advancement. But it struck me an awful blow to think of the college not being on Locust street. And Sixth avenue. What do we old timers know of it? Yes, I believe when I think of it, I did go up Sixth once to put in a window light for the Des Moines Show Case Works (That was on Saturday—trying to make a little expense money.) Yes, it seems as though it was rather nice up there. But how are you going to get the soot? It seems as though you all will be lost without that black soot drifting over from the railroad yards and the factories. Let's see—I believe they made gloves just south a little east of the old (there I am already calling the present location in the past tense), Locust street building.

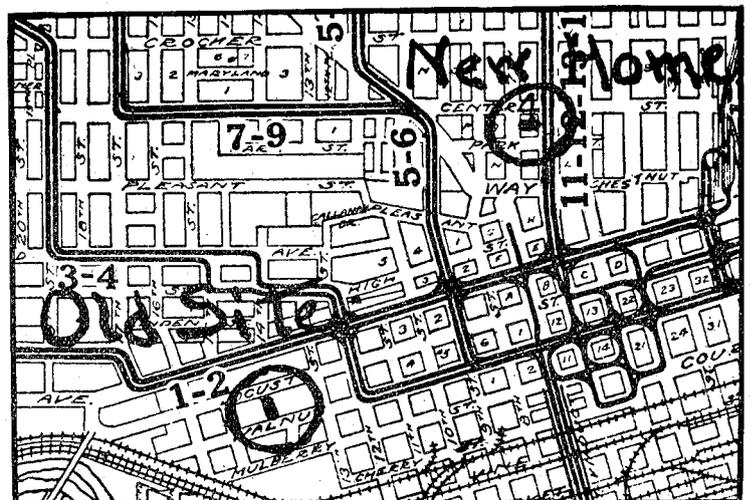
I guess the new location will be nice and will mean as much to the future graduates as the Locust street location means to me. But I must say that I do feel a great regret to think of the college moving from the old building. I remember how many times I have looked at the drawings of the building as it is and the architect's drawings of the building as it was planned to be. And I have regretted that it did not develop as planned.

My hopes now are that in the new location a greater building will arise and the real college within it will be the equal of any.

Sincerely,
DR. LEWIS BRUCE,
Lindsay, Calif.

You are not dressed for work until you put on a smile.

Win respect by being respectable.



We have every right to brag about our new location. Notice on the map that the new home is more to the center of the business district and yet, away

from the extreme noise. It is only a short walk from the New Still College to any one of the big Des Moines stores.

Keep the little map for your reference when you visit us.

Still College Group Endowment Plan

Yearly Premium Rates at Age of Entrance
(For One Unit)

Age	Premium	Age	Premium
11	\$20.83	36	\$29.63
12	20.83	37	30.38
13	20.83	38	31.20
14	20.83	39	32.07
15	20.83	40	32.99
16	20.83	41	33.98
17	21.08	42	35.03
18	21.36	43	36.16
19	21.64	44	37.37
20	21.94	45	38.66
21	22.24	46	40.03
22	22.57	47	41.53
23	22.92	48	43.12
24	23.29	49	44.83
25	23.66	50	46.66
26	24.07	51	48.62
27	24.49	52	50.70
28	24.94	53	52.94
29	25.41	54	55.34
30	25.91	55	57.90
31	26.44	56	60.63
32	27.00	57	63.56
33	27.60	58	66.68
34	28.23	59	70.03
35	28.91	60	73.60

This Ordinary Life policy gives protection for the whole lifetime of the insured with premiums payable during the entire period. This contract carries cash values, paid up insurance and automatic extended insurance values. It gives the maximum permanent protection at the minimum cost.

Rates between ages 10 and 16 are as of age 16.

Each member of the profession or his family, between ages 10 and 60, may buy one of these policies in units of \$1000. You may take any number of units up to two and one-half, a total of \$2500. If two units are desired, then the premium rate, of course, will be twice the rate used in the illustrations. For two and one-half units, multiply rates by two and one-half.

Because the selling of this insurance is handled entirely by the members of Still College, the savings thus created gives Still College a much larger amount of money on each unit than could otherwise be obtained, and under the plan we expect to build up an endowment fund of \$200,000 or more in twenty years.

IF YOU COULD, WITHOUT COSTING YOU ANY MONEY, GIVE STILL COLLEGE AND THE SCIENCE OF OSTEOPATHY \$200 OR MORE, WOULD YOU DO SO? OF COURSE YOU WOULD! WELL, YOU CAN! BY THIS METHOD—THROUGH STILL COLLEGE—BUY A LIFE INSURANCE POLICY OF \$1000, \$1500, \$2000 OR \$2500, WITHOUT PHYSICAL EXAMINATION, AT THE RATE SHOWN.

Here is the secret of our Endowment Fund. This is your opportunity to contribute to Still College without its costing you any money, by simply taking this Still College Endowment Fund policy.

You want to have an active part in the affairs of Still College. You want to keep up the interest, standing and welfare of Still College. You want to do your part in creating this Endowment Fund. You want your name among those on the "Honor Roll." You want to be among those that helped. And remember, by helping your College build this Endowment, you are at the same time helping yourself create a little larger estate, you are helping to make a stronger and better Still College. With all this before you, you will want to fill in the coupon below and mail it now while you think of it.



Dr. Ella D. Still, wife of the first president of the college, heard the good news and immediately hurried down town from her daughter's home, where she was visiting, in order to be one of the first to congratulate President C. W. Johnson. We were fortunate in getting a picture of them in front of the old building.

Dear Dr. Halladay:

We certainly congratulate Des Moines Still College on its big plans for the future and wish to co-operate in any way we can.

Fraternally yours,
C. N. CLARK,
Business Mgr., A.O.A.

Dear Mrs. Robinson:

Congratulations to you and all who were instrumental in making the long-talked-of new college building a fact. I was delighted to see the announcement in the Log Book just received. Hope you have a great big class of Freshmen this fall.

DR. ESTELLE A. WISE,
Cherokee, Iowa.

PLEDGE

I agree to fill out, sign and return as directed, the necessary blanks (to be mailed me later), and attach hereto Five Dollars as partial payment of first annual premium on \$..... policy, as outlined for the Still College Group Endowment Fund.

My Name in Full.....

(Write plain or Print)

Mailing Address: St. No..... City..... State.....

Date of Birth..... Place Born.....
Month — Day — Year County or State

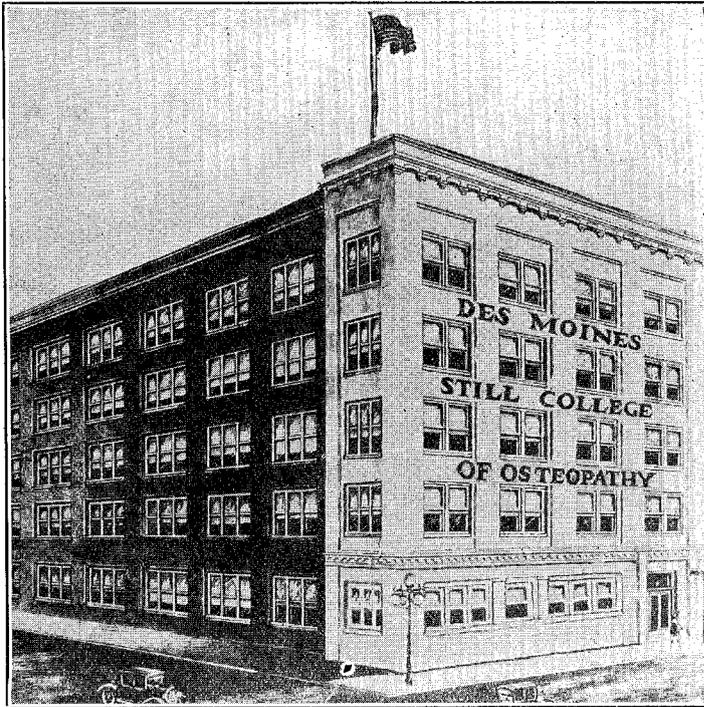
Name in Full of Primary Beneficiary.....

Mail above Coupon to Still College of Osteopathy, Des Moines, Iowa, or Royal Union Life Insurance Company, Des Moines, Iowa.

WE ARE
READY TO GO!



Fill in Coupon and Mail
At Once
—for—
STILL COLLEGE
GROUP
ENDOWMENT
FUND



OUR New Home



This fine building, remodeled for our needs, will be occupied by us before the beginning of the fall semester.

THE TRUSTEES

Who have been instrumental in securing the new home and who will administer the affairs of the college for the next year.



DR. BERTHA CRUM

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

DR. E. E. STEFFEN, Treas.

DR. C. W. JOHNSON, Pres.

DR. J. P. SCHWARTZ, Dean

DR. R. B. BACHMAN

DR. H. V. HALLADAY

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Volume 5

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Number 1



N. B.

EACH YEAR THE CONVENTION NUMBER OF THE LOG BOOK and Little Stillonian seems to grow more popular. It is with pleasure that we are able to give you, in a small way, a report of the year's activities, and dare to make our predictions for the coming school year. This has been a history-making year for all of the colleges. Still College has taken a big step forward with the others.

On pages three and four you will find practically the same familiar faces as were present last year. The retention of the majority of the faculty means a satisfactory and efficient group co-operating for the best that all demand.

The same trustees who carried the college successfully last year, were elected unanimously. No better recommendation could be asked. We are also proud of our clinic record, which in every department surpassed that of the previous year. These on page five.

The Historical Sketch, page six, is necessarily augmented by the paragraph relative to our New Home. This, is indeed, a matter of history.

Pages seven, eight and nine, will give you something of our New Home. To see is to appreciate. We hope you will visit us and be convinced.

Deviations from the schedule on page ten will be slight. Note the school calendar.

The Des Moines General Hospital—managed and conducted for and by Osteopaths—page eleven.

Still College is known for its Athletic teams. We are proud of them. Also our six national Osteopathic organizations, that offer the student fraternal life. Page twelve.

Champion Osteopathic Athletic Teams on page thirteen.

Page fourteen. Student activities are not limited to fraternities and sororities.

Our musical groups. Page fifteen.

Des Moines—The Convention City—knows and appreciates Osteopathy.

D. M. S. C. O. FACULTY



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



DR. C. F. SPRING
B. S., D. O.



DR. E. E. STEFFEN
B. S., D. O.



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



DR. MARY GOLDEN
D. O.



DR. R. B. BACHMAN
D. O.



DR. J. P. SCHWARTZ
D. O.

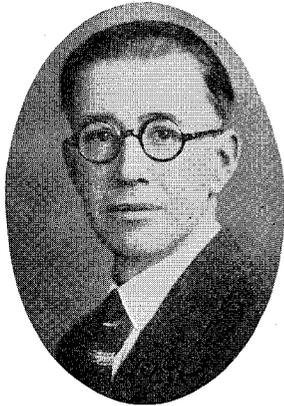


DR. J. M. WOODS
D. O.



PROF. FRANK SUTTON
A. B., A. M.

D. M. S. C. O. FACULTY



DR. H. V. HALLADAY
D. O.



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



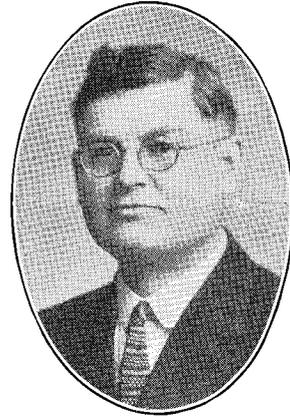
DR. B. L. CASH
D. O.



MRS. Z. A. INNES



DR. H. J. MARSHALL
D. O.



PROF. I. C. GORDON
B. A.



DR. W. J. NOWLIN
B. S., M. D.



MRS. K. M. ROBINSON
Secretary

Historical Sketch

By DR. ELLA STILL

IN THE SUMMER OF 1898 there came to Des Moines a group of people who were imbued with the desire to spread the gospel of Osteopathy and to choose for that purpose a place which should afford all the advantages necessary. They had decided that two of the essential things could easily be obtained in Des Moines—unlimited clinical material and employment for those who wished to work in order to help meet their expenses. The first year the school was conducted in a reconstructed building just opposite the school grounds. In the fall of the second year, a very joyous faculty and student body took possession of the structure which now houses the Des Moines Still College.

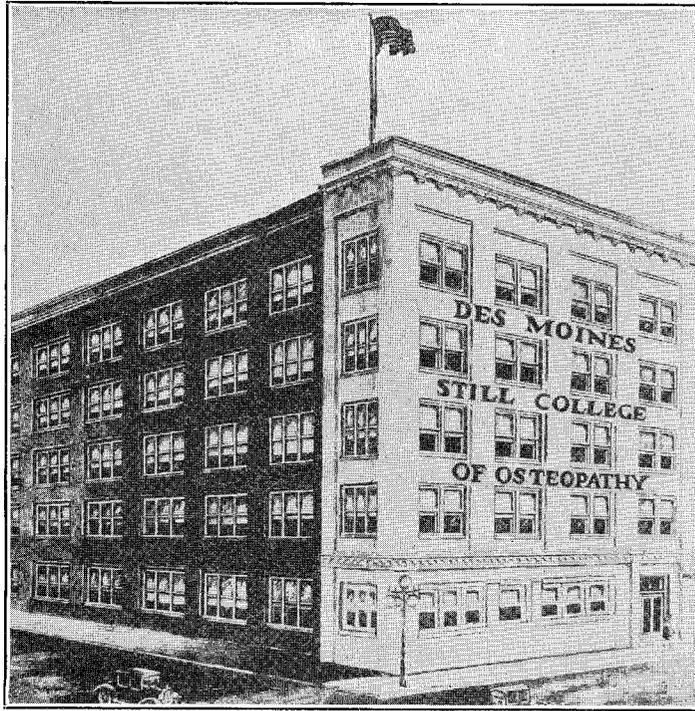
Those who were instrumental in starting this school were Dr. S. S. Still, nephew of the "Old Doctor", Dr. Ella Still, Col. and Mrs. A. L. Conger, Dr. W. L. Riggs and Dr. Helm. To this group were soon added many more, who were well known in the Osteopathic world, and thus was formed a faculty which ranked among the best. The College was named the Dr. S. S. Still College of Osteopathy. The only one to bear the name of STILL. The growth of the institution was phenomenal.

In a short time it absorbed the Milwaukee, Northern, Fargo and Southern colleges of Osteopathy. It was the first college to confer the degree Doctor of Osteopathy. Up to that time, the graduates were known as Diplomats. It is interesting to know that every instructor was a thoro Osteopath and in every class the subject was emphasized. One could write volumes on the early days of this college and then not tell of all the wonderful things accomplished. I should like to name all those who were associated with us, but space forbids; suffice to say that there was never a group, faculty or students, more enthusiastic, all working together for the advancement of the science.

With the growth of the city and the college, it was plain to be seen, a number of years ago, that a new location must be secured. With this in view, the college purchased a suitable tract some distance out on Sixth Avenue. With a fine college building in mind, plans were made to move as soon as the building could be completed. Consideration for the two main factors in the development of the college changed the original plans, and this year the trustees announce the acquisition of a building adequate in every respect, and ideal for clinic and convenience. This is indeed what we have been looking forward to for many years. It is a new beginning for Still College.

The good work started in 1898 is still being carried on in the Des Moines Still College. May there be no wavering of faith; may we not lose sight of the fact that we owe much to Dr. A. T. Still, who had his dream come true—the benefits of which we share.

The New Still College Building

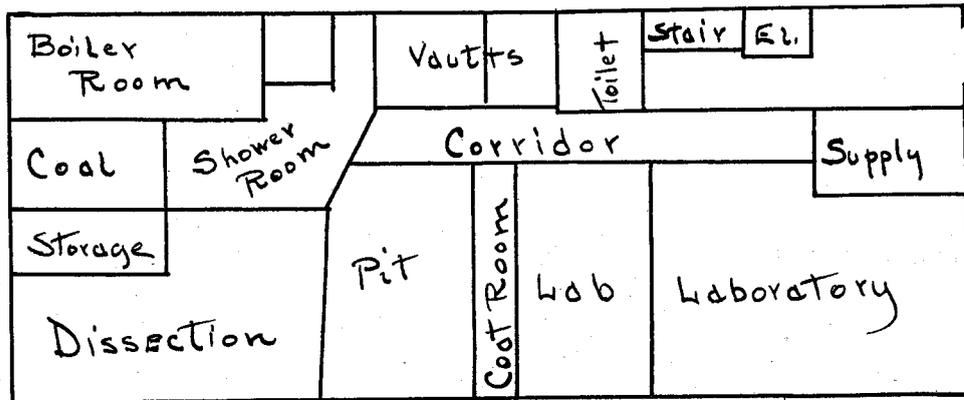


THE DES MOINES STILL COLLEGE OF OSTEOPATHY is occupying a new home. This is something we, as a group, have looked forward to for some time. Our new site and building is a great pride to us, and has come to us at a time when most needed. Our old location on Locust Street has been over run for some time by the automobile industry, the disturbing noises from which have at times caused a temporary suspension of lecture work. The new home is away from this noise and on a wide and newly paved street. We are indeed happy and proud to announce the acquisition of this fine building, which fulfills a long-felt want and meets our needs so well in every respect. When you are in the city we want you to visit us. Seeing is believing.

LOCATION: 720-722 Sixth Avenue. This is on the west side of the main north and south highway thru the city. Across the street to the east is the new Consistory. Grand Avenue, the main east and west highway, is three blocks south. The site is convenient for patients and for the student body, and yet away from the noise of the business district.

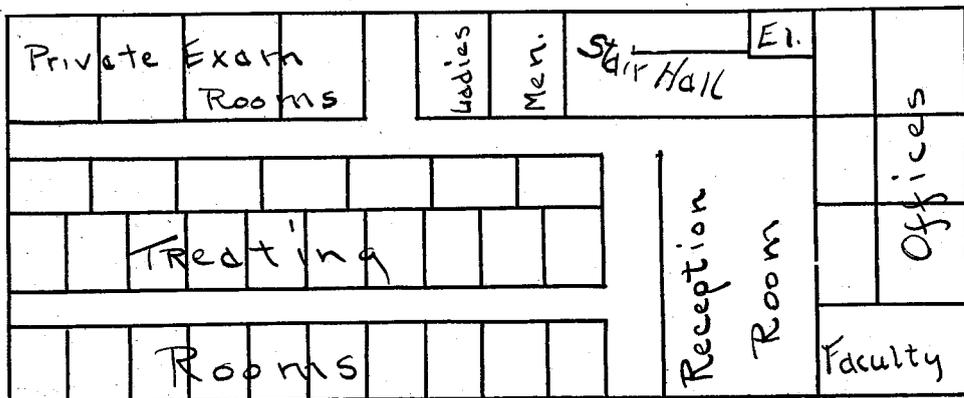
STRUCTURE: Steel and concrete form the basis in the construction of the building, making it fireproof thruout. It is faced with white enamel brick, five stories in height and constructed with the idea that two more floors may be added. Alleys are found on three sides, insuring adequate light and ventilation. 28,000 square feet of floor space is available, and as plans show, has been easily divided for our convenience.

FIRST FLOOR PLAN



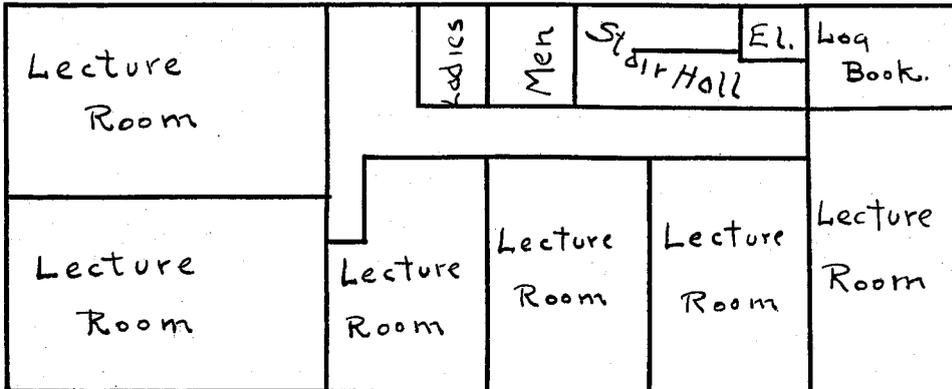
The above illustrates the floor plan at the street level. This is mainly devoted to laboratory work, with a pit in connection to enable the instructor to gather the students together for lecture work. The shower room will be completely equipped, an adjacent vault being used for athletic supply room. The pit illustrated will easily handle seventy-five students.

SECOND FLOOR PLAN



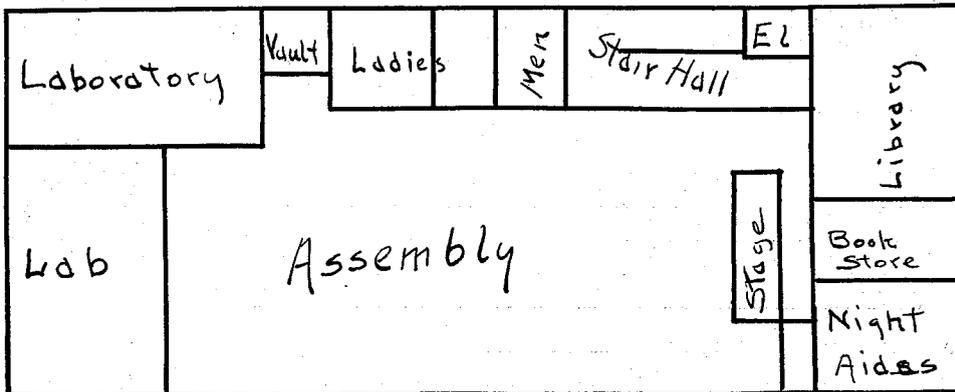
In order to get away from the annoyance of passing traffic, the offices and treating rooms have been placed on the second floor here shown. The arrangement gives each of the officers a private office with reception room and a general faculty room. Provision is made for thirty-two treating rooms, four of which are to be equipped for special examinations. Ample reception room space is planned adjacent to the offices.

THIRD FLOOR PLAN



This floor plan illustrates the lecture room arrangement which has been planned for convenience of the student. All of the main lecture rooms are on this floor, to avoid the confusion of passing on the stairway. The smaller rooms will accommodate approximately seventy students and the larger ones about one hundred twenty. These six commodious rooms, together with the pit on the first floor and the laboratories on the first and fourth floors, provide us with double our former capacity for the accommodation of class work.

FOURTH FLOOR PLAN



As shown, this floor is occupied mainly by the assembly room, the capacity of which is over four hundred. Microscopic laboratories are placed on this floor on account of the light, and ample provision has been made for a library, book store and a room for the night aides, On account of the extensive work done by our clinic, it is necessary to have some one available at all times to answer calls.

SCHEDULE OF CLASSES

FIRST YEAR—First Semester

ANATOMY—DESCRIPTIVE.....	DR. H. V. HALLADAY
CHEMISTRY—ORGANIC.....	PROF. FRANK SUTTON
HISTOLOGY.....	AVA L. JOHNSON
BIOLOGY.....	DR. W. J. NOWLIN
BACTERIOLOGY.....	AVA L. JOHNSON
EMBRYOLOGY.....	DR. W. J. NOWLIN

Second Semester

ANATOMY—DESCRIPTIVE.....	DR. H. V. HALLADAY
PHYSIOLOGY I.....	AVA L. JOHNSON
CHEMISTRY—ORGANIC.....	PROF. FRANK SUTTON
HISTOLOGY.....	AVA L. JOHNSON
BACTERIOLOGY.....	AVA L. JOHNSON
EMBRYOLOGY.....	DR. W. J. NOWLIN

SECOND YEAR—First Semester

CHEMISTRY—PHYSIOLOGICAL.....	PROF. I. C. GORDON
THEORY OF OSTEOPATHY.....	DR. C. F. SPRING
PATHOLOGY I.....	DR. E. E. STEFFEN
PHYSIOLOGY II.....	AVA L. JOHNSON
ANATOMY—DESCRIPTIVE.....	DR. J. M. WOODS

Second Semester

SYMPTOMATOLOGY.....	DR. C. F. SPRING
PATHOLOGY II.....	DR. E. E. STEFFEN
PRINCIPLES OF OSTEOPATHY.....	DR. C. F. SPRING
ANATOMY—DESCRIPTIVE.....	DR. J. M. WOODS
NERVOUS PHYSIOLOGY.....	DR. C. W. JOHNSON

THIRD YEAR—First Semester

PATHOLOGY III.....	DR. E. E. STEFFEN
ANATOMY—APPLIED OSTEOPATHIC.....	DR. H. V. HALLADAY
LABORATORY DIAGNOSIS.....	DR. J. M. WOODS
TECHNIC—OSTEOPATHIC.....	DR. H. V. HALLADAY
PHYSICAL DIAGNOSIS.....	DR. H. V. HALLADAY

Second Semester

OBSTETRICS.....	DR. R. B. BACHMAN
GYNECOLOGY.....	DR. C. W. JOHNSON
NERVOUS AND MENTAL.....	DR. C. W. JOHNSON
OSTEOPATHIC THERAPEUTICS.....	DR. E. E. STEFFEN
ORTHOPEDICS.....	DR. H. V. HALLADAY
CLINICS.....	

FOURTH YEAR—First Semester

PEDIATRICS.....	DR. M. E. GOLDEN
OBSTETRICS.....	DR. R. B. BACHMAN
NERVOUS AND MENTAL.....	DR. C. W. JOHNSON
OSTEOPATHIC THERAPEUTICS.....	DR. E. E. STEFFEN
SURGERY.....	DR. J. P. SCHWARTZ
EYE, EAR, NOSE and THROAT.....	DR. H. J. MARSHALL
CLINICS.....	

Second Semester

DIETETICS.....	AVA L. JOHNSON
APPLIED OSTEOPATHY.....	DR. J. M. WOODS
PSYCHIATRY.....	DR. C. W. JOHNSON
PROCTOLOGY AND UROLOGY.....	DR. J. P. SCHWARTZ
SURGERY.....	DR. J. P. SCHWARTZ
EYE, EAR, NOSE and THROAT.....	DR. H. J. MARSHALL
MEDICAL JURISPRUDENCE.....	JUDGE HUBERT UTTERBACK
X-RAY AND ELECTRO-THERAPY.....	DR. B. L. CASH
CLINICS.....	

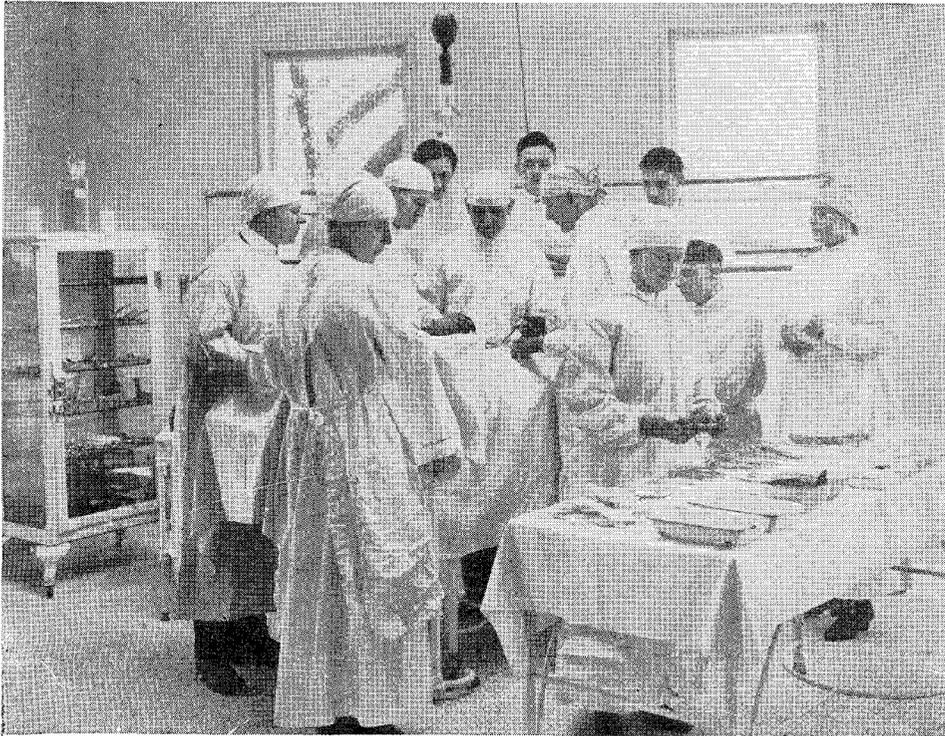
LABORATORY TECHNICIAN.....Z. A. INNIS

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

1927 - 1928 CALENDAR

REGISTRATION.....	SEPTEMBER 7 - 8
CLASS WORK BEGINS.....	SEPTEMBER 8
CHRISTMAS VACATION.....	DECEMBER 23
CLASS WORK RESUMED.....	JANUARY 3
MID-YEAR GRADUATION.....	JANUARY 19
SPRING SEMESTER BEGINS.....	JANUARY 23
GRADUATION.....	MAY 24

The Des Moines General Hospital



NOT ONLY DO THE STUDENTS of the Des Moines Still College of Osteopathy enjoy the advantages of an extensive Osteopathic clinic but in addition, they have offered to them every courtesy of the Des Moines General Hospital, which is under strict Osteopathic management. Dr. J. P. Schwartz, president of the hospital and surgeon-in-chief, also acts in the capacity of Dean of the College. Dr. H. J. Marshall, secretary of the hospital, is instructor, and at the head of the Eye, Ear, Nose and Throat department. Dr. B. L. Cash, of the hospital staff, is instructor in X-Ray and Electro-Therapy. The two institutions are not operating under the same charter, but there is co-operation in each department, which makes for the mutual benefit of all.

Extensive plans are under way for the erection of a new and strictly modern building for the hospital which will replace the present structure. With the new college building a reality and prospects for a new hospital, the profession can be truly proud and point to Des Moines as a greater Osteopathic Center.

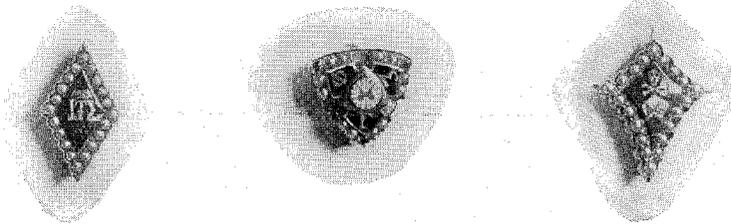
Athletics

STILL COLLEGE is widely known for its Football and Basketball teams. These two branches of Athletics are under the supervision of Coach Frank Sutton, and this last season was closed in a most satisfactory manner.

Still's Football team played eight games, and altho they lost five of the eight, at the close of the season had accumulated 93 points to their opponents 107. The most outstanding game of the season was with the college at Kirksville. The game being won by Still with a score of 21 to 0. The 1927 season promises well, with the new material developed this last year, as a background for an almost new team.

Still's Cagers showed excellent form thruout the season, playing a total of thirty-two games, of which eighteen were wins and one a tie. A Freshman squad was developed, material from which will augment the loss of the graduating members, and we look forward to another big series in Basketball.

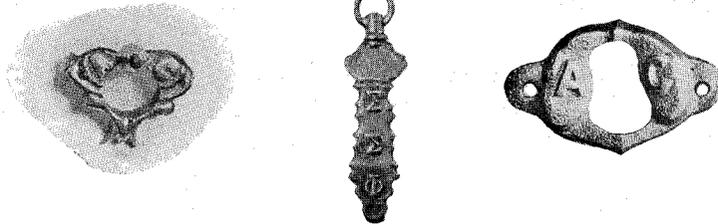
Organizations



There are numerous organizations in the college of an academic and social nature. Men's fraternities represented are the Iota Tau Sigma, Phi Sigma Gamma, Atlas Club, and the Sigma Chi Omega. The sororities having chapters in the college are the Delta Omega and Axis. Des Moines Still College is the home of Beta Chapter of Sigma Sigma Phi, national honorary Osteopathic fraternity.

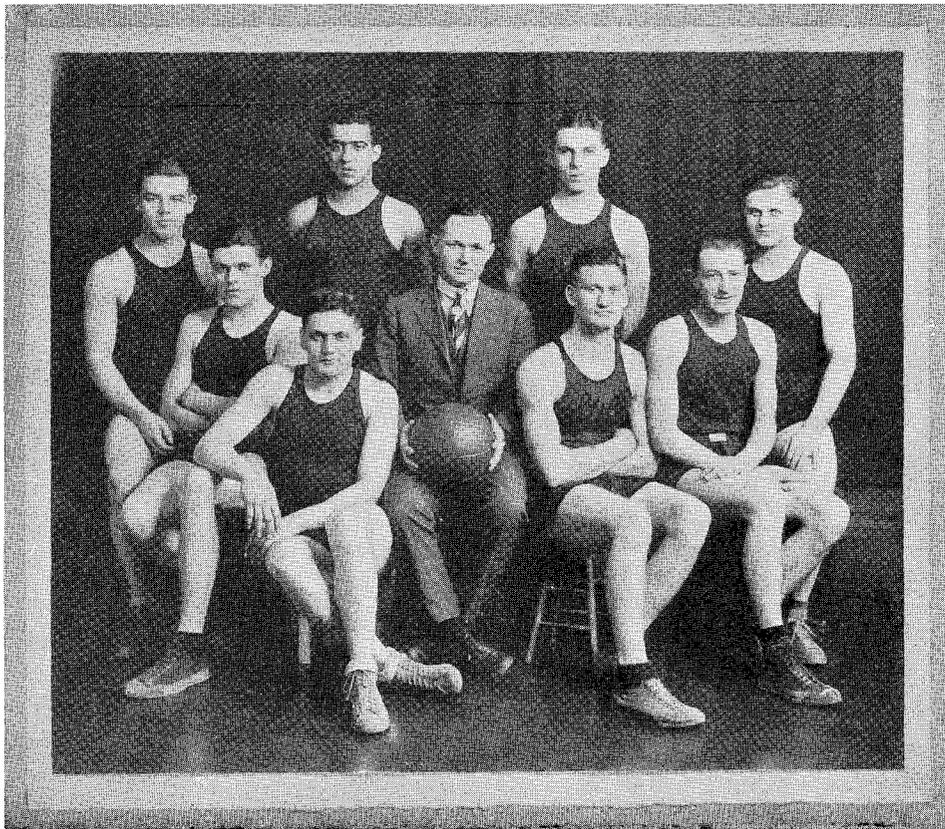
In addition, there is the Masonic Club, the "S" Club, athletic organizations, various state clubs, musical organizations and the class group.

Through the activity of these organizations, the social life of the college is maintained. Numerous parties, dances and other events fill the calendar throughout the year and assures the student of adequate recourse from academic staleness.



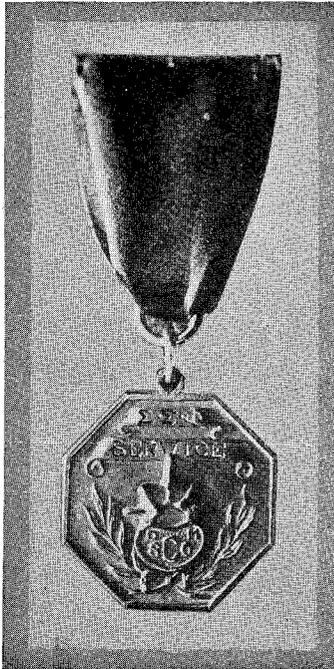


CHAMPION OSTEOPATHIC ATHLETIC TEAMS



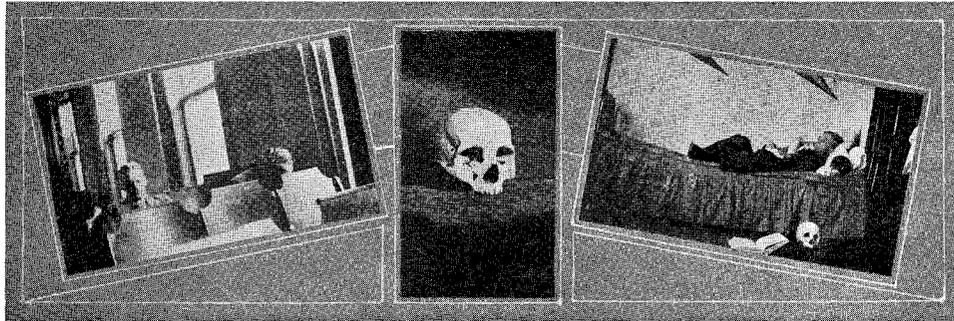
Student Activities

As in other institutions of a like nature, student activities are not limited to those related particularly to the fraternities. The Sigma Sigma Phi and Pan-Hellenic Council, whose memberships are made up of representatives of all organizations, initiate many functions where the entire student body takes part. In season, golf, tennis and baseball tournaments are in progress and the winners are rewarded with suitable trophies. The band and orchestra furnish an outlet for talent of that type, and the assembly held each Friday morning, brings out a vast amount of student entertainment.



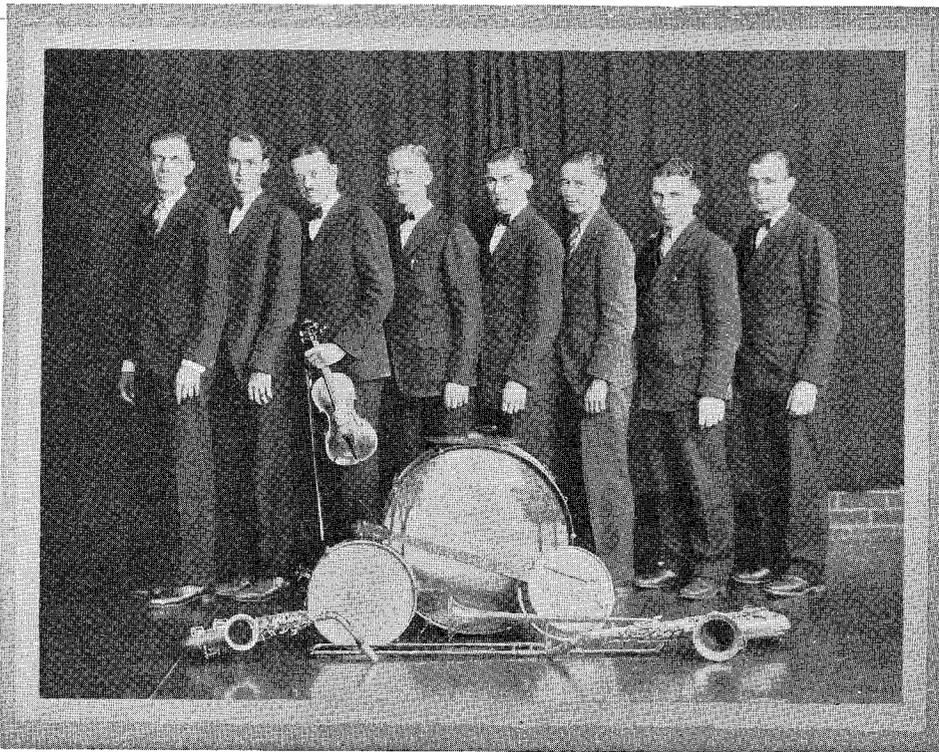
An important event at the graduation of each class is the presentation of the honor medals furnished to the college by the Sigma Sigma Phi. A special committee selects from each class one who has proved himself most satisfactory in his Osteopathic work, and another who has shown particular interest in school activities. To each of these, a gold medal is awarded; one for Proficiency in Osteopathy and the other for Exceptional Service.

Des Moines has a number of conveniently located parks and recreation grounds, and it is not unusual for classes or other groups to gather at these parks for breakfasts or picnics. Thru its theatres, the city offers the best in all types of entertainment, and theatre parties among the various groups are quite common.



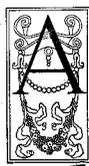
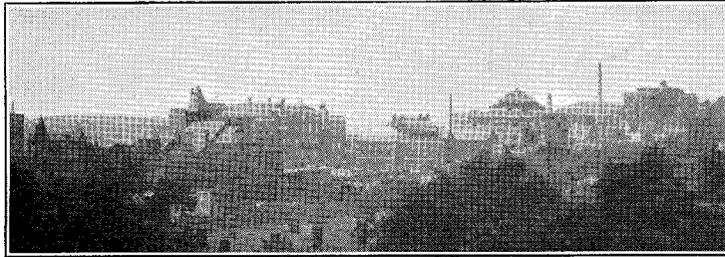


OUR MUSICAL ORGANIZATIONS



DES MOINES

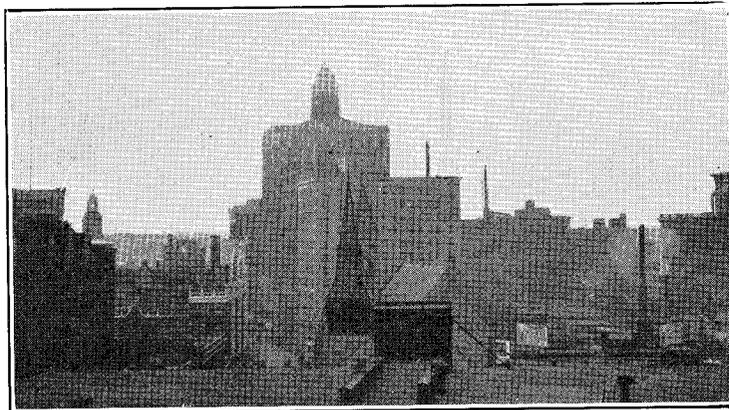
"The Convention City"



DEQUATE TRANSPORTATION FACILITIES, excellent hotel accommodations, a friendly people and for Osteopathy, unexcelled clinics. These and other factors have made our city famous as a convention center. These same features add to the desirability of the city in your selection of a college. Des Moines can easily be reached from any other large center of population. Accommodations are reasonable and part time employment may be secured to assist in defraying expenses. The people of the community are friendly to our science, as has been demonstrated by the growth of our clinic.

The faculty of the college consists of a group of specialists, insuring you the best didactic and demonstrative instruction.

The Des Moines General Hospital offers an Osteopathic service complete in every department.



DES MOINES

"An Ideal Osteopathic Center"

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

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

PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 5

AUGUST 1, 1927

Number 2

A.O.A. TO Kirksville IN 1928

New Home Progressing

As we go to press two of the floors in our new building have been completely arranged to our requirements and the office has been transplanted bodily. In fact this issue was mailed from 720 Sixth Avenue.

On the second floor the treating rooms, private examination rooms, faculty room and general offices are all fitted out. All of the treating tables have been repaired and gone over by a representative of the McMannis Table Co. The reception room has likewise been furnished and finished.

The third floor lecture rooms, of which there are six, are ready and furnished with chairs, blackboards, etc. Two of these rooms will accommodate 125 each, while the other four will seat approximately 70.

The Log Book and Stillonian Room is ready and is being used right now.

At the rate the work is progressing at present the first and fifth floors will be completed by August 15th, and we will be entirely ready and waiting for you all at the new stand.

More to follow in the next issue.

Convention Speakers

Doctors C. W. Johnson, H. V. Halladay and H. J. Marshall, all of Des Moines and Still College, attended the national Osteopathic convention at Denver, held the week of July 25th.

Each one spoke at some length on subjects from the field in which he is outstanding, Dr. Johnson's being Nervous and Mental Diseases; Dr. Halladay's, the Spine, and Dr. Marshall's, the Eye, Ear, Nose and Throat.

Dr. Johnson left several days early to attend the Nebraska State Convention at Scotts Bluff, Neb., where he was scheduled to speak, from where he went on to Denver.

Doctors Halladay and Marshall will return to Des Moines after making auto tours of the Yellowstone and other national parks.

Hear Ye! Hear Ye! One and All!

Dear Field Men and old Students: We want ONE HUNDRED AND TWENTY-FIVE NEW STUDENTS on September 6th and 7th. Will we have them? That depends on you.

If only every third one of you sent one student to the new D. M. S. C. O. this fall we would have them and then some. You can do it. You know you can. Don't "pass the buck" and say that you are not the third one, but send out your man. You know what Still College can offer and does offer. It offers and GIVES everything that any other college of Osteopathy or Medicine can, AND in addition it has clinical facilities unbeatable, a Paramount Faculty AND the NEW BUILDING. What more could be asked? Answer, "Nothing."

Now let's go, all you P. S. G.'s, ATLAS', I. T. S.'s and you S. C. O.'s. Make it a point to see that Buddy, that Son, Brother, Nephew, Cousin or Friend. Do him or her the biggest favor you could possibly do—send him or her to (Continued on page 2)

Congratulations from the State President

Progress and success is the reward for honest effort and vigilance! Nothing should be more inspiring to the Osteopathic fraternity of Iowa, and indeed to the entire profession, negotiated for new College quarters.

Then the announcement of the Group Endowment Plan for the College! Certainly this is a master stroke in placing the institution on a permanently solid foundation. To my mind, insurance in its various forms is the most stabilizing element in the business world today.

I feel confident this plan is sound; the Iowa Insurance Department would not sanction it if it were not. I am sure your campaign will meet with rich success.

My hearty congratulations for the alertness and determination of your Board of Trustees in accomplishing a dream of years; and my confident best wishes for the successful promotion of this wonderful plan.

C. N. STRYKER, D. O., Pres.
Iowa Division Society.

New Faculty Members

Dr. H. J. Marshall, Osteopathic Eye, Ear, Nose and Throat specialist of Des Moines has accepted a position on the faculty of the Des Moines Still College of Osteopathy, as instructor and in charge of the work along the line of his specialty. After having graduated from the Los Angeles College of Osteopathy he spent a year additional with Drs. Ruddy and Goodfellow confining his work to diseases of this type. In addition to his extensive practice Dr. Marshall has been active in association work. He has served in the capacity of president and secretary of the Eye, Ear, Nose and Throat division of the association; a member of the State Board of Osteopathic Examiners; President, secretary and member of the board of trustees of the state association and editor of the state Bulletin. Dr. Marshall will leave the city about the 18th in order to attend the national convention at Denver, Colo., where he will appear as one of the speakers on the program. Still College feels itself honored this coming year with Dr. Marshall and other valuable additions to the faculty.

NEW ANATOMY ASSISTANT

As an addition to our already paramount faculty we have this year Dr. W. J. Nowlin, B. S., M. D. of Farmer City, Illinois. Dr. Nowlin has just completed a year's internship at the Indianapolis Hospital after receiving his degrees at the University of Illinois.

Dr. Nowlin will assist in the Anatomy department as Professor of Biology and Embryology, subjects in which he is very well versed.

The doctor is the son of Dr. J. R. Nowlin, D. O. of Farmer City, Ill., and the cousin of two of our students, one of whom was a member of the class of May, 1927.

The school and the student body are to be congratulated on their good fortune in procuring Dr. Nowlin as a member of its faculty.

ASSOCIATE CHEMISTRY PROFESSOR

Professor C. J. Gordon, B. A., of Parkersburg, Iowa, who has,

(Continued on page 2)

And so we go to Kirksville again in 1928, making the seventh visit of the national convention to the home of osteopathy out of the thirty-two official meetings of the organization. It is fitting indeed that we should meet in Kirksville next year in celebration of the one hundredth anniversary of the birth of the Old Doctor. This is the only reason, altho sufficient, for the return of the national association to Kirksville in such a short time.

There are some that are glad and some sorely disappointed at this selection. Others who were in the field, and have been for some time, had made plans for a dignified and proper service commemorating this eventful year, but these offers of service to the profession can wait until a more opportune time. The thing for us to do now is to make preparations for another big homecoming in the little Missouri town that sheltered the weary pilgrim in his early days of struggle.

We realize the inconveniences that we must meet in this trek to the shrine of Osteopathy, but these will be in emulation of the Father of our science and will be borne without murmur. The absence of the little things that go to a complete enjoyment of a trip and vacation will be more than made up in the knowledge that we have paid proper respect to the one who gave us our opportunity.

A program is being planned that will awake us to a higher appreciation of the principles the Old Doctor stood for. We may view his original cabin taken from the old home place in Virginia. We will take part in a profound and sincere service dedicated to the Father of Osteopathy and renew our vows in his memory.

This should be our largest meeting. It is an opportunity that does not come once in a life time. The entire profession should make plans now to be in Kirksville next year. The "Old Timers," those who were inspired by the Old Doctor personally will be there. This may be your last opportunity of seeing and hearing those who so closely followed our leader. On to Kirksville in 1928.

A Message from the Dean

Dear Doctor:

It has long been the aim of the trustees of the Des Moines Still College of Osteopathy to help our students in every possible way. This has always been done so far as producing men and women capable of going into the field and caring for human suffering is concerned. Our extensive clinics and our efficient faculty has always made this possible. To this training with the new building will be added, new and up-to-date equipment which will further elevate this standard. We have also helped the students by making a single lump charge covering tuition and all special fees as charged by most all colleges. The student knows what his expenses are to be from the very first. Likewise, we have placed tuition on a monthly payment basis for those desiring this convenient method of paying. We have always maintained an employment bureau for our students that they may secure work part time if they so desire. One of the deciding factors in the purchase of our new building was that it is so centrally located and only about two minutes walk from the heart of the business center of Des Moines. This again is a great advantage in the securing of part time employment for the students. In this connection too, we can not refrain from mentioning that our clinics should be doubled before the end of this school year, because of this central location.

IF IT'S OSTEOPATHY YOU WANT, COME TO DES MOINES!
JOHN P. SCHWARTZ

Dean.

Hear Ye! Hear Ye! One and All!

(Continued from page 1)
The Profession's School — Des Moines Still College of Osteopathy.

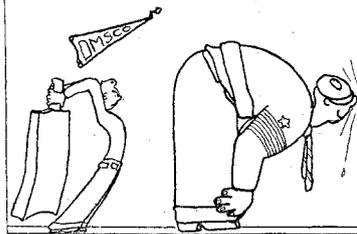
We quote from the A. O. A. Journal for June, 1927:

MORE STUDENTS.

How long can we expect those who are bearing the burden of college teaching and management to carry on unselfishly, as most of them do, when we give them only half-hearted, meager support in the way of student recruiting? For nearly every one of our colleges could, this next fall, take care of twice their present enrollment. The situation demands it. The opportunity for these students was never so great, every state and section of the country is calling for new graduates. Why are we not doubling our enrollment? Because we do not think about it. Because we do not work purposefully to this end.

A. S. O. in June, '24, and have sent four students this far, and have prospects for three more. If we do not grow and grow soon we will eventually be left to die. May we not see more efforts to get recruits? Remember, we depend on you.

FRATERNITY NOTES



PHI SIGMA GAMMA.

Brother Lowell Morgan has finally given up his position at the Brown Drug Co. and has gone home for a much needed rest. He will be back by August 15th for summer dissection.

Brother Charles Johnson is remaining in Des Moines for a while until he can make up his mind where he would like to locate. Perhaps he has at least one other reason for staying.

Brother "Cab" Cummings is also in town, but is seldom, if ever, seen?

Brother "Rockie" Stone is holding down two or three jobs and still takes a No. 1 Valley Junction street car nightly. The question is how long will a man last.

Brother Grinnie Grinnell is driving a cab now, one of those Big Yellow ones. Between editing the Log Book, driving cab and helping move the school his jobs are still not getting him down.

Brother "Otey" Lashlee passed both the Missouri and Tennessee State Boards and is practicing at Red Boiling Springs, Tenn. Address him at the Palace Hotel.

We would appreciate hearing from our absent brothers and the new doctors as to locations, etc.

ATLAS CLUB.

One would think that the good old gang were still at the house, but no—just Damm and Doyle. They just could not stay away from the homestead. Damm came back to give the boys the Wisconsin Board, and Doyle for several other reasons, (and they are all good looking.)

Bernard Jones has taken the practice of Dr Hannon, of Perry, Iowa, for a month, while Dr. Van, the "gravy man" has taken that of Dr. Murphy of Florida, for the summer months. Doc Murphy found the climatic conditions in Florida too overpressing, so he brought himself here to help cheer up the already cheerful atmosphere of the Club.

Mr. and Mrs. Neal Holton have been responsible for putting a touch of home atmosphere in the Club by their presence.

"Rusty" Wright still hangs his hat at the Club. His time is completely taken up by the youngsters of Walker Park. Yes, he is a policeman 'n' everything.

Larry St. Amant, of Detroit, a prospective student, came down to look the place over and he is still here.

Paul Parks, our big handsome Viking, adds to the air of dignity at the house. Paul is practicing with Dr. Prather at the Health Gym.

Dr. Slocum, of Middlebury, Vermont, and Dr. Runyon, of Correctionville, Iowa, were guests at

the house while taking P. G. work this summer.

Eddie Grove is back to the state where the tall corn grows. Oscar Myers came down to get a sendoff to the national convention at Denver.

Larry, Rusty and Paul put on a sorority initiation, twenty-five names were added to the register.

Gilmour Strong for Endowment

Allow me to express first of all my gratification that the Des Moines Still College has progressed to the point where it has been enabled to acquire this splendid property for the College. I am sure that this school will result in a bigger and better institution every year.

I am happy to say that I am thoroughly enthusiastic over the plan to raise endowments for the College. I feel that one of the greatest difficulties which every osteopathic college encounters is the lack of funds to adequately prepare in every way for our students. Any move for an endowment has my endorsement in every respect.

After carefully considering the plan which is proposed by the Des Moines Still College I am sure that it is thoroughly practical in every way and one which should meet the enthusiastic approval of the entire profession.

I assure you that I shall be at your disposal at any time to assist you in every way possible to raise this endowment to the mark which has been set. Particularly should this plan have a strong appeal to the members of the profession in Iowa. I am sure that every one of them will want to assist in supporting this institution which is doing so much to develop our science in Iowa.

With my sincere wishes for the success of the endowment campaign, I am

Yours truly,
R. B. GILMOUR.

New Faculty Members

(Continued from page 1)

for the last several years, been engaged in the teaching of High School Science, will be at D. M. S. C. O., as associate professor of chemistry. He specialized in Physiological Chemistry at the State University of Iowa, and will have charge of that division of chemistry.

Professor Gordon is another worthy addition to our unbeatable faculty.

Taken all in all, the students are indeed fortunate in having such men to lead them through the intricacies of the various subjects in the curriculum.

Another good thing about telling the truth is, you don't have to remember what you say.

Always leave them smiling — when you say "goodby."

Let a shave and a shine be your first morning investments.



Around Our Merry Campus

BUT NO BUMPERS

"What's the idea of the Joneses high-hatting us like that?"
"Haven't you heard? Their car has been equipped with snubbers."—Life.

Five-year-old Edna—Muvver's got a headache. Poor old muvver!

Mother — You mustn't call your mother old, dear.

Edna — I don't mean you're really old, muvver, but I've known you such a long time.—Boston Transcript.

"Have you heard how the automobile has lengthened life in the United States?"

"Prevents overexertion, I suppose?"

"Not that so much, but it's cut down the deaths from old age about 80 per cent."—Oregon Orange Owl.

"And what are you going to be, my boy? Are you going to follow in your father's footsteps?"

"My father has no footsteps. He is an airman!"—Madrid Buen Rumor.

Work

J. H. Styles, Jr., D. O.

Do you long for peace and plenty?

Do you want to get ahead?

Would you like to see the "good old days" again?

Do you wish to help your country Blast the schemes of every Red?

Do you? Then dig in and work with might and main!

All the soap-box oratory

Of a million malcontents

Will not solve a single problem that we face;

For our economic ailments

Mostly spring from indolence

And it's work, work, WORK alone will cure each case!

Honest work for honest wages!

That's the formula we need—

It's the only sure dynamic of success!

Once we've put it into practice

We can't help but win: indeed:

It's the only way there is to happiness!

He who has injured thee was either stronger or weaker. If weaker, spare him; if stronger, spare thyself.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

Cum Laude

The profession owes to President C. W. Johnson of D. M. S. C. O. and to President A. C. Tucker of the Royal Union Life a debt of gratitude it cannot readily repay. For to these men goes all of the credit for the preliminary conversations and the first draft of the proposition that paved the way for the negotiations which were latterly to come to fruition.

It was this highly important preliminary work which won the support of the trustees, the unanimous approval and mandate of the members of the corporation in annual session and which induced the finance department of the college to give to the project, and its subsequent developments, enthusiastic and wholehearted support.

But for Dr. Johnson and Mr. Tucker, Still College would not today be occupying a quarter million dollar property and be looking out upon the future with unwonted serenity and osteopathic education would be less firmly entrenched.

E. E. STEFFEN.

Question?

Can anyone tell us who wrote the following? "Will you please rush Flaxolyn. Patients are waiting for it. I find Flaxolyn very satisfactory."

The fellow who comes to work whistling, generally goes home singing.

Laugh, Love and Live Longer.

Why Osteopathy?

It is a youthful profession, growing rapidly, untrammelled by tradition, free to seek the truth wherever the truth may be found; under no obligation to conform to beliefs and practices whose only sanction is age and repetition.

The science and practice of osteopathy is the first considerable departure from the age-old, hackneyed approach to the problem of the cause, prevention, and cure of disease. This alone would assure to it the respectful attention of future historians. To have given a new channel to any considerable body of thought is an achievement of the world's great. Hence the strong hold of osteopathy generally, upon the esteem and regard of scientists.

But here is a growing science and an enlarging practice. It is a constant challenge to the constructive and creative to investigate and delve of its truths, and find better ways of applying them to the relief of human suffering and the amelioration and eradication of disease.

And surely no young man desirous of representing his age, given the choice between blindly accepting and weakly submitting to the conventional thought and action imposed by the past, taking the world as he finds it, and deliberately setting to work to make the thought and action of his day conform to the exigencies of reality to the new knowledge and understanding and needs—would for a moment hesitate where to cast his lot. Men lead—others follow.

And what young man in quest of a career, having the whole world before him would not want his life to count mightily. It is mayhap in disillusionment that men come ultimately to see that there are but two things which finally we get out of life—the ties of human love and friendship on the one hand and on the other the contributions we individually succeed in making to the actual progress of the human

family. These are the things men live by.

The young man who takes up osteopathy will do so with the conscious knowledge that he will take part in the formative processes out of which a great scientific, and humanly helpful profession shall grow as the years pass by.

Here Is a Gift

Still College uses the Log Book as a medium to announce a gift of 100 steel tablet arm chairs from Dr. "Virg" Halladay.

The chairs are of steel frame construction with seats, backs and arms of oak. Without doubt they should last a lifetime and the school expresses its appreciation.

Juniors and Seniors

Do not forget to get back plenty early for O. B. and General Clinic. There is plenty to do for all of you as you can see from Forest Schaeffer's report in the next issue.

Sherwood Nye is going to need you to treat the many patients who are applying for examinations and treatments.

Don't forget that we will be waiting for you anytime after the fifth of August at 720 Sixth Avenue with new treating rooms and renovated treating tables. Come early and avoid the rush for reservations.

New Office Secretary

Another new face will greet you when you get back to school in September. It will be that of Miss Florence Crawford who has taken over the place and duties of Miss Rosemary Kurtz.

Miss Crawford is accomodating friendly and efficient. She comes to us from Grinnell, Iowa, and we hope to make such a good impression on her that she will never want to leave. That is up to us as students. Let's all have a friendly smile of greeting for her when we get back all ready for work with plenty of "pep."

Congratulations From California

I note by the last issue of The Log Book that you have secured a new building in a fine location, for a home for D. M. S. C. O. and am glad. Congratulations are due the officers of the school for putting this thing over. It will be fine for all (teachers and students), to be so agreeably situated.

The United States needs the kind of Osteopathic Physicians you will with more room and conveniences be able to graduate. I should very much like to attend as a student a full course in your school.

After being in practice for over 20 years I am of the opinion that there is no profession that will give more satisfactory results to young men and women. No man or woman has ever exhausted the resources of Osteopathic principles.

May you continue to prosper—so that still larger quarters will be required. Best wishes.

ALBERT E. ELLIS D. O.
Long Beach Cal.

Library

A really useful library and reading room is to be one of the attractions of the new building. And while the space devoted to it is not large it will nevertheless accomodate the students who are likely to be at leisure at any one time. Perhaps in a year or two more space may be available and the library will grow in volume, quality and patronage.

A library is an intellectual laboratory, as indispensable to modern education as the lecture and science laboratory.

Periodicals, representing as they do the very latest in current thought, practice and experiment will be most in evidence for the present. As the burden of the new obligation lessens a generous collection of scientific and other timely books will be added. It may be some patron will hasten the day with an offer of the wherewithal to purchase. Stranger things have happened.

Message from Recent Graduate

I am glad that the college is doing so well and getting into more commodious quarters. It is great and I rejoice with you all. I am sure I hope to have a substantial part in the furtherance of the old Alma Mater some fine day before long years have passed.

Hoping that you have the largest freshman class ever, I remain as ever,

Fraternally yours,
A. E. SMITH, D. O.

Always be courteous in the face of discourtesy.

Work will Win when Wishing Won't.

PLEDGE

I agree to fill out, sign and return as directed, the necessary blanks (to be mailed me later), and attach hereto Five Dollars as partial payment of first annual premium on \$..... policy, as outlined for the Still College Group Endowment Fund.

My Name in Full.....

(Write plain or Print)

Mailing

Address: St. No..... City..... State.....

Date of Birth..... Place Born.....

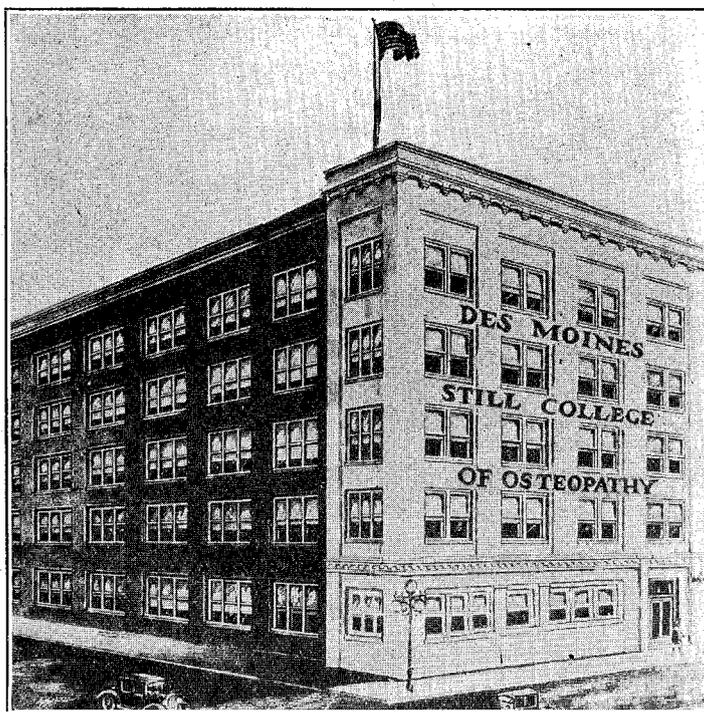
Month -- Day -- Year

County or State

Name in Full of Primary Beneficiary.....

Mail above Coupon to Still College of Osteopathy, Des Moines, Iowa, or Royal Union Life Insurance Company, Des Moines, Iowa.

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OUR NEW HOME

LOCATION: 720-722 Sixth Avenue. This is on the west side of the main north and south highway thru the city. Across the street to the east is the New Consistory. Grand Avenue, the main east and west highway, is three blocks south. The site is convenient for patients and for the student body, and yet away from the noise of the business district.



DR. W. J. NOWLIN
B. S., M. D.



DR. H. J. MARSHALL
D. O.



PROF. I. C. GORDON
B. A.

OUR NEW FACULTY MEMBERS

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

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

PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 5

AUGUST 15, 1927

Number 3

The Royal Union Life

The thought has occurred that some of the students of the college, some of our alumni in the field, and our friends throughout the profession might like to know more about the Royal Union Life which issues our group policy to osteopathic physicians, osteopathic students, and to the immediate members of their families, (which latter, however, must be good insurance risks).

Questions naturally arising in the minds of those seeking insurance are these: (a) Is the company financially responsible? (b). Is it likely to remain so over a period of time? (c). Who are its officers, and (d). What is their attitude toward Osteopathy?

The Royal Union Life is an old line reserve company. In assets and insurance in force it ranks among the first fifty of the great companies on this continent. It is growing rapidly, so rapidly that, if it keeps its present pace for ten years more, it will be a giant among the companies mentioned. The sum of the assets of this company is greater in proportion to its liabilities than is found in many companies of equal rank and class. And it is a matter of common knowledge that big corporations, organized as this one is, never lose money for their policyholders, even though such a company should be unfortunate in some of its investments, or suffer a temporary setback through faulty business judgment.

Everything in and about the Royal Union Life points to a permanency—and stability and growth throughout a long period of time.

The writer knows personally, or by sight and reputation, the chief executive officers of the great Life Insurance Companies of Des Moines—probably the second insurance center of the country. For some of these men he entertains great respect. They are good insurance men and real executives. But none surpass, in experience, in thoroughgoing knowledge of insurance problems, in executive ability, integrity, and actual personal success in meeting difficult situations and building a great and stable organization, the present chief executive of the Royal Union.

The other executives and counselors of this company, not so well known to the writer, are men of unusual ability—some with a long record of splendid responsible public service to the state—and with years of excel-

(Continued on page 2)

Still College Endowment Plan Meeting Approval

Won't you now please take time to study our Endowment Fund plan and what it may mean to you personally or your family as well as to Still College?

When the members of our profession get behind and back the plan outlined it will mean a real help, and yet not cost you anything, just a little thoughtful investment on your part; that is, taking a small part of your life insurance through Still College.

You will pay less than a like amount of protection would cost you in any old line company, yet by buying say \$2,400 or \$1,200 of your insurance through Still College it will mean \$400 or \$200 to the Endowment Fund and still with no additional cost to you.

Isn't this really worth while? Surely you will consider this plan seriously and send us your pledge for one or more units!

At the Denver Convention one of the most interesting topics of informal general discussion was the Still College Endowment plan. The plan of insurance is not only unique among endowment projects but its simplicity and practicability are readily apparent.

STILL ALUMNI ENDORSES PLAN

At a meeting of the Still College Alumni Association held at Denver during the National Convention, the Still College Endowment plan was presented and discussed in all of its phases, and it met with unanimous and enthusiastic approval.

The Still College plan contains an idea that overcomes many of the objections inherent in other class gift college or other endowment plans.

UNIQUE FEATURE OF PLAN

An especially strong point in the Still College plan is that the contract is more valuable to the member than to Still College and consequently, he has greater interest in its maintenance. The policy is his in the same way that any contract belongs to any other policyholder, save that the coupons or guaranteed savings (always equal to \$200.00 over period of 20 years per unit) are assigned in the application to Still College.

This plan provides for a close interest in the making of de-

posits by the Osteopath because he has by far the larger interest in the policy. This plan injects into the making of deposits the selfish idea of personal ownership.

In other words, this plan which is submitted to members of the Osteopathic profession and members of their immediate family between ages of 10 and 60, including students of Osteopathy as well as graduates, provides a gift to Still College only by sacrificing the guaranteed coupons or savings.

In case of death during the 20 year period while the policy is being maintained in force, using one unit as an illustration, your estate or family gets \$1,000.00 and Still College receives \$200.00 plus an amount equivalent to matured savings or coupons and interest. Under one unit, therefore, Still College is guaranteed the amount of \$200.00, whether you live or die.

A willingness to assist in this good cause is bound to exist in the heart of every well-meaning Osteopath and you will be interested in this statement of the purpose which life insurance actually accomplishes as expressed in the following quotation from the Encyclopaedia Britannica:

"Life Insurance has done more than all the gifts of impulsive charity to foster a sense of human brotherhood and of common interest. It is impossible to conceive of our civilization in its full vigor and progressive power without its principle, which unites the fundamental law of practical economy that he best serves humanity who best serves himself, with the Golden Rule of religion, 'Bear ye one another's burdens.'"

Thus are knit together closely the need, the service, and the means by which a greater good for a greater number, can be made possible.

It may be well for you to understand the importance in which this project is being held by the members of the Osteopathic profession as a whole. It is generally conceded that the purchase of a new home for Still College and the introduction of the Still College Endowment Fund are regarded as two of the greatest accomplishments of the present year.

Still College is offering you an opportunity to protect your es-

(Continued on page 2)

The Building Progresses

The new building is taking on its final form and will, save for minor details, be fully ready for the reception of, and occupancy by, the large class of Freshmen about to enroll, as well as of all the members of older classes on opening of the Fall Semester. Very much work has already been done. The large gaps in the concrete of the first floor—in which a lot of laboratory plumbing lies buried—have been duly closed. The desks of the chemical laboratory have been installed and connected. The laboratory for biological dissection is in place. A pit—and who can reconcile himself to a college without a pit—is in process of completion. It is here, so the whisper goes, that the versatile manikin of R. B. B. will be put through its daily dozen. The anatomical laboratory, light, serviceable and convenient is finished. It is not beyond putting on airs for it has a morgue of its very own. Naturally the anatomist is very proud of the latter. The Exchequer however, who is also responsible for a constant supply of coal this strike-hounded winter, views it in quite a different light. For the institution projects into the coal bin! His remarks on inspecting the finished masonry, must be reserved for the asbestos edition.

The sweat-begrimed athlete and his daintier bleacher patron, all of masculine persuasion, will find the dressing-room, athletic store-room and the cooling bath whence they emerge to conventional garb and civilian ways, in a niche off the boiler room.

The Administration holds forth on the second floor. These offices have been ready for some time and will no doubt enjoy popularity and patronage as of yore. Just outside the office grill is the general reception room for visitors, patients, and such students as may have business on the floor. Just down the aisle the therapeutically disposed Senior will discern a battery of treating rooms, extending clear to the alley wall. He can never again plead on the eve of graduation, that he "plumb forgot" that he "was expected to treat." The second floor is a monument to remind him, no less than a laboratory of experience and instruction for his benefit.

The next floor above needs only some finishing touches—a little paint here and there, a few chairs rearranged; a partition thrown in, which awaits the removal of the service elevator, retained until heavy fixtures are in; and the floors and

(Continued on page 3)

The Endowment Plan

(Continued from page 1)
 tate. It allows you to obtain estate protection which competent authorities agree should be on every estate, no matter how much or little it may be. In this fast moving world of increasing demands you owe it to yourself to obtain this protection. You can get it through Still College without medical examination.

IF YOU COULD, WITHOUT COSTING YOU ANY MONEY, GIVE STILL COLLEGE AND THE SCIENCE OF OSTEOPATHY \$200 OR MORE, WOULD YOU DO SO? OF COURSE YOU WOULD! WELL, YOU CAN! BY THIS METHOD — THROUGH STILL COLLEGE — BUY A LIFE INSURANCE POLICY OF \$1,200, \$1,800 OR \$2,400, WITHOUT PHYSICAL EXAMINATION, AT THE RATE SHOWN.

Still College Group Endowment Plan

Yearly Premium Rates at Age of Entrance
 (For One Unit—\$1,200)

Age	Premium	Age	Premium
11	\$20.83	36	\$29.63
12	20.83	37	30.38
13	20.83	38	31.20
14	20.83	39	32.07
15	20.83	40	32.99
16	20.83	41	33.98
17	21.08	42	35.03
18	21.36	43	36.16
19	21.64	44	37.37
20	21.94	45	38.66
21	22.24	46	40.03
22	22.57	47	41.53
23	22.92	48	43.12
24	23.29	49	44.83
25	23.66	50	46.66
26	24.07	51	48.62
27	24.49	52	50.70
28	24.94	53	52.94
29	25.41	54	55.34
30	25.91	55	57.90
31	26.44	56	60.63
32	27.00	57	63.56
33	27.60	58	66.68
34	28.23	59	70.03
35	28.91	60	73.60

THE PLAN GUARANTEED

The Endowment Fund is underwritten by the Royal Union Life Insurance Company of Des Moines, Iowa, an old line legal reserve life insurance company, operating under the supervision of the State of Iowa, and many other States of the Union. The Royal Union is one of the large companies. It has approximately \$140,000,000.00 of business on its books and its assets aggregate over \$23,000,000. With a great financial institution of this kind and backing up the Still College Endowment the project is safeguarded and assured.

The success of this project is now assured and you will be proud of the knowledge on your part of helping in making it a success by being among the first to take advantage of getting this protection. You surely want to be prominently identified with this vital campaign. You will surely be persuaded to accept this opportunity to get more life insurance and at the same time help Still College of Osteopathy. Fill up the attached coupon and send it in at once while you think of it for \$1,200, \$1,800 or \$2,400.

The Royal Union Life

(Continued from page 1)
 lent work and achievement in the domain to their credit. That all appointive positions are filled with highly competent men and women goes without saying. And at least one member of the Board of Directors has been prominently mentioned by his party as a candidate for the presidency of the United States. Stranger things could happen than his selection and subsequent election by the voters of the country.

An insurance corporation is a business concern with a peculiar responsibility, not to say a sacred trust, to discharge. It

must conduct its affairs in keeping with the demands of sound business. To write insurance, and ever more insurance and to pay all of its legitimate claims, at all times maintaining a system of sound investment, is its chief concern. The Royal Union is strong enough not to worry over the prospect of antagonizing any considerable group and too big to need the patronage of a weaker group. If serving the very real need of our profession and our school in particular, incurs enmity anywhere, that will hardly be offset by the gratefulness we may show, or the profits they may make from our patronage. But of all insurance companies I know the Royal Union Life will come nearest showing an abiding interest in Osteopathy.

That grows out of the personal contact and experience of the officers with osteopathic practitioners, extending over a long period of time. They labor under no misapprehension as to the respective merits of osteopathic and medical physicians, either as family physicians or as medical examiners. They are familiar, as laymen, with the work of our school and with the success of our profession. Many of them prefer osteopathic practitioners for both self and family when sick or indisposed. Such an atmosphere is likely to result in continued interest in and co-operation with our school and profession.

The profession in turn, and particularly the alumni and students of D. M. S. C. O., should react to the generosity of the Royal Union by seizing this opportunity to purchase, to their own advantage, the proffered sound non-medical insurance at a very low premium rate and at the same time, at no additional cost, contribute to the endowment of one of the profession's greatest schools. — E. E. STEFFEN.

You've noticed, doubtless, that the world's greatest era of accomplishment preceded the efficiency expert.

The Thrill That Comes Once in a Lifetime

The D. M. S. C. O. students returning from their summer's sojourn elsewhere will experience the "thrill that comes once in a lifetime." Not since the completion in 1899 of the building on Locust Street have Still College students had the luxury of entering a new college building upon their return to school. And what the older structure was to the "Ninety-niners" of a past generation the new edifice will be to the students of Nineteen-twenty-seven.

It symbolizes a generation of Osteopathic progress, the beginnings of a new generation, destined to make tremendous strides in the advancement of the profession. In possession of the outstanding college building in the city, possessed of the means to a great endowment, with clinic facilities never surpassed, and a student body large and loyal and able, stimulated to a high pitch of endeavor, D. M. S. C. O. is about to experience the thrill that comes once every generation—the second in the history of the school.

Vacational News

Mrs. K. M. Robinson, our Secretary, left Saturday with her brother's family for an extended tour of the East, taking in much of the Canadian side of the border. They expect to be gone about fifteen days and to see many of the wonder spots of the northeastern country as can be conveniently gotten in.

Their route will include Detroit, Toledo, Cleveland, Buffalo to the Hudson, from where they will go to Montreal and back on the Canadian side.

Dr. E. E. Steffen, our Exchequer, is also on a week's vacation, which he is spending in Nebraska.

Americanism: Cussing the rich; trying desperately to get that way.

PLEDGE

I agree to fill out, sign and return as directed, the necessary blanks (to be mailed me later), and attach hereto Five Dollars as partial payment of first annual premium on \$..... policy, as outlined for the Still College Group Endowment Fund.

My Name in Full.....

(Write plain or Print)

Mailing

Address: St. No..... City..... State.....

Date of Birth..... Place Born.....

Month — Day — Year

County or State

Name in Full of Primary Beneficiary.....

Mail above Coupon to Still College of Osteopathy, Des Moines, Iowa, or Royal Union Life Insurance Company, Des Moines, Iowa.

WE ARE
 READY TO GO!



Fill in Coupon and Mail
 At Once

—for—

STILL COLLEGE
 GROUP
 ENDOWMENT
 FUND

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor...H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

THE CLINIC

No great outstanding school of the healing art was ever built in a small center. No great training school for physicians will ever be developed, and carry on all of its work, in a center of meager population. Good schools there may be but not great schools. Certainly not until the airplane gives cheap, safe, and reliable ambulance service; and even then it is a serious question how far convenient and rapid transportation offsets the advantages of propinquity of school and patient. Without a single exception every great school of medicine, irrespective of where the early university instruction is given, carries out the instruction of the two clinical years—the Junior-Senior part of its course—in some populous center, preferably the largest city in the state. The Iowa legislature has made the mistake of maintaining both the Junior College work and the Senior college work in medicine on the campus at Iowa City—a small town. It has made rather generous appropriations for hospitalization, including every clinical facility of a physical nature, everything in short except that *sine qua non* of modern medical education—patients. Patients to illustrate the processes of disease, methods of recognition and identification, and the best modern approach to the treatment of disease. The recent troubles in the medical department, culminating in the disruption of faculty and disaffection and emigration of students, is the best commentary on how the experiment has worked.

The larger city affords not only clinical material for illustration and instruction, but it usually offers to the school so situated a higher class of clinical talent from which to choose at least some of the clinical instructors. Students of such a school have the threefold advantage of (1) coming in contact with and recognizing pathology as it obtains in the living subject; (2) utilizing their own wits and ingenuity in working out the elements of effective treatment; and (3) gaining in confidence, knowledge and experience out of which proficiency grows, by personally observing the manner in which clinicians of wide experience meet the problems of their practice. And no academic instruction whatsoever can be successfully substituted for actual experience in the problems which confront the physician.

In many states internship service and experience is demanded by statute of the medical applicant for licensure before he can take the examination which admits him to practice. That demand is to assure him of greater personal contact with pathological conditions on the one hand, and with the best of routine and emergency treatment on the other. Only then is he considered a safe risk—safe for the public and safe for himself. This period of "case teaching," with the interne participating in the care of the cases falling to his department, will be lengthened and not shortened as time progresses. There is a natural limit however to all apprenticeships. The span of human life can not be made to cover additional decades to suit the needs of osteopathy and orthodox medicine.

Some compromise must be made and it can best be made, and in the end will be made, by a change in the pedagogic method or approach in presenting the subject matter of the last two years. A better allocation of time to special subjects no doubt suggests itself. Lots of time is wasted today on specialties, which subject matter can be mastered in a fraction of the time now allotted. And undoubtedly there is much that is obsolete still encumbering the curriculum. Practically everything now taught about remedial drugs will cease to clutter the course of study two decades hence. (And to think there are Osteopaths clamoring for the introduction of *Materia Medica!*) Whole subjects will be dropped entirely and more appropriate ones substituted.

The emphasis will, in our own profession, as also in the medical, come to be laid on a thorough grasp of the fundamental sciences: anatomy, physiology, biophysics and biochemistry, as the indispensable foundation for the study and comprehension and application of pathology—dealing as it does with the cause, nature and processes of disease. The great change will come in the insistence upon undergraduate contact between student and patient. Instead of a preponderance of didactics, as in the past, causes, symptoms, pathology, diagnosis, and treatment will be illustrated by and studied in the patient. To do this requires a constant flow of clinical material of all ages and walks in life, and exhibiting a wide range of disorders in all stages of development. In short the student must have in his undergraduate years the advantages which now accrue to internship; and the good derived from internship must be correspondingly enhanced, or it will cease to be of practical value.

The student and prospective student of osteopathy who does not consider the clinical advantages and opportunities in his choice of schools, is not alert to his own good, nor is he conversant with the verdict of long experience in the training and education of modern physicians.

Professional Education

Part One

Primitive man encountered a simple environment. To the modern man trained in the university to observation and the recognition of reality, the world is bewildering in its complexity. It meets the modern mind in a thousand contracts where it meets the primitive and untrained mind once. And if the times are out of joint it is because the world of modernity has out-run the exteroceptors with which the masses of mankind are equipped, and with the limitations of which they are none too familiar.

And the university man, unless he is intellectually as apt and alert in after years as during his period of intensive training, will hardly keep pace with the progress in his chosen field; and will find himself left behind the advance in all allied fields. If he happens to be a professional man, he not uncommonly feels that the training demanded of the younger recruits of his profession is complicated and protracted beyond what exigency requires.

But he forgets that the world today is giving more of wealth, time, men, skill and thought to research and discovery and its bearing upon the problems of life than at any time in history. So that what seems an adequate foundation today is little more than morass tomorrow. And to regard the training of yesterday as adequate to tomorrow's task is preposterous. Nothing in science stands still; the horizons of knowledge are daily being pushed farther back.

In the practice of osteopathy as of medicine, how far would we get without a profound grasp of what modern bio-chemistry and the physics of atoms, electrons, and radiant energy have to contribute. What would we know of physiology without a knowledge of the role played by colloids: their physical and chemical properties and modes of behavior. The why and wherefore of the function of a cell would be as inexplicable today as it was when some who find fault with modern curricular complexity went to school. Who would get anywhere in explanation of enzymotic action, and hence of living cellular processes, save as he recognizes it as a phenomenon growing out of the essential colloidal nature of the cell! What we know of function represents what we know of ultra-modern chemistry and physics applied to the problems of living matter.

The student aspiring to physician-hood who feels that he may safely skim over the great fundamental sciences is not only badly counseled, but there is little within to respond to counsel.

Fable: He failed at everything he tried, but his mother-in-law remained loyal and uncritical.

Two is company, three a crowd, four a petting party.

The Building Progresses

(Continued from page 1)

windows await their final "soap and water," before the halls resound to the tread of hundreds of student feet, and echo the voices of a multitude of instructors.

The fourth floor is tenanted over a greater part of its extent and will remain so for a while. Two comparatively small rooms are available and will be used for school purposes. The fifth floor has been altered by tearing out some partitions and putting in others, making a very light, airy and cheerful assembly room, capable of seating the whole student body and such visitors as are likely to be in attendance. The old assembly seats occupy their place of honor here and will continue to creak their approval of student orchestration, enthusiasm and applause.

And while the innocent and naive are assembling from the four corners of the building, the bookstore bandits will reap their harvest as has been the jolly custom from time immemorial. Enshrined in a crystal (silica) palace, at the back of the building, the embryo microscopist will soon focus his all-seeing eye on the remains of the denizens of those great international communities, the tissues and organs of men and animals and plants.

Just off the elevator the library and reading room, so long in incubation, gives some signs of growing into a sturdy youngster, given proper care and coaxing. And at the foot of the elevator, out in front, workmen have removed plate glass and doors and have bricked in front and side, in keeping with the design with which all are familiar. This change is not only utilitarian, keeping the young chemist's mind in the vicinity of his test tube (a slight distraction having been known to empty both); but it enhances markedly the outward appearance of the building.

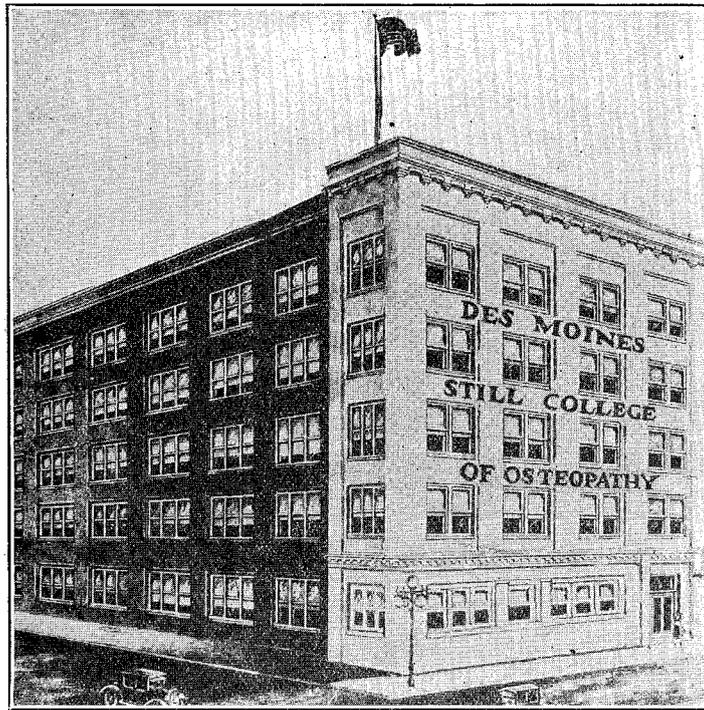
Are You Looking For a Location

Dr. Laura Kelley of Lebanon, Mo., writes that her practice is for sale. Lebanon is a town of 4000 population and there is no other Osteopath within a radius of 50 miles. Dr. Kelley says it is a bargain for cash. The price—inventory of equipment. If interested, communicate with the Doctor, at Lebanon, Missouri.

Dr. R. M. Packard, D. O., O. D., writes that he wishes to dispose of his Osteopathic-Optometric practice in Oakland, Nebraska. Oakland is a modern city of 1500, having good schools and churches, in the center of the second largest stock-feeding center in the U. S., and whose people take well to Osteopathy. Practice established ten years. Purely personal reasons for selling.

Anyone interested, write Dr. Packard, addressing him at Oakland, Nebraska.

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You Have Wanted A Great Building--
HERE IT IS!

The Most Substantial College Bldg. in the City of Des Moines--
A City of Colleges.

Elevator Service; Wide and Easy
Stairways; Fire-proof.

Equipped to Train Osteopathic Phy-
sicians and Surgeons, Not Only In
Fundamental Science, But In Clin-
ical Judgement and Competence.

The College Has Just Begun It's Ex-
pansion. The Developements of
the Next Few Years Will Be
Rapid, Perhaps Startling.

With It Will Come a Great Increase
In Osteopathic Prestige.

As a Student, Your Career is at Stake. You Can Afford Only
the Best in Osteopathic Education. *Think It Over!*

As a Practitioner, You are Anxious to Help. Don't Send Money
BUT-- SEND US QUALIFIED STUDENTS!

WHEN BETTER OSTEOPATHY IS TAUGHT, "STILL" WILL TEACH IT.

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

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

PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 5

SEPTEMBER 1st, 1927

Number 4

The A. O. A. Convention

The judgement of a convention should not come from one person. You may attend the convention for the sole purpose of having a week of recreation mixed with a little Osteopathy. Others have different ideas about what should make up a really successful meeting. In going over the various phases that do make up our annual meeting, we can divide it into several parts; some of our members devoting themselves entirely to one of the subdivisions.

Socially—"A good time was had by all." Any one spending a week in Denver and failing to enjoy himself, must be in jail. If you did not care for the entertainment sponsored by the association, there was enough left of local attractions to keep you busy all summer and then have some left over. It is our opinion that Denver is an ideal place to enjoy one's self. Those of us from the plains, surely enjoyed the change in scenery and the hospitality of the natives.

Educationally—Our programs are always of the three-ring circus variety. The only complaint that was heard was that there was not enough time to take in all that was offered. A number of new and practical ideas were offered and took well. We would say that the lectures and demonstrations, taken as a whole, were a success.

Politically—Oh! there were some disappointments, but none were surprised. With Dr. George Webster at the helm, we cannot go wrong. The other officers were in the main satisfactory. We see the old favoritism bobbing up with its customary regularity. Some day, that ring that pretends so much for the good of Osteopathy will be called upon to prove it.

Publicity—Again we have to hand it to Ray Hulburt for the way the publicity was handled. Ray was the busiest man at the convention and the result of his work was in every issue of every paper. Even weeks before the convention opened, items were appearing in papers all over the country.

Attendance—Not quite as good as expected. When we start to figure on the possible attendance at a convention, a number of factors have to be taken into consideration. It is usually held near the vacation period and one object of putting it at that time is so the practitioner can make the convention a sort of a vacation and working period, at the same time. No one can object to the Denver region as an
(Continued on page 2)

Dr. Clifford Groff

For some time the profession has recognized the necessity for special training relative to pathology of the foot. Several systems have developed and from each there has been more or less branching as new ideas were worked out. It is with pleasure that Still College announces the acquisition of a special technician along this line in the person of Dr. Groff, who will have charge of this department.

Dr. Groff comes to us with every recommendation the student could ask. Years of experience, coupled with osteopathic family influences and two years osteopathic college work, gives him a background that enables him to give this work from an osteopathic standpoint.

This is just another instance where Still College is giving the student just a little more in the clinical training so necessary to a successful physician.

The 1931 Class

Never in the history of the school have prospects been so favorable for a good start with the opening of school. This statement is used every year, and naturally looks threadbare to begin with, but in fact, it is a true statement this time. At the present writing, the matriculation has far exceeded that of any year and we have been busy answering inquiries that require more than the formal sending out of a catalog and other stock literature. Several of the freshmen are on the job already and many of the old students are back early.

Those acquainted with the school have known for some time the advantages of the clinic and other features, but the recent move of the college from the old building on Locust Street to the present fine structure seems to have made a big difference in the attitude of those who help to fill our schools.

The trustees of the college take this opportunity of thanking those of you who have been instrumental in sending students to Des Moines and we assure you that our policy of improvement will continue. Our only way of proving this is thru those who attend our college.

Registration the sixth and seventh.

Classes convene the eighth.

DR. and MRS. G. E. HURT
announce the arrival of
JOY
Friday, August 12, 1927
3936 Travis

More Endowment News

Interest in the Endowment Fund is growing by leaps and bounds. Inquiries are coming in from all over the United States. Let us give you at this time, in brief, the high lights of the plan and the policy provisions.

This is not a selling scheme—there are no strings tied to the plan. It is a straightforward offer of insurance, without red tape, and without medical examination—at an extremely low rate.

The policies are issued in units of \$1200. One unit is \$1200; two units equal \$2400; one and one-half units equal \$1800. You may secure up to two units without examination.

The policy per unit of \$1200, in the event of your death, pays \$1000.00 to your family. Each unit guarantees a minimum of \$200.00 to the Still College Endowment Fund, whether you live or die.

The policy is an old line contract. It provides for cash loan, paid-up and extended insurance values beginning with the third policy year.

The policy is incontestable after one year from date of issue.

The policy is free from all restrictions as to residence or travel. It contains no military clause.

The policy participates in the divisible surplus of the Company at the end of the fifth policy year and at the end of every five years thereafter.

The selling of the insurance through Still College saves the commissions paid to agents and other agency overheads, thus giving you, individually, the benefit of the reduced cost of the life insurance.

The offer is made to all members of the Osteopathic profession and members of their families, also to students of Osteopathy and members of their families.

Next to the favorable premium rate—here is perhaps the most important feature of this remarkable plan: while applicants for life insurance generally are required to submit to a medical examination, no medical examination is required of applicants for these policies. This saves you the inconvenience of a physical examination. It enables you to secure one of these policies conveniently by mail.

The matter of taking the entire group of Osteopathy under the plan submitted is another feature. The plan offers great advantage to Still College, but
(Continued on page 3)

Come In—The Water Is Fine!

The Iowa Osteopathic Women's Association has been functioning for a little over two years, and in that time, its accomplishments have been such as to justify a feeling of pride in this organization.

We have maintained a booth at the State Fair for two years, from which hundreds of pieces of osteopathic literature have been distributed and inquiries from every section of the state, and some of the surrounding states, have been answered to the credit of Osteopathy and the benefit of our college. The women of our profession in Des Moines, each gave a day of her time to assist the regular attendant at the booth.

We have placed the Osteopathic Magazine in every public library in the state, where there is a member of our organization, when not otherwise provided.

We have sponsored public lectures, as well as held many social meetings.

With the acquisition of a new college building, a greater field of service is opened to us in supplying needed books, etc., to its library. Hence, we are appealing to each physician to help in this work by taking out a membership for his wife, and to each wife to help us with suggestions, as well as by creating an interest in our work in her home town.

We are a federated club—city, state and national—which gives us the driving force of 300,000 club women. If each one of you gives us your financial support, as well as moral support, we can and will accomplish more in the future than in the past.

The membership fee is only \$2.50 a year—the magazine in your library is worth that to you—the cause is a good one—there is work to be done—we are ready, with your help, to do the work. It will take money to supply the reports of our research institutes to the library. It will take money to put osteopathic books and magazines on the shelves of that library.

We appeal to you, as good, loyal Osteopaths, to co-operate with us in this splendid piece of work by sending your check for \$2.50 to our treasurer, thereby joining the ranks of the I. O. W. A. for the purpose of advancing Osteopathy.

Watch the Log Book for further information.

DELLA B. CALDWELL,
Sec'y-Treas. I. O. W. A.

The A. O. A. Convention

(Continued from page 1)

ideal vacation site. It may be that distance was a handicap, or perhaps some had recently visited the region. We know those who stayed home or went somewhere else missed a treat. We are ready to return to Denver almost any time.

The Exhibitors—We did hear a little complaint from some of the exhibitors, but very little. They were, for the most part, well satisfied with results and were so much more comfortable than they were the year before in Louisville, that comparisons were odious. It would be much better for all, if the exhibits could be placed so that they were a little more convenient for the visitors. You should not have to hunt for the exhibits. They should be on the same floor with the general program and placed so that the customers will have to see the booths, even if they get no closer. It is good business for the association to please the exhibitors.

Yes, it was a good convention.

At the Iowa State Fair

As has been our custom for the past three years, the college is conducting a booth at the State Fair. This year, in company with the other non-profit schools of the state, we are housed in the new Educational Building and it is a real pleasure to work with the adjacent groups. Mr. Ed Lytton of Drake is in charge of this department and has proved himself able in every way to handle the situation.

The Still College booth is located at the top of the west ramp, with Drake on one side and the Y.M.C.A. on the other. The walls of the booth this year are decorated with appropriate photos, a picture of the new college building and pennants. In the booth we have a treating table, chairs and a table with Osteopathic literature secured thru the A. O. A. office, the college catalog, Log Book, and Halladay's Smile Cards. All are in demand.

Conducting this booth at the State Fair serves several purposes. In the past we have had inquiries relative to the practice of Osteopathy from a comparative standpoint. Some want to know of practitioners in their home towns. Some are looking for a profession. Some ask health questions. The college is alternating two students each day in the booth, so that several may have the experience of this type of publicity. Dr. H. V. Halladay has charge of the work and attends personally to the necessary details.

This is the hour of the best man. He stands for what he is, and owns what he can reach. There are no barriers, no predestined positions, no castes of breed—only of deed. The babe at any mother's breast may become supreme.—(Herbert Kaufman.)

Kirksville, We Thank You!

The Kirksville Daily Express of August 24th prints the following from a talk given by Dr. George Laughlin before the Rotary Club:

"It was agreed by the Kirksville delegates that they would be in favor of letting the convention be held in Des Moines in 1929."

We are glad to see this reciprocal evidence in black and white. Those of you who attended the Denver convention remember that Kirksville won the convention for 1928, because Des Moines made certain concessions.

Have You Got "It"?

There's a course in the best medical schools known as "bedside medicine." Every good general practitioner, as the whole world knows, has what is sometimes called "the bedside manner." It's a way some kindly physicians have of differentiating themselves from the butcher and baker and putting the patient at ease, so that they can get at facts and symptoms without having the sick pass first through nervous hysteria.

And every lawyer knows there's a trick in interviewing a client. The finest conversational subtleties are sometimes necessary to make it clear to the client that the time has indeed come for the handing over of the retainer. The law business is not all in books, nor in the witness stand nor before the court. So much of it, we are told, takes place in the office marked "Private."

But one Boston lawyer is making himself famous with his sweeping disregard for the niceties of the profession. The moment a client enters the door he rushes at him with a mighty bellow:

"Hello, hello," with the heartiest cordiality, and "Have you any money?" When the client's face drops—while his hand is being wrung off his wrist, the lawyer adds as if with a kind of necessary politeness:

"No! All right, then; all right, take a seat."—Gossip of the Town, Boston Post.

The Denver Convention

The convention was a success from every point of view. Not as large a crowd as we have had, but a good representation. The convention was well planned and well managed, and those attending were nicely taken care of.

The Denver people are to be congratulated upon the splendid entertainments—they treated us royally. The whole atmosphere of the convention, from beginning to end, was Osteopathic. There were more clinics than could be taken care of and over 200 Osteopathic physicians applied for physical examinations.

H. J. MARSHALL, D. O.

A Word From the Laboratory Director

The laboratories in the new building will be a revelation to students who got along so cheerfully with the inconveniences in the old one.

The chemistry laboratory on the first floor has space, lots of it. Increased desk room. Increased light. Constant water pressures. The old stone desks have been replaced with acid-proofed wood tables, which can be cleaned and disinfected easily and thoroughly. Opening off one side is a roomy, light supply room, and on the other, a large biological laboratory.

On the same floor is a comfortable pit, where the instructor's demonstration desk has been installed.

On the top floor, a light pathology laboratory will make microscopic work a pleasure. Opening from this, a room with desks for bacteriology, and a vault for the microscopes make a compact and convenient unit.

Above all, nothing to interfere with immaculate cleanliness everywhere. Old students know that the director is somewhat of a monomaniac on that point.

Altogether, with the improvement in convenience and equipment, we feel that the student's laboratory work will be one of the most pleasant and profitable branches of his study.

To Any Young Man

There are set days when the going is rough;
There are still more where the sledding is tough.
Battle and drudgery, raw luck and blight,
Trouble and trouble, front center and right.
But what good is fiber that never has known
Fate's heavy mauling, on nerve, flesh and bone?

The soft days are pleasant where sunlight prevails;
But what can they teach you in riding the gales?
The smooth roads are cheerful, where there are few ills,
But what can they teach you in climbing the hills?
What chance has the fighter to train or get fit
With some sparring partner who never would hit?
—(Grantland Rice, in the Detroit Free Press.)

Of Interest

Dr. Gertrude Collard of Coon Rapids, Iowa, has recently been elected President of the newly organized Business and Professional Women's Club of that town.

Here is just another instance of publicity for Osteopathy.

"The modern woman wishes to get at the bottom of things." This is especially true of dad's pocketbook.



Around Our Merry Campus

AN APPETIZER

"Porter, fifty cents for another pitcher of ice water."
"Sorry, suh, but if ah takes any mo' ice, dat corpse in de baggage car ain't gwana' keep."

IT'S A CUSPIDORG

"What are you taking those cuspidors home for?"
"I am taking them home for my dog."
"What kind of a dog do you have, anyway?"
"Spitz."

DOGGONE!

Boss—"Say, where in blazes are you two worthless niggers going? Why don't you get to work?"
Mose—"We'se working, Boss. We'se carrin' dis plank up to de mill."
Boss—"Plank! I don't see any plank."
Mose—"Well, foh de Lawd's sake, Sam. Ef we hain't gone and clean fohgot de plank."

NOT APPROVED

Jo—"What do you think of this new kiss-proof lipstick?"
Flo—"It isn't all that it's smacked up to be?"

HEARD IN THE TREATING ROOM

Patient—What causes a coated tongue?
Frank Wilson—Reflex from the stomach.

DOGGONE!

The city man went to the country to do a bit of hunting. A country acquaintance provided the dogs to accompany the hunter. The hunter sallied forth only to return in an hour.
"Well, why are you back so soon?" queried the farmer.
"I'm after more dogs."
"More dogs! Those were good dogs I gave you."
"I know, but I have shot all those dogs already."—Michigan Gargoyle.

Patient—Why is there no goiter out at sea?
Lowell Morgan—There is more salt out there.

First Little Boy—I can remember when I was born.
Second Little Boy—Aw, you can't either.
First Little Boy—I ought to; I was five years old.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

It is hoped that this issue of The Log Book reaches all of you returning students before you depart for Des Moines.

Another thing that has been preying upon the mind of the Editor is this: "Have you enjoyed the summer editions? What have you thought of the material and the arrangement of it? Have we kept our College and the students who remained in town for the summer, on your minds? Has The Log Book fulfilled its requirements?" These are all questions that the Editor would like to know the answers for.

In the new building, beside the door of The Log Book room, will be a box, into which please put any and all suggestions, complaints and contributions. For all this, the Editor will be duly grateful.

If this issue lacks "dope" of interest, bear with us, for when you all return—YOU will make plenty to write about. Thank you.—The Editor.

Of Interest

Dr. Ralph E. Davis, Class of May, 1927, successfully passed the Wisconsin State Board Examination, including the Basic Science exam, and has received his certificate.

We are pleased to note that our graduates have been so generally successful, and wish to congratulate one and all.

The final proof of friendship is to forgive him for making more money than you do.

The Value of Thorough Examination

The osteopathic profession lacks business training and salesmanship. Except in isolated instances the general tendency is for the individual practitioner to blunder in blindly on a case or a consultation and trust to luck to get out with credit to himself and satisfaction to the patient.

There is no definite method of approach; no attempt is made to impress the patient with the importance or value of the examination, the manner of conducting the examination, or consultation (even though it divulges the correct information), fails to inspire the patient with confidence. Conclusions drawn and recommendations made, too often convey an idea of indefiniteness and indecision, and the entire seance weakened, or hopelessly ruined, by the statement that the examination was free, or, if a charge was made, the sum was so ridiculously small, considering the services rendered, that the patient, measuring said value by the terms of the price, considered he had at best only the most mediocre of service and gauged the individual, together with his profession, accordingly.

The first impression of an office, or a doctor, very often determines the subsequent course of the patient. Neatness, cleanliness, refinement, and taste in office furnishings, with attention, courtesy, tact, dignity and a general air of efficiency on the part of the personnel, will go a long way toward landing the prospective patient's confidence.

The routine of the examination must of necessity suit the needs of the examiner. No attempt will be made here to outline same. Sufficient to say, the case history should be carefully taken and permanently recorded. A general physical examination should be made and such laboratory adjuncts resorted to that will amplify or disclose effects suggested by said examination. This examination should not be hurried to

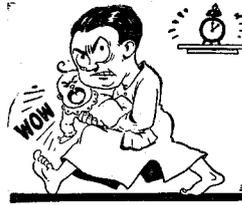
the extent that the patient feels that you have not given sufficient time or consideration to his case; neither should it be marked by imbecile procrastination or delay which may engender a feeling that it is caused by indecision or lack of ability. The patient will think none the less of you should you say, "This is all I can do today. Please return at _____ hour tomorrow, or day after tomorrow, at which time I can give you the completed findings."

The legal profession never pretend to pass upon a case instantly. They must consult their books and their authorities; they take plenty of time for mature deliberation and when they do deliver a decision, it is with due solemnity and elaborateness that never fails to impress with its profundity of detail, breadth of investigation, time consuming labor of arrangement and digestion of facts and the positive conclusions that convey the impression that they are the master of the situation. **And the fee is commensurate with the service rendered!**

They have educated the public to that idea. The public expects it, likes it, and pays for it accordingly.

Verily, the followers of the healing art could emulate with advantage the business methods of the legal cult.

It may look like a hard-hearted proposition, a retrogression after a fashion, but in the end, the good people would learn to expect it, love it, magnify its virtues, and pay for it accordingly. —(G. J. C.)



Dr. and Mrs. Paul C. Marquand of Grove City, Pa., announce the birth of a son on August 17. We welcome this new addition to the Osteopathic family and wish him and his family "Good Cheer."

In a Clinical Laboratory

"How can you do this nasty work," they ask, the dainty visitors, shuddering as they look along my table, where 'mid shining glass and strange, fine instruments are laid, bottles and jars of all the body's waste, a tube of blood, a bit of putrid flesh—the materials that I work with.

Listen, it may well be, when I have done upon this liquid here, the task my senses turn from, some new soul building in warmth and darkness of the flesh, its house of life, may hear the word, "Pass, traveler, safely on your journey. All is well."

Or, when this tube of blood has yielded up its chemic secrets, one by one, some man worn with long sickness, and blank hopelessness, turning and turning in his heavy mind always one question: "But the wife, the child, how can they go on, and I not there to help them," may see the wise, kind doctor smile and say: "Courage, this is not mortal. You'll still care for them."

Or, when this bit of putrid flesh has been frozen, cut, stained, its structure all revealed and searched through, cell by cell, some gray-faced woman, cowering in despair, under the awful fear of eating death, that tortures long and long before it kills, may hear like clashing music on her ears, like burst of sunlight on a darkened room: "Look up. Take heart. That death is not near you."

"Nasty?" This is God's work.

More Endowment News

(Continued from page 1)

greater values to the individual Osteopath himself. His interests are by far greater interests in the individual policy issued.

Every Osteopath owes great responsibility to his profession. Every Osteopath owes some help and assistance to the profession's schools—even though the contribution be small. The small contributor must not be forgotten. His share in the support of the profession often represents a greater sacrifice than the large gifts of the most successful physician.

This is the reason why so many Osteopaths are welcoming the Still College Endowment project with such enthusiastic approval. It is a plan whereby you can add to your life insurance estate and at the same time help the profession.

What we want now is ACTION. The plan has been discussed in detail, its modus operandi has been explained, we are now ready! Send the coupon at once! You cannot afford to delay. Take two units, or one and a half, or simply one. Insure yourself and every member of your family in the Still College Endowment Group.

Correct this sentence: "When a tooth of mine needs attention" said he, "I never postpone the ordeal."

PLEDGE

I agree to fill out, sign and return as directed, the necessary blanks (to be mailed me later), and attach hereto Five Dollars as partial payment of first annual premium on \$..... policy, as outlined for the Still College Group Endowment Fund.

My Name in Full.....

(Write plain or Print)

Mailing Address: St. No..... City..... State.....

Date of Birth..... Place Born.....
Month — Day — Year County or State

Name in Full of Primary Beneficiary.....

Mail above Coupon to Still College of Osteopathy, Des Moines, Iowa, or Royal Union Life Insurance Company, Des Moines, Iowa.

SCHEDULE OF CLASSES

FIRST YEAR—First Semester

ANATOMY—DESCRIPTIVE.....	DR. H. V. HALLADAY
CHEMISTRY—ORGANIC.....	PROF. FRANK SUTTON
HISTOLOGY.....	AVA L. JOHNSON
BIOLOGY.....	DR. W. J. NOWLIN
BACTERIOLOGY.....	AVA L. JOHNSON
EMBRYOLOGY.....	DR. W. J. NOWLIN

Second Semester

ANATOMY—DESCRIPTIVE.....	DR. H. V. HALLADAY
PHYSIOLOGY I.....	AVA L. JOHNSON
CHEMISTRY—ORGANIC.....	PROF. FRANK SUTTON
HISTOLOGY.....	AVA L. JOHNSON
BACTERIOLOGY.....	AVA L. JOHNSON
EMBRYOLOGY.....	DR. W. J. NOWLIN

SECOND YEAR—First Semester

CHEMISTRY—PHYSIOLOGICAL.....	PROF. I. C. GORDON
THEORY OF OSTEOPATHY.....	DR. C. F. SPRING
PATHOLOGY I.....	DR. E. E. STEFFEN
PHYSIOLOGY II.....	AVA L. JOHNSON
ANATOMY—DESCRIPTIVE.....	DR. J. M. WOODS

Second Semester

SYMPTOMATOLOGY.....	DR. C. F. SPRING
PATHOLOGY II.....	DR. E. E. STEFFEN
PRINCIPLES OF OSTEOPATHY.....	DR. C. F. SPRING
ANATOMY—DESCRIPTIVE.....	DR. J. M. WOODS
NERVOUS PHYSIOLOGY.....	DR. C. W. JOHNSON

THIRD YEAR—First Semester

PATHOLOGY III.....	DR. E. E. STEFFEN
ANATOMY—APPLIED OSTEOPATHIC.....	DR. H. V. HALLADAY
LABORATORY DIAGNOSIS.....	DR. J. M. WOODS
TECHNIQUE—OSTEOPATHIC.....	DR. H. V. HALLADAY
PHYSICAL DIAGNOSIS.....	DR. H. V. HALLADAY

Second Semester

OBSTETRICS.....	DR. R. B. BACHMAN
GYNECOLOGY.....	DR. C. W. JOHNSON
NERVOUS AND MENTAL.....	DR. C. W. JOHNSON
OSTEOPATHIC THERAPEUTICS.....	DR. E. E. STEFFEN
ORTHOPEDICS.....	DR. H. V. HALLADAY
CLINICS.....	

FOURTH YEAR—First Semester

PEDIATRICS.....	DR. M. E. GOLDEN
OBSTETRICS.....	DR. R. B. BACHMAN
NERVOUS AND MENTAL.....	DR. C. W. JOHNSON
OSTEOPATHIC THERAPEUTICS.....	DR. E. E. STEFFEN
SURGERY.....	DR. J. P. SCHWARTZ
EYE, EAR, NOSE and THROAT.....	DR. H. J. MARSHALL
CLINICS.....	

Second Semester

DIETETICS.....	AVA L. JOHNSON
APPLIED OSTEOPATHY.....	DR. J. M. WOODS
PSYCHIATRY.....	DR. C. W. JOHNSON
PROCTOLOGY AND UROLOGY.....	DR. J. P. SCHWARTZ
SURGERY.....	DR. J. P. SCHWARTZ
EYE, EAR, NOSE and THROAT.....	DR. H. J. MARSHALL
MEDICAL JURISPRUDENCE.....	JUDGE HUBERT UTTERBACK
X-RAY AND ELECTRO-THERAPY.....	DR. B. L. CASH
CLINICS.....	

LABORATORY DIRECTOR.....Z. A. INNES

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

1927 - 1928 CALENDAR

REGISTRATION.....	SEPTEMBER 6 - 7
CLASS WORK BEGINS.....	SEPTEMBER 8
CHRISTMAS VACATION.....	DECEMBER 23
CLASS WORK RESUMED.....	JANUARY 3
MID-YEAR GRADUATION.....	JANUARY 19
SPRING SEMESTER BEGINS.....	JANUARY 23
GRADUATION.....	MAY 24

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

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

PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 5

SEPTEMBER 15th, 1927

Number 5

Our New School

When school opened on Sept. 6th, Still College had realized its long cherished dream, and that was a new school, a commodious structure, which, indeed is a wonderful improvement over the last year's quarters.

A clean, bright, airy building, complete in every detail, greeted the students as they returned from their vacation. By the smiles on their faces, as the new and old students exchanged greetings, everybody seemed as cheery and bright as our new home. An improvement of this kind has long been a cherished desire by the faculty, as well as the student body.

Let us now recall the old adage: "Cleanliness is next to Godliness," and call attention to the care of our commodious home. Remembering the much discussed question of smoking, let us refrain from communing with Lady Nicotine at any time during our stay in the building. If some one starts it, it will only be a matter of time until everybody will be smoking every place, and all the time. So leave the smokes in the "Tin Lizzie," until the "Halls of Learning" are forsaken to pursue an avocation on the outside.

Again, let us be careful about discarding waste material, in places other than receptacles provided for same. This will, at all times, insure a clean, neat appearing home that we can point to with pride, and one to which we can bring our friends and patients at any time, without apologizing to them for the unkept, untidy condition of our institution.

Are You Looking For a Location?

Dr. H. A. Northrup of Bemidji, Minn., writes that for reasons of health he wishes to dispose of his practice there.

Bemidji is a city of 8000 population and is the trading center of a hundred mile territory. It has several factories, a State Teachers' College and is in the heart of Minnesota's Ten Thousand Lakes District, with three railroads and three bus lines.

Dr. Northrup is the only Osteopath within a hundred miles and is offering his lakeside summer home with the practice.

Anyone interested in purchasing this practice, communicate immediately with Dr. H. A. Northrup, Bemidji, Minnesota.

1927 Football Schedule

So far, our very promising team has a very short schedule for this Fall. Of course, two or three schools usually write for games during this month, after they open and get their schedule arranged.

Coach Sutton desires and demands, this year as every year, rigid observance of practice periods. He also expresses his belief that our team should have, if not its most successful, at least one of its most successful seasons.

On September 24, Parsons College will invade the "City of Certainties" where they certainly will get some rough treatment at the hands of our Pirates.

Then, nearly a month later, as our schedule is now, we journey to Sioux City to give Trinity a real run for their money.

The following week, Western Union comes to Des Moines for their annual walloping, we hope.

On November 12, the Pirates again leave their home waters and will try to raise their flag over the Buena Vista team at Storm Lake.

November 18th is the day we travel to Indianola to attempt to beat Simpson.

Then on November 24, Thanksgiving Day, we, not only the team, but the student body, too, travel to Kirksville for the annual clash with K. C. O. S., our biggest rivals. Remembering the beating they received at our hands at Homecoming last year, they will undoubtedly be after sweet revenge. As Kirksville has a very strong schedule this year, the Pirates will have a real game to play on Thanksgiving Day.

With the new fresh blood on the team and no false teeth, our outlook is the brightest in years. Let's go, team!

To forget—that is what we need. Just to forget. All the petty annoyances, all the vexing irritations, all the mean words, all the unkind acts, the deep wrongs, the bitter disappointments—just let them go; don't hang on to them. Learn to forget. Make a study of it. Practice it. Become an expert at forgetting. Train the faculty of the mind until it is strong and virile. Then the memory will have fewer things to remember, and it will become quick and alert in remembering the things that are worth remembering. It will not be cumbered with disagreeable things, and all its attention will be given to the beautiful things, to the worth while things.

Locations

At this writing the following 1927 graduates have sent us their locations. If any of you know of others, the Log Book will appreciate the information.

Dr. Vernon L. Casey, Pender, Nebraska.

Dr. Turman O Lashlee, Humboldt, Tennessee.

Dr. A. H. Lee, Chesaning, Michigan.

Dr. J. J. O'Connor, 703 Kent Bldg., Toronto, Ont., Canada.

Dr. J. C. Bishop, Rock Rapids, Iowa.

Dr. C. A. Ward, Detroit Osteopathic Hospital, Detroit, Mich.

Dr. LeRoy Skidmore, Detroit Osteopathic Hospital, Detroit, Michigan.

Dr. H. J. Brown, Detroit Osteopathic Hospital, Detroit, Mich.

Dr. R. B. Richardson, Detroit Osteopathic Hospital, Detroit, Michigan.

Dr. Ruth J. Tiberghin, 2923 Wabash Ave., Kansas City, Mo.

Dr. A. P. Warthman, Mercy Hospital, St. Joseph, Mo.

Dr. M. J. Porter, 1107 Oakland Drive, Muscatine, Iowa.

Dr. L. E. Schaeffer, 9589 Grand River Ave., Detroit, Michigan.

Dr. Earl F. Pearsons, Class of January, 1927, writes that he has passed both the Vermont and Maryland State Boards and has located in Rutland, Vermont.

Still College Group Endowment Plan

Yearly Premium Rates at Age of Entrance
(For One Unit—\$1,200)

Age	Premium	Age	Premium
11	\$20.83	36	\$29.63
12	20.83	37	30.38
13	20.83	38	31.20
14	20.83	39	32.07
15	20.83	40	32.99
16	20.83	41	33.98
17	21.08	42	35.03
18	21.36	43	36.16
19	21.64	44	37.37
20	21.94	45	38.66
21	22.24	46	40.05
22	22.57	47	41.53
23	22.92	48	43.12
24	23.29	49	44.83
25	23.66	50	46.66
26	24.07	51	48.62
27	24.49	52	50.70
28	24.94	53	52.94
29	25.41	54	55.34
30	25.91	55	57.90
31	26.44	56	60.63
32	27.00	57	63.56
33	27.60	58	66.68
34	28.23	59	70.03
35	28.91	60	73.60

Endow Still College

Probably no subject in Osteopathic circles in recent years has created more genuine interest than the Still College Group Endowment Fund project.

Still College is one of the outstanding schools in the Osteopathic profession. It is the second oldest school in the profession. It is a non-profit, purely educational institution. The college is now housed in its beautiful new home on Sixth Avenue in Des Moines. The new home offers greater facilities for laboratory, lecture and clinical work. The purchase of the new home by Still College marks the biggest advance for Osteopathy in the history of our profession in the state of Iowa. It is, naturally, also a big advance for the profession itself.

You have not been asked to contribute to the purchase of the new building; in fact, Still College has never asked for any financial support of any nature whatsoever from the profession.

We must all agree that there is nothing more important that means so much to the welfare of Osteopathy and its well being and growth than our schools; and yet, notwithstanding this generally accepted fact, there are no institutions that stand so much in need of adequate and proper financial support as our schools.

The Still College Group Endowment Fund is most unique and unusual. A special policy of life insurance has been issued by the Royal Union Life Insurance Company available only to Osteopaths and members of their families and students of Osteopathy and members of their families. The policy is sold in units of \$1200 each. Each unit pays to your family or designated beneficiary, \$1000 in the event of your death, and each unit guarantees to Still College a minimum of \$200, whether you live or die.

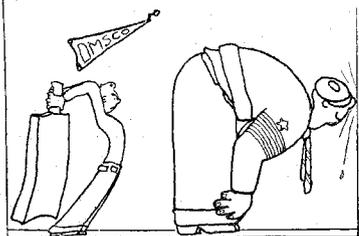
The policies are written by the Royal Union Life Insurance Company without medical examination at an extremely low rate, and without the services of salesmen.

The plan offers you the opportunity of increasing, under most favorable conditions, your life insurance estate, for the protection of your family and loved ones, and each policy so taken helps Still College.

The policy is issued by the Royal Union Life Insurance Company of Des Moines, Iowa. No other company issues this particular contract. It is a special

(Continued on page 3)

FRATERNITY NOTES



ATLAS CLUB

A grand demonstration of hand shaking took place when Bros. Dud Smith of Ionia, Michigan, Dave McKeon of Kewanee, Ill., John Harvey of Derry, Pa., and Ole Nick of Austin, Minnesota arrived.

An unusual tone was added to the sleeping porch array. Upon investigation, two long-bearded boys were found. After getting them shaved and washed, they were recognized as Lefty Dornbush and Ted Rickenbacker.

The colts, Hughes and Tam, galloped in just in time for the round up.

Utterback, the most prominent member of the Perry Club has checked in.

Bros. Trimble and Bryson have returned from their summer's work and are ready for another "lap."

Chris Fedson came down from the great northwoods to get a little "summer."

Pledges Ward and Bankes are back, full of pep and ambition.

Bros. McNaughton and Evans are busily engaged in sweating and counting treatment tickets.

"Save my bed and room, and good ruck."—Mussellman.

Ted Evans brought a Kirksville man to register in our new halls.

Bro. Carter of Chicago is with us this year. He is a member of the senior class.

Jack Steckler has been seen but not heard from.

Forest Schaeffer, who was in Des Moines all summer, went home and brought back his wife and little girl.

Brother Weir has placed his name on the roll again.

Brother Welch, wife and family motored back from G. C. Pa., just in time to take in a western entertainment.

Pledges Holton and wife, who added the home life at the Chapter House this summer, are still checking up on the boys.

Rusty Wright, who supervised a playground this summer, drove his "Leapin' Lena" home and brought back a new student—Kenny Moore of Warren, Ohio.

Brother Skinner, along with about 20 pounds of extra weight, arrived this week.

PHI SIGMA GAMMA

That homesick feeling for the smoky city, and the ol' school spirit, seemed too much to resist, and registration found all but four of last year's crew admiring the new white-tiled edifice and enjoying the elevator quite royally. Walt Cuff says his idea of "perfect control" would be keeping the campus in shape.

Leighton Long arrived from

the east and is rarin' to show the fellows what real studying is like—(we've all threatened that).

June nights with the girl, captivated Dale Weldon, and all smiles, he informs us that before July was over, he was signing "Dr. and Mrs." Congratulations, Dale.

Rocky Stone has started track training early—trying to catch owl cars at Valley Jct. Says he wouldn't miss them so often, but since Jennings left the northern woods and accompanies him on the pilgrimage, he has to wait and see that Harold gets the right car back.

Pres Howe, our ranger from Yellowstone, says it's quite a park, and that he slept in Idaho and ate breakfast in Wyoming. Wonder if he got water from "Old Faithful" to shave with?

'Tis rumored that Clark is writing a book, or volume of some character, as he has used all available ink in the house.

Lowell Morgan has his Vertical Four ready for service and is devoting all spare time to his practice.

The dining room has been opened and some luscious menus served, but Walt Heinlen would like to know how long it is necessary to soak a pea in vinegar before it is an olive.

Jimmy Sheaffer was called home, due to an automobile accident in which his brother was seriously injured.

Dorwart and Smith are busy getting the famous Sophomore crew in shape and seem to be pleased that the Freshmen are furnishing so much material for them.

Dr. Scatterday has taken a vacation from his practice in Ohio, and has been in the city for a few days.

Pledge Scott has taken up his abode at the house for the present. Pledge Ripley decided to look over the Windy City before coming back.

We take pleasure in announcing the pledging of Robert Hubbard, Clayton Reeves, Walter Madson, Russell Patterson, "Ike" Taylor and "Rudy" Gauger.

IOTA TAU SIGMA

At the present writing most of the boys are back, and with thanks to "Deak" Jones' decorating crew, found the house cleaned and redecorated.

With the exception of "Tooter" Shaw, whose circus don't close for a few days yet, and "Peel" Loghry, who was last heard from some place in Canada, every last year's man was right on the job and rearin' to go the first day of school. Some of the boys must have had a good summer, as their claim is that they rode back on first class passage, but according to the more frankful Brothers, a mile on the highway is just as long as it used to be.

After a semester's vacation, Dick Rhode is back with us again. Welcome, Richard. Your davenport assignment for your afternoon nap will be made to you later, because "Lute" Drabing, after living for a couple

years in the morgue, is now with us and claims all senior privileges in such matters. Glad to have you with us, "Lute."

So far as we can ascertain, none of the Bros. succumbed to wives of the home-town girl this summer, but from present indications "Cousin Ambrose" Rorick is out to capture the letter prize from the champion of two years' standing, "Buddo" Gephart. At present "Ambrose" has a fair lead, but we doubt if he can maintain the pace that he is setting. "Buddo" claims that he will overtake him in special deliveries.

After being in town almost all summer, Sluss and Jones have moved their toothbrushes into the house and can now be found at this address.

Due to the absence of potentate Loghry, this column is very sorry that it cannot at present announce the date of the first "Kelly Club" meeting. But if all the old clubbers will rehearse a little on the side, the first meeting and initiation of new members will be held in the very near future.

Iota Tau Sigma takes great pleasure in announcing the pledging of the following men: All of the Freshmen class; Llewellyn S. Hughes, Loyal W. Peterson, Gordon E. Dubois, Howard H. Cook, Nick J. Gill, and Harry E. Kale.

Dr. Olsen, after a year's internship in the Detroit Osteopathic Hospital, is back with us to take post graduate work in surgery. We are more than glad to have the Doctor back with us.

SIGMA CHI OMEGA

The organization is entering upon its second year of existence and many features have been planned for the coming year. The men are all very enthusiastic, due to the fact that all the meetings contain some educational feature, presented by various professional men.

Zahner and his assistant from the "Sunflower" state, Smith by name, were busy for awhile, taking care of "Doc" Stork's telephone calls, but now are busy getting the numbers of all the Sixth Avenue baby flappers.

Hensch and Myers are now living in the "crow's nest" answering phone calls, Zahner and Smith not being able to stand the terrific strain and responsibility of the position.

Several of the members were this summer enjoying summer dissection, especially the odors, and they succeeded admirably, in staging some phenomenal surgical operations for the benefit of the onlookers from the Chamberlain Medical Co.

Any suggestion on how to collect money from patients, will be welcomed by Zahner.

In order that his expenses might be lightened, Frank Wilson has for once used his head and is now rooming with his future mother-in-law. It is rumored that the girl is working Frank's meal job.

The organization will entertain the non-frat freshmen at a



Around Our Merry Campus

KIND OF A MAMA

"I'd face hell itself to marry that girl, Archibaldus."

"You will, Nicodemus—wait till you meet her mother!"

WELL, HE ASKED FOR IT

"Darling, you would be a marvelous dancer but for two little things."

"What are they, sweetheart," he asked.

"Your feet."

TACTFUL

"Ah wins."

"What yuh got?"

"Three aces."

"No yur don't. Ah wins."

"What yuh got?"

"Two nines an' a razor."

"Yuh shoh do. How come you so lucky?"

Modernity: "It is rumored that the drug stores are falling into line with modern selling ideas. Heaven save us from a parade of mannequins at the Mustard Club showing off the latest plasters."

"How did you cure your wife of her antique craze?"

"Oh, I just gave her a 1907 model automobile for her birthday."

"I wonder why those titled foreigners who come over here give themselves so many airs."

"Probably it's because we give them so many heiresses."

"Ha, Baron Flagg-Rush, you're coming to our affair tonight, aren't you?"

"Don't see how I can, Mrs. Goitre—you see, we've got a case of diphtheria in the house."

"Well, bring it along, Baron—we'll drink anything!"

Physician—From the brief examination I am of the opinion that you are suffering from clergyman's sore throat.

Patient—The hell you say!

Physician (hastily)—But it is quite possible I'm wrong. I will look again.

banquet September 19th. All ye Freshmen prepare to loosen your belts, for a good square meal will be served. No—it won't cost you a cent!

McMurray proudly states that his life is worth \$1000 in event some Des Moines motorist bumps him off. We believe he overestimates his value, for scientists claim the body is valued at \$97. We are willing to split the difference with any owner of a "Pride of Detroit", who will run over him.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

Welcome, Freshmen!

Once again we have our own horde of Freshmen with their Green Caps—and sad to relate—not a single bobbed-haired or long-haired heart breaker in it.

According to a time-honored custom, these men should have their Green Caps and wear them at all times. Undoubtedly the lordly Sophomores will issue other orders and edicts within a very short time. And, of course the Upper Classmen are awaiting eagerly, the usual outbreaks and clashes, which annually happen.

This year's class appears to have a certain air of solidity and strength about it. Frankly speaking, it is, in all minds, a mighty fine appearing collection of men from all parts of the country. In a short time this conglomerate mass will feel at home, will feel that they, too, are really a part of this, the best dispensary of the world's greatest profession—Osteopathy!

It gives the Log Book the greatest pleasure to extend to each and every one of the members of the Class of 1931, a most hearty welcome to Still College. The Editor hopes to have the added pleasure of meeting and shaking the hand of each individual Freshman.

If any of us can help you—come to us and ask.

"Tell me truly, does the baby really take after his father?"

"Yes, indeed—why, when we took the darling's bottle away, he tried to creep down the cellar stairs."

The Means of Endowment

The need of endowment is unquestioned. The future of our schools, hospitals and other institutions is largely dependent upon attracting endowment. Hitherto, bequests and financial aid of any kind have been the exception rather than the rule.

Drives for money are costly, large sums being required to pay for the services of promoters, and usually a considerable percentage of the pledges are never collected. Other devices for raising endowments often fail because of some inherent weakness, usually the burden, however small, which is imposed upon the prospective donor. Workable plans, wherein the donor participates in the benefaction, indeed gets the lion's share of benefit out of the transaction, and yet contributes a material sum, are as rare as they are ideal.

From the standpoint of practicality it would be hard to improve on the Still College Plan. It is based on the purchase of group insurance by the profession and its friends. In the benefits of this insurance the College participates. It is an Ordinary Life policy. It has been prepared and issued for us by the Royal Union Life Insurance Company. For convenience, it is issued in units. As many units may be purchased as the assured can use. No limit is set, save that set by your income and by underwriting prudence and experience. Each unit represents a total insurance of not less than \$1200. For this, the assured pays a premium which represents the standard (a trifle less, in fact), premium he would pay on One Thousand Dollars. His beneficiary (e. g. widow) receives this \$1000. The D. M. S. C. O. endowment fund at the same time receives \$200. The assured has carried protection in a good company at a low cost, all benefits he had any rights to expect from such an investment have been forthcoming. He was out nothing during life; his es-

tate is out nothing now. But having carried this particular policy, has placed him on the roll of contributors to the endowment.

But why die to contribute? Why not live? On the expiration of twenty years, each unit in force will enrich the endowment even more than would the demise of the holder at any time within that twenty years. Thereafter the endowment ceases to participate; all claims to any earnings on the policy terminates by terms of the contract at the end of the twenty year period. Dividends thereafter accruing redound to the holder of the policy exclusively. So whether as individuals we live or die—and we hereby resolve to live—we may protect our dependents, build our estate, and in addition—without a penny's outlay—endow D. M. S. C. O. and through it, Osteopathic education and progress.

The family also and friends of the profession and the college who are of insurable age, occupation and state of health, may take advantage of the rate under this Group Policy and thereby serve the college, as well as themselves. And Still College is happy in the possession of many friends who are doing just that, though they are not themselves physicians. Some, indeed, are going so far as to make the D. M. S. C. O. endowment the beneficiary of the face of the policy. We are certainly deeply grateful to them for their generosity to our college and their loyalty to and confidence in the science and practice of Osteopathy. But in general, we are not urging you to such liberality. We trust, rather, that the inherent advantages to you as purchaser of the D. M. S. C. O. Group Policy will make you a contributor to the college, and thru it, to the profession.

The number of units which may be carried by Osteopathic students and practitioners as non-medical insurance (i. e. without physical examination) varies with the laws of the several states. Space forbids such a tabulation here, but a request to

the Royal Union office will elicit the information.

It should be borne in mind that this insurance must sell thru the mails—no such rate and benefits are possible if the customary commissions must be paid to solicitors.

A Trust arrangement exists, in and thru which all monies so received must be set aside and can be used only for the endowment; save that certain obligation contracted in and growing out of the actual purchase of the new college property, may and shall be liquidated in part by monies accruing to the Fund. Both by the articles of incorporation (A. D. 1911) of D. M. Still College, which makes the college corporation strictly eleemosynary, and by the Trust instruments covering the present endowment in particular, no individual, as such, can lay hands on a single dollar now in, or hereafter to be contributed to the Fund. It may be used only under proper safeguard by the duly constituted Officers of the Corporation of D.M.S.C.O. for the one specific purpose—i. e. the maintenance and development of Osteopathic education and educational hospitalization; and the furtherance of science and of the theory and practice of scientific Osteopathy.

The profession may rest assured that in lending wholehearted support to this project they are not contributing a single cent to the enrichment of any individual now or hereafter; but that all of it goes to make for Osteopathy its rightful and permanent place in the sun.—(E. E. STEFFEN.)

Endow Still College

(Continued from page 1)

policy and as such is copyrighted. The Royal Union, operating under the Compulsory Deposit Law of the State of Iowa, ranks among the first fifty of the large American life companies.

The policy carries cash, loan, paid up and extended insurance values and all the usual advantages of an old line policy contract.

Through Still College, apply for one or more units of this insurance. Add to your insurance protection coverage and at the same time help Still College.

The endowment plan will then mean much to you and your family, and also to Still College. In this respect you will appreciate the fact that under the Still College Endowment Fund, you and your family are the greater recipients of value received and that the value to Still College, while small under each policy contract, is great indeed, when it is considered how splendidly the plan is being received and sponsored by the profession at large.

Right Now—TODAY—fill out the attached pledge and send it in! Write also for additional pledge cards for other members of your family.

See table on page 1 for rates.

PLEDGE

I agree to fill out, sign and return as directed, the necessary blanks (to be mailed me later), and attach hereto Five Dollars as partial payment of first annual premium on \$..... policy, as outlined for the Still College Group Endowment Fund.

My Name in Full.....
(Write plain or Print)

Mailing Address: St. No..... City..... State.....

Date of Birth..... Place Born.....
Month — Day — Year County or State

Name in Full of Primary Beneficiary.....

Mail above Coupon to Still College of Osteopathy, Des Moines, Iowa, or Royal Union Life Insurance Company, Des Moines, Iowa.



COACH SUTTON



CAPT. ROSS

1927 Football Schedule

SEPT. 24—PARSONS	-----	HERE
OCT. 21—TRINITY	-----	THERE
OCT. 28—WESTERN UNION	-----	HERE
NOV. 5—OPEN.		
NOV. 12—BUENA VISTA	-----	THERE
NOV. 18—SIMPSON	-----	THERE
NOV. 24—KIRKSVILLE	-----	THERE

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

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

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Volume 5

OCTOBER 1st, 1927

Number 6

British School of Osteopathy

By a special resolution passed May 28th, 1927, and confirmed June 11th, 1927, in order that the British School of Osteopathy may be perpetuated as such a School of Osteopathy and Manipulative Surgery, and in order that the school may be retained and conducted as a non-profit Institution of Learning in perpetuity, it was declared "that this incorporation shall be and be held for ever as a Trust in behalf of the System and Science of Osteopathy including Manipulative Surgery, and in behalf of the said British School of Osteopathy as an Osteopathic Institution of Learning and that this Trust shall be placed in the hands and under the control of a body of Trustees, not more than eleven in number, who shall act as the Governing Directors of the said Company and School."

The course given at this school which is in London, compares favorably with that of Des Moines Still College, theoretical work coming in the first two years, and the practical work during the last two years.

We are indeed glad to hear that the Science and Practice of Osteopathy is gaining and holding the good will of the citizens of our sister nation across the Big Pond.

The Dean of the British School is a man whose name has been associated, in the highest manner, with Osteopathy for 30 years—J. Martin Littlejohn. A list of his various accomplishments and degrees includes: Foundation Scholar (Glasgow), University Medallist in Forensic Medicine and Henderson University Scholar, 1892, Fellow of Columbia University, N. Y., 1892, President of Amity College, Iowa, 1894-97, Ph. D., 1894, LL. D. 1895, F. S. Sc., 1895, Gold Medalist, Dean and Professor of American School of Osteopathy, 1898-1900, F. R. S. L., 1899, President of Chicago College of Osteopathy and Hospital, 1900-1912, President of Associated Colleges of Osteopathy, U. S. A., 1908-10, President of British Osteopathic Assn. 1924-25, ex-Editor Journal of Science of Osteopathy and the Osteopathic World, U. S. A. He is also the author of many books on Physiology, Psychology and allied subjects.

Wishing to serve the Lord in simple ways is love; wishing to serve in some big way is just vanity.

Do You Want a Glee Club?

There has been some talk about school that we lack a Glee Club at Still. This is true, but up to this time there has been no one who would volunteer to organize such a group.

Kirkville has a Glee Club. Not only that, they also have a Male Quartet. This year they plan to make several tours of cities and towns in Missouri as well as giving a Minstrel Show.

Are we going to allow them to stay ahead of us in this respect? We have a student body large enough to furnish plenty of material for either a men's or mixed chorus or a glee club. At the very least we should have a good Male Quartet.

This matter will be taken up at some Assembly in the very near future. In the meantime think it over, talk it over. Our student body is capable of putting out a really good club of this kind.

You Freshmen with talent, speak up. This is your College now. You should take an interest in it and its organizations. We know there are some good voices in your midst—let's go!

Upper classes, you too have lots of good voices. Let's go for a lot of good fun and Still College. That's the old school spirit.

Summer Clinic of 1927

During the summer D. M. S. C. O. had one of her best seasons in regard to clinics. Assistant Clinician Sherwood Nye was kept very busy overseeing the students and patients.

From June first until September first, five hundred and fifty patients were examined in the clinic. Every known sort of case found in the general practice was examined, treated and many cured of their troubles.

There were many cases of rheumatism, some of which are still stubbornly lingering.

Several cases of goitre were cared for with very pleasing results. There were also several cases of paralysis, not serious, on which excellent results were and are being obtained.

The force of student physicians was relatively small, only sixteen men attending. Thus, as may be easily seen, the experience had by each was varied.

Too much cannot be said about the value of summer clinic, to the student who remains in town during the summer vacation. These men who stayed were well repaid for their time in experience and practice.

We are saddened by the death, on Friday, Sept. 23, of Dr. Gerald Beebe of the Class of May, 1927.

His death followed a long sickness, and was due to complications which set in latterly.

Assemblies

The first assembly of the new school year was held on Friday morning, September 16th.

Doctor Johnson opened the session with a short talk, following which he introduced the faculty to the student body, the Freshmen in particular.

The faculty members, introduced in order of seniority at College, each welcomed the class of 1931, commending them upon their choice of Alma Mater, and profession.

Following this, the remaining time was turned over to Dr. "Virge" Halladay and "Max" Friend, who improved each shining minute by leading in a few cheers and the school song.

On Friday morning, September 23rd, Coach Sutton had the floor, making good use of it, by giving us the schedule for football games. He also asked for the support of the entire student body at the home games, and that of as many as possible at the others.

Following Coach Sutton's pertinent remarks, Dr. "Virge" and "Max" again took up the reins, leading us in cheering practice and singing.

All during the period, calls for the Freshmen were heard from all parts of the hall. So as usual at this time of year, the freshman class mounted the steps to the platform, and each member introduced himself, giving his name and home town. Also as usual Ohio has the lead in numbers of sons at D. M. S. C. O.

After singing the school song, the Freshmen, as well as the upperclassmen, were dismissed to the fourth period class.

IF—

If all of earth's sands were powders,
If all of the pebbles were pills,
If all of the rivers were tonics,
If drug heaps replaced the hills;
I'd do as I now am doing,
I'd whistle or sing or laugh—
No need have I for concoctions
For I am an osteopath!

—G. V. Webster.

Parsons 13—Still 6

The Parsons Wildcats, Iowa intercollegiate champions, downed the Still Pirates 13 to 6 in the first game of the 1927 season. At no time did the Wildcats have the game sewed up, but, due to the punting of Captain Hornish, kept the Pirates from their goal line.

Both teams appeared to be in good shape and were represented by better than ordinary lines. At every play there was a crash, and the gains made thru either line were few. It was remarked that both backfields needed more work.

Parsons started out the first quarter scoring a touchdown after a twenty yard run, around Still's left end by Swanson, a freshman, had placed the ball on the 18-yard line. After two line plunges had failed, Wise, on a fake end run passed to Swanson who carried the ball to the 1-yard line. Swanson failed on a quarterback sneak but Wallace plunged it over on the next play. Shea went in for Wallace and dropkicked the goal for the extra point.

A series of end runs and passes again put the ball on our 1-yard line, but the Pirates tightened and held for downs. King kicked out of bounds on the Pirates' 12-yard line and again Parsons was plugging at the goal line. Davis, Still left end, threw Wise for a 3-yard loss and a 5-yard penalty for being over-anxious, placing the ball back on the 20-yard line where a dropkick by Shea failed.

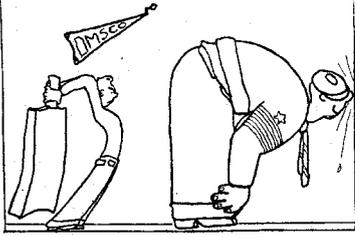
Soon after, Dornbush, Pirate center, grabbed up a loose fumble and galloped sixty yards, with five other Pirates as interference, for a touchdown. McIntosh failed on his try for the extra point.

In the second half the Pirates showed even more strength and turned back every Wildcat thrust. The score probably would have ended as 7 to 6 had not the Pirates been determined to allow no completed passes, and in their determination interfered with Wise who was attempting to snare a pass. This misdemeanor gave the Wildcats the ball on the 3-yard line and it was only a matter of two plunges until the ball lay across the Pirates' goal line for the second time. Shea's attempted dropkick failed to register.

While every Pirate deserves honorable mention, Lee Lindbloom and Harold Davis proved to be a tower of strength on the defense and the only successful line plays were run thru the

(Continued on page 3)

FRATERNITY NOTES



PHI SIGMA GAMMA

Phi Sigma Gamma takes pleasure in announcing the pledging of Henry Scatterday and R. M. Stritmatter, both from the Buckeye state and Harold Thomas from way out west—Nebraska.

We're all ready to vocalize on "Hail, Hail, the gang's all here" now that Chuck Auseon and Red Granberg have arrived.

We are quite surprised to learn that another brother had "fallen" this summer and this time Red Granberg is on the receiving end of the congratulations!

Pledges Madson and Reeves were entertained the other evening by the sophomores and given an instructive ride thru the suburbs.

Lowell Morgan seems to have the laugh on the brothers when the fraternity jeweler drops in.

Before the next game we hope that Griener will find out that the athletic field is for the players only.

Jennings and Clark have changed their abode to the "crystal room" claiming that it is the quietest room in the house. Studying seems to be quite a hobby with the Juniors.

Jimmy Sheaffer, our cross country phantom, is back in our midst again and we hope to have him around for a few days now.

Roy Dorwart has decided to stay in most of next week and let the girl get acquainted with her folks.

"Obie" King of football fame from Grinnell is living at the house and at present is helping Dale Weldon see that Morgan contributes to the "bank" quite often.

Ruby lips and five foot two, golden hair and eyes of blue—ask Walt Heinlen, he knows.

Walt Cuff has issued a call for a meeting of the "Mystic Order" and will consider pledge Hubbard as a possible candidate.

ATLAS CLUB

A well attended smoker was held at the chapter house Wednesday night, Sept. 14th.

The club wishes to announce the pledging of the following men: Kenneth Moore, Warren, Ohio; Larry St. Amant, Detroit, Mich.; Steve Henry, Germantown, Ohio; Ralph Lathrop, Decatur, Ill.; George W. Swartzbaugh, Dayton, Ohio; Harry Nassik, "Anywhere"; Cal Caldwell, Vinton, Ia.; Hosea Rockwell, Elmira, N. Y.

A letter from Bros. Ross Richardson, C. A. Ward and H. J. Brown, interning at the Detroit Osteopathic Hospital, stated that

they like their work and are getting much valuable information for time spent.

Bro. L. E. Schaeffer also of Detroit can now be classed among the married physicians.

Ole Nicholson seems to have checked out of the Perry club, but Bro. Harvey shows added interest.

Last Tuesday morning when Rusty Wright made the rounds waking the boys, he had an added word to his call—"Breakfast." To their surprise Lefty Dornbush and Dave McKeon had a hot steaming breakfast and Casey Jones had "plenty of cream" in the coffee.

Bro. Carter is conducting a class in technic for the frosh.

Bros. Wire, Bryson and Monger like chicken that lives and dies 30 miles from Des Moines. Why?

The last maximeter shows:

Musselman 90%

Fedson 75%

Utterback & Faus 69%

The brothers congratulate Pledges Ward and Bankes, the "cultivated" manicurists, after looking at our lawn.

Bro. Roy Trimble has moved into the chapter house.

Bro. Weir and wife and Pledge Holton and wife added the real home spirit to last Sunday's dinner.

"Dud" Smith has taken up the difficult work of Bro. Rockhill, collecting Victrola record fees.

The boys of the crow's nest have turned over a new leaf. Ole and "Cowboy" Hughes sleep at night and stay awake in the daytime.

Bro. Bob Bryson and Pledge Steve Henry will now be known as the "Dempsey-Tunney Specialists."

IOTA TAU SIGMA

The late arrivals have all straggled in and we now have every last year's active back with us again. "Tooter" Shaw slipped quietly in, the middle of the month and has assumed active charge of affairs. He reports a most successful summer, but claims that he is glad to be back, because this sleeping in the open isn't what it is cracked up to be.

"Bob" Herrick, after almost a year's vacation, is back—drums and all. We are glad to have you with us again, Robert.

Hurrah! An orchestra has sprung up from somewhere within the house. I don't know who takes the blame, or credit, for the organization, but boy, let me tell you that they are hot. With another week's rehearsals at our expense, they claim they will be ready to book engagements.

"Pug" Wigal, the "fighting kid from Dayton" says that if his financial backer in Kansas City sticks with him all winter, he don't intend to demonstrate his pugilistic powers.

Kelly Clubbers, Attention! Potentate Loghry announces that all of the members have had sufficient time to become acclimated and get trained into shape, so the first meeting will be held immediately. As usual, all members will bring their own collection of ideas.

"Legs and Arms" Hughes is making the announcement that he has found the source of energy, and which should startle the scientific world. He will gladly expound his theory to any one interested.

"Tod" Dubois is our first football casualty. He received two fractured ribs in the Parsons game. His only comment is that they cramp his style.

We have nothing startling to announce in the letter receiving contest. "Buddo" Gephart, the champion, is setting the pace, and as we predicted, "Ambrose" Rorick has slipped badly, letting "Peel" force him down into third place.

"Aimee" Rhode has been quite the home boy so far this year, but his roommate, "Hollie" Morrow has taken his place. Several searching parties have been sent out but they have all returned with no news of the missing.

"Lute" Drabing has been laid up with his annual attack of asthma. What hurt him most though, was the fact that he had to sit at the dinner table speechless while the Tunney admirers gloated over the defeat of his man, Dempsey. We hope that you learn to pick them some time, "Lute."

For road reports, see Hovis. Iota Tau Sigma announces with pleasure the pledging of Russell Morgan and Earl Hewlett, both of the Freshman class.

SIGMA CHI OMEGA

A banquet, given in honor of the Freshman class, by the organization, the night of September 19th, at the Y. W. C. A., was well attended and gave us the opportunity of becoming acquainted with each new man. Dr. H. J. Marshall gave the main address of the evening and he chose an interesting subject, "The Progress of Osteopathy During the Last Fifteen Years."

Several guests, Drs. Johnson, Nowlin, Groff and Gordon were called on to make a few remarks. Naturally our good friend Dr. Johnson wasn't going to make a speech, but—you know how 'tis. Dr. Atkins during his talk, suggested that new graduates go south to practice but we are a little bit leary, since we heard him remark that the boll weevils have a liking for certain areas of cotton pajamas, and—Say! We wonder if he wears red flannels.

We are sorry that Frank W. felt badly over the truth, told in the last issue. Frank! It won't be long now.

The organization is planning on purchasing a whistle (No Archie, not gold-plated) for Mrs. Innis, so that she may more easily summon her assistant, V. C. Reeder. If you don't already know him, be sure and meet him, for he is one of those big hairy chested he-men from Oregon.

The explosion caused by the other kind of powder comes when the wife finds it on your lapel.



Around Our Merry Campus

EVEN AS YOU AND I

Mrs. Kinder — "I'm soliciting for the heathen. What do you do with your old clothing?"

Mr. Hard-Up—"I hang them up carefully and go to bed. Then in the morning I put them on once more."

WHERE HE LOST OUT

"Lost your job as caddy, have you?" asked one boy.

"Yep," replied the other. "I could do the work all right, but I couldn't learn not to laugh."

A doctor had finished his round of the links when his small Negro caddy remarked: "Doctor, ain't you got some shoes in yo' locker yo' don't want? I needs some bad."

"Perhaps," said the doctor. "What size do you wear?"

"I dunna, sah, cause I ain't never bought 'em dat way — I either can git in 'em or I can't." —Outlook.

Hard Old Lady (to tramp) — Why don't you work if you are hungry?

Weary Willie—I tried that, ma'am, an' it only made me hungrier.—Answers.

"Are there any germs on these turnips?"

"I can assure you, ma'am, that they were raised in nice clean dirt from sterilized seed! How many will you have?"—Pathfinder.

AFTER IBENEZ

"Johnny, who were the Four Horsemen?"

"They were Paul Revere, Theodore Roosevelt, Jesse James, and Barney Google."

A FIEND

He was forever propounding riddles, but he was not unpopular as they were usually good. "Can you tell me," said he, "the name of an animal that has eyes and cannot see, legs and cannot walk, but that can jump as high as the Book Tower?" No one could give the answer, though they racked their brains, so they gave it up. "The answer," he said, "is a wooden horse. It has eyes and it has legs, but it cannot see or walk."

"Yes," replied his auditors, "but how can it jump as high as the Book Tower?"

"The Book Tower," replied the riddle fiend, "can't jump!"

OUR WORST JOKE

Musical Instructor—"What are pauses?"

Pupil—"They grow on dogs."

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson
Faculty Advisor.....H. V. Halladay
Editor.....L. J. Grinnell
Osteopathy Without Limitation

Beyond the Bend

There is a river upon which every man must embark. That river has many bends and many rapids. Beyond each bend new pleasures and adversities await him. If he be alert, he will observe much and profit more. If he attempts to make the journey with unseeing eyes and an unfeeling heart, God be with him if he is to avoid a portage, allows himself to be carried along in the powerful, unswerving current to the brink of the rapid, amongst whose angry waters and rocks he will be catapulted!

The journey is a long one, but intensely fascinating, for there's always something new—Beyond the Bend!—Alan K. Schmidt.

Co-operation With Nature

We often speak of man's conflict with Nature. Sometimes we boast of man's mastery of Nature. When the human machine gets out of order and trouble ensues, the osteopathic physician does not try to fight or master Nature. In the name of Osteopathy he says to her, "Let us get together and work for health." And Nature is ready to respond. Osteopathy is just co-operation with Nature.—C. H. M.

Cleanliness of body was ever esteemed to proceed from a due reverence of God.

Maybe swell-head is just nature's frantic effort to fill a vacuum.

Parsons 13—Still 6

(Continued from page 1)
holes opened by these two line-men. "Bunk" Plude was the most consistent performer in the backfield.



STILL

L. E.	Davis
L. T.	Lindbloom
L. G.	Lee
C.	Dornbush
R. G.	Nelson
R. T.	Larson
R. E.	Ross
Q. B.	Cassis
L. H.	King
R. H.	Plude
F. B.	Shaw

Substitutions: Still—McIntosh for Nelson, Russell for Cassis, St Amont for King, King for Sluss, Russell for King.

Summary — Touchdowns, Wallace, Shea, Dornbush; point after touchdown, Shea (dropkick).

Officials—Referee, Otapalik of Ames; head linesman, Boelter of Drake.

The pleasantest society is that in which there exists a genial deference amongst the members, one towards another.

The Endowment

In each issue of the Log Book the past sixty days we have been devoting some space to an explanation of the unusual and unique service offered by the Still College Group Endowment Fund policy underwritten by the Royal Union Life Insurance Company of Des Moines, Iowa.

We have explained the policy plan and the various features of the project. Next to the favorable premium rate here is perhaps the most important feature of this remarkable endowment plan: While applicants for life insurance generally are required to submit to a medical examination, no medical examination is required of applicants for these policies in such States where the Royal Union is permitted to write a non-medical business. This saves you the inconvenience of a physical examination. It enables you to secure one of these policies conveniently by mail if you are in good health.

The Still College Group Endowment policies are issued in units of \$1,200. One unit is \$1,200; one and a half units equal \$1,800; two units equal \$2,400. You may secure up to two units without examination.

This offer is made to all members of the Osteopathic profession and members of their families; also to students of Osteopathy and members of their families.

The insurance company reserves the right, of course, to require examinations of applicants in such States where the law requires a medical examination or where the risk is substandard.

However, where the Royal requires an examination, we are pleased to tell you that the Company has agreed to have that examination made by one of the members of our own profession.

This concession on the part of the Royal Union is a very forward step in the onward march of our great science, because as you know, up to this time old line legal reserve life insurance companies have steadfastly re-

fused to accept medical examinations made by Osteopaths.

But now we are establishing intimate relationships with the Royal Union Life Insurance Company, and the action of the Royal Union Life Insurance Company in accepting examinations from Osteopaths in all policies issued in the Still College Group Endowment Fund is very important to our profession and means much to its future.

In the United States there are approximately 350 old line legal reserve life insurance companies. It will be of more than passing interest for you to learn that the Royal Union ranks among the first fifty of the great life insurance companies in the United States.

We earnestly recommend that you join in the Still College Group endowment Fund movement and pledge yourself for one or more units. This Endowment project means much to you personally and your family, to Still College, and to the profession itself. You owe a duty to the Osteopathic schools, you owe a duty to the progress of our profession and you surely want to protect the future of those dependent upon you.

Act now. Send the attached coupon at once.

You cannot afford to delay. Take two units, or one and a half, or simply one. Insure yourself and every member of your family in the Still College Endowment Group, thus adding to your personal life insurance estate and at the same time helping one of the profession's foremost schools, and the profession itself.

Still College Group Endowment Plan

Yearly Premium Rates at Age of Entrance
(For One Unit—\$1,200)

Age	Premium	Age	Premium
11	\$20.83	36	\$29.63
12	20.83	37	30.38
13	20.83	38	31.20
14	20.83	39	32.07
15	20.83	40	32.99
16	20.83	41	33.98
17	21.08	42	35.03
18	21.36	43	36.16
19	21.64	44	37.37
20	21.94	45	38.66
21	22.24	46	40.05
22	22.57	47	41.53
23	22.92	48	43.12
24	23.29	49	44.83
25	23.66	50	46.66
26	24.07	51	48.62
27	24.49	52	50.70
28	24.94	53	52.94
29	25.41	54	55.34
30	25.91	55	57.90
31	26.44	56	60.63
32	27.00	57	63.56
33	27.60	58	66.68
34	28.23	59	70.03
35	28.91	60	73.60

We're all philanthropists. All chip in to provide the millions the big guy gives away.

Take an ego and add a grouch and you have somebody declaring he is the center of a world revolution.

PLEDGE

I agree to fill out, sign and return as directed, the necessary blanks (to be mailed me later), and attach hereto Five Dollars as partial payment of first annual premium on \$..... policy, as outlined for the Still College Group Endowment Fund.

My Name in Full.....
(Write plain or Print)

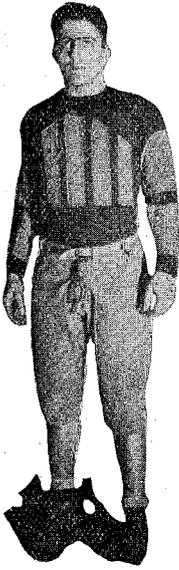
Mailing
Address: St. No..... City..... State.....

Date of Birth..... Place Born.....
Month — Day — Year County or State

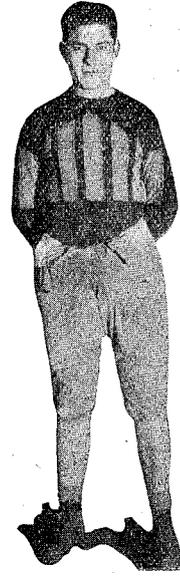
Name in Full of Primary Beneficiary.....

Mail above Coupon to Still College of Osteopathy, Des Moines, Iowa, or Royal Union Life Insurance Company, Des Moines, Iowa.

Six 1926 Players
 Back
 For 1927 Team



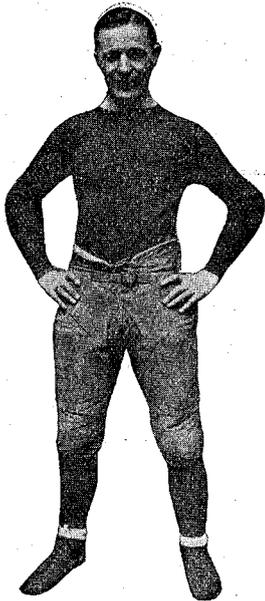
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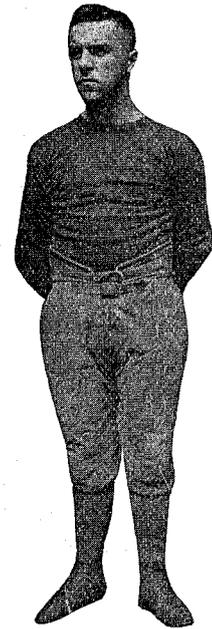
LOGHRY



SHAW



PLUDE



DORNBUSH

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 5

OCTOBER 15th, 1927

Number 7

I. O. W. A. Meeting

In accordance with a measure passed at the State meeting of O.W.N.A., the local chapter has arranged for a meeting in October, to which all members of the state are especially invited. A practical Osteopathic program has been arranged for October 18, which will be presented by practitioners in the field who have specialized in the subject which they will discuss. All women Osteopaths of the state are cordially invited to attend and share this meeting, which has been arranged by the Des Moines chapter.

Dr. C. W. Johnson, president of Des Moines Still College, has extended an urgent invitation for the organization to use the new college building at 720-722 6th avenue, as its headquarters. All visitors will be welcomed on a tour of inspection at any time during the day. The lecture rooms and laboratories will be open and guests cordially welcomed.

The meeting proper will convene with a luncheon at the Chamber of Commerce, Savery Hotel, at 12:15. Following the luncheon, the Osteopathic program will be presented. It will include the following discussions:

Gynecology—Dr. Laura E Miller, Adel.

Technique—Dr. Johnson, Prairie City, and Dr. Georgia Chalfont, Pella.

Dietetics—Dr. A. F. Waugh of Eagle Grove.

Obstetrical Problems—Dr. Gertrude Collard of Coon Rapids and Dr. Martha Morrison of Clearfield.

There will be an open banquet held at Younkers Tearoom and the evening program, also open to all Osteopaths of the city and vicinity, will consist of an illustrated lecture on a trip thru Europe, which will be presented by Miss Mabel Otis. Miss Otis is principal of one of Des Moines' schools and has earned an enviable reputation as a lecturer. The slides which she uses are of her own selection, being made from photographs she herself has taken on European tours. Each carries its personal significance, which mounts to a total of a most enjoyable evening.

The Des Moines chapter of O.W.N.A. is earnestly hoping for a large group of Iowa Women Osteopaths to share this day of special features.

Visitor to D. M. S. C. O.

Dr. Clara Emily Bean of Brooklyn, N. Y., who graduated from the Philadelphia College of Osteopathy five years ago, visited Still College this week.

Dr. Bean was on a tour of the Osteopathic colleges, having visited her alma mater and the Chicago College of Osteopathy, before coming to Des Moines.

While here, after being taken on a tour of inspection of our building, Dr. Bean stated that Still College is peerless in instructors, equipment and building. She was well taken by the cleanly appearance and business-like attitude of the student body.

We are pleased by the visit of Dr. Bean, and cordially invite her to come again.

News of Recent Grads

Dr. W. C. Holloway has opened his office in Thomasville, Ga., where he is the only Osteopath. So far, he has been quite successful.

Dr. Anna C. Doyle, who is practicing in St. Paul, Minnesota, writes that she is more than pleased that we have our new building.

Dr. Amorette Bledsoe has broken the ice at Raleigh, N. C. She extends her congratulations to us, for our good fortune in having our new building.

Dr. P. C. Marquand has located in Keyser, W. Va., and has begun what promises to be a successful practice.

Notice!

The college is being put to the expense of filling out application blanks and making transcripts of grades in complying with the requests for Board Applications. The amount is not much in any single case, but when it occurs from five to ten times a month, it means that the funds are being dispensed at the rate of from ten to twenty dollars a month, which in the course of a year amounts to considerable and it can easily be seen that it does not go to the advancement of the college. Therefore, no application for Transcript will be sent out unless it is accompanied by a fee of \$2.50, payable to the college.

Our Assemblies

Were they Pep Meetings? Say, listen, if you have never seen that gang in action, you've never been to a Pep Meeting!

On Friday, Sept. 30, the gang did the preliminary work necessary to beat the Midland crew. Mac Friend, our versatile cheer leader, went thru contortions that would make Dr. Halladay's "Cuban Grind" or our President Johnson's "Dry Stretch" look like kindergarten work. There came a noble response to Mac's pleading for "More Pep," and the old favorite "Bones and Ligaments" and the locomotive, fairly made the building shake.

Our Coach made a mighty good talk on loyalty to the team and then introduced the Midland team and coach. Old Faithful Verge put on his usual song and dance, which by the way, never comes amiss, then a few more yells and back to class.

Friday, October 7th, was another Pep Meeting and to quite an extent the same, except that we were greeted by a snappy student band. They were good and we enjoyed them. It's the best start the band has had for some years, so we look forward to great things from them.

Friend, St. Amant and Hubbard, with ukes and banjo, entertained us cleverly with songs. We want you again, fellows.

Our assemblies have become a real part of school life and we look forward to some worthwhile programs this winter.

Summer O. B.

Under the able direction of Forest Schaeffer, assistant obstetrician, the O. B. Clinic had a most successful and gratifying summer.

Forty confinement cases were handled with an average of four students to each case. The work done was of the best, and every patient was loud in her praises, for the way in which her case was handled.

The cases handled allowed 240 points credit for delivery; 360 points for presence at delivery, and 1080 points for after calls, which makes a total of 1680 points in all.

Again we say that the 1927 Summer O. B. Clinic was an unqualified success.

Anyway the poor farmer can sit down to a good dinner without breaking a five dollar bill.

Still 7—Midland 0

An intercepted pass and a concerted attack featured by the work of Harold Davis, rangy end, gave the Still college Pirates a 7 to 0 victory over Midland college of Fremont, Neb., in a game played on the Catholic college field last week.

Although Shaw dove across the line for the touchdown that decided the battle, it was the ever alert Davis that made the score possible. Hardly a minute after the opening of the third quarter, Davis intercepted a Midland pass in midfield and sprinted to the 25-yard line before he was brot down. Thrusts at the tackles took the Pirates to the 13-yard line when Davis again came into the limelight.

On a crisscross play, Davis took the ball and raced around Midland's left end until he was forced out of bounds on the one-foot line. On the following play, Shaw dove over the piled up linemen for a touchdown. Davis then added the extra point with a dropkick.

Although Davis held the spotlight on the scoring drive, his playing in no way overshadowed the fine work of Logrhy at right end for Still and Martin Koolen, Midland halfback.

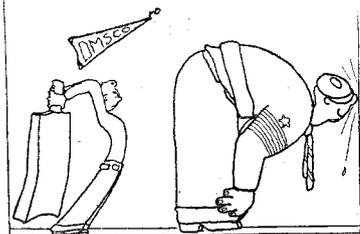
Logrhy, after he had been inserted in the lineup to replace Captain Ross, played fine football offensively and defensively. Koolen of Midland, who was an all-Nebraska college halfback in 1925, was the offensive star of the contest.

The ball was kept in Midland territory during the major portion of the game, the only exceptions being in the third quarter when the Nebraskans advanced to Still's 39-yard line, and in the fourth period when a driving attack took them to the Pirates' 30-yard line and a passing barrage a moment later took them to the 21-yard line.

The passing combination, Nordstrom to M. Koolen, which functioned well near the close of the battle, made Midland a serious threat, but the nearest Nebraskans came to scoring was their last minute drive when they advanced to Still's 21-yard line, only to be held for downs when their passing combination failed.

Drives which might have resulted in scores were halted by penalties on Still on two occasions. On one other drive questionable judgment by the Pirates in attempting to smash the line for three yards on fourth down deprived them of at least a good (Continued on page 4)

FRATERNITY NOTES



PHI SIGMA GAMMA

With quite a variety of sizes and shapes of gasoline consuming perambulators, Red Granbergs "ghost of the gravel" takes the cup for smooth operation. Roy Dorwart's "True Love" followed for a close second, and he remarked that it never did run smooth.

Pledge Reeves seems to have specialized in optometry, at least he is furnishing all the Freshmen with "blind" dates.

Between Stew Griener and Jimmy Sheaffer, the "Bank" will buy a Christmas tree yet. Several new men contributed to the fund last week, but Clark and Weldon still seem to evade the cause.

And Rocky always did wonder why curtains were furnished for rear windows of sedans!

If Lowell Morgan says he is a free man, then he certainly must have an extensive feminine practice.

Another of the unsolved mysteries—Who started the interior decorating on the second floor, rear.

Pledge Patterson, from the cultured East, says he likes the West, but can't understand why some people want telephone booths in the backyard.

Starting the first of the month an additional mail delivery will be established for the personal mail of Pledges Taylor and Thomas.

Walt Cuff says his idea of perfect control would be buying postage stamps on sale.

Phi Sigma Gamma wishes to announce the pledging of Dr. C. I. Groff and "Obie" King.

IOTA TAU SIGMA

On Friday evening, Sept. 16th, the pledges of Iota Tau Sigma were entertained with a house dance. Music for the occasion was furnished by "Swede" Severen's Syncopators—Jazz artists supreme. The entire house was cleverly decorated, the fraternity and school colors being used in the color scheme. Patrons and patronesses of this enjoyable occasion were: Dr. and Mrs. B. L. Cash, Miss Ava Johnson and Dr. Marvin E. Green.

At present, Dr. I. J. Nowlin of Decatur, Ill., is a house visitor.

Side Lites in and about the house:

"Pirate" Kale has fallen into the footsteps of "Reg" Platt. Watch your lady friends at the dances, brothers.

"Lily" Peterson, the Knight of Malta, demonstrated to the boys how to put on a good old Illinois shin dig during and between dances at the pledge hop.

For particulars on the conservation of water, see "Bob" Ross.

Our own sleuth, "Red" Lang, showed the boys some right smart pussy-footing recently.

As usual, "Deek" Jones had "God's Masterpiece" at the recent pledge hop. Strange, isn't it.

"Ash" Nowlin, the drummin' kid, enjoyed himself immensely at the last dance. "Kid" Wigal was also present.

Although Rhode has reformed, "Aimee" Morrow is still missing. How about it "Pussyfoot" Lang? Are you going to fall down on your trust?

"Big League" Herrick, not to be subdued, is out to regain his former title from "Noisy" Rorick.

"Optomistic" Drabing, his asthma cleared up, is now nursing an attack of furuncles. However, they don't handicap the style of a man of his calibre, much. No, not much!

From recent episodes, we see that "Peel" Loghry still has a persuader dangling at the end of each arm.

Ho! It looks like a new champion in the letter writing contest. "Nick" Gill, the pride of Millersport, Ohio, has risen from obscurity to pass the leaders, Loghry and Gephart. Of the big four, Rorick is now trailing. For his first year in the majors, "Nick" looks like a comer. Time will tell, however.

"Whoop Legs" Hovis still says it's his practice that keeps him out nights. It's a good story to stick to.

Some of the Bros. are jealous of your escorts to and from dates and dances. Can't you fix 'em up, Shaw?

It seems as though "Legs and Arms" Hughes, the Detroit Missionary, thrives on the old oaken religion.

Wine, Women and Song will cause any man's downfall. Be careful, "Yuntchie" Sluss, you are not a drinking man—and we know that you cannot sing.

"I'll Do My Best" McFarland, although not a resident of the house, has taken upon himself the duty of call boy in the mornings. Is your insurance paid up, "Mac"?

Dr. O. H. Olsen, who has been taking post graduate work in surgery, has been called home for an indefinite period, due to the illness of his father.

ATLAS CLUB

The club wishes to announce the pledging of Richard Combs of the Freshman A class.

Saturday night, October 1, the pledge dance was held at the chapter house. The house was decorated in green. Music was furnished by the "Imps." A feature dance by the pledges was the highlight of the evening. Dr. and Mrs. Halladay were the chaperones.

Pledges Larry St. Amant and Swartzbaugh have moved into the house.

Pledge Kenny Moore is aiding the "Banana Man" in managing the Ships Cafe.

Yes, Rocky is back from California and Springfield. Stories are in vogue. Pledge Nassik adds much "un"-valuable aid.

Bro. Carter of the Chicago Col-

lege reports his class in "Frosh-technic" doing fine.

Pledge Steve Henry has found two people that a Still College coat will fit.

The Pennsylvania boys, Welch, Harvey, Schaeffer and Wright, haven't much to say after the World Series.

Bro. Brinkman of the class of '27 opened his office in Bloomfield, Neb. Bro. Meyers, '27, in Laurel, Neb. and Bro Park, also of the '27 class, has opened an office in the Catpitol City Bank building, Des oMines.

Pledges Ward, Bankes and Holton have little or nothing to say. Do they have sore throat, or is it "H..... Week?"

John "D." Harvey announces himself as "The Careful Keeper of the Sweets."

Who broke the window? Pay "Ole Nick" Monger.

Pledge Lathrop can now fry 50% of the eggs without breaking them.

Bro. Hugh Crawford is back in school this semester.

Bros. "Lefty" Dornbush and "Casey" Jones are quite busy teaching Pledge Caldwell the technic of study and outside activity.

Pledge Rockwell closely associates Vest-a-Phone and Study.

Brother Skinner is still going around in a "Circle"—(Waterbury.)

Larry says the old adage—"What you don't know don't hurt you"—falls completely flat when it comes to monthly tests.

Holding "Lab" class in the basement is, according to "Chris", running a good thing in the ground.

SIGMA SIGMA PHI

On the evening of October 11, Sigma Sigma Phi held its first initiation of the year. Seven students having the high qualifications of the chapter, were taken through the work of the order. They are, Weldon, Dunlap, Dornbush, Loerke, R. Wright, Ausseon and J. R. Schaeffer.

We were much pleased with the presence and assistance of our faculty member, Dr. H. V. Halladay, and Dr. P. L. Parks, alumnus member.

One of the big events of the evening was the pledging of all members to aid the school in the selling of the Royal Union Life Policies to students and members in the profession. A booster committee was appointed and will serve everyone desiring any knowledge of the character of these policies. The committee consists of Chmn. "Red" Smith, McNaughton, R. Wright and F. L. Lindblom.

After the meeting was over, old members of the fraternity, together with the newly elected members, journeyed to King Ying Low's Chop Suey and enjoyed steaks, chicken chow mein, and McNaughton, an egg omelette.

SIGMA CHI OMEGA

Some of our men were unfortunate enough to be among those who had their slickers and topcoats "lifted" a few days ago. In all probability there will be a big demand for barrels now, and



Around Our Merry Campus

A physician in Minnesota was asked by the bereaved widow to take care of inserting a death notice of the late lamented in the weekly local gazette.

"How much do you charge?" he asked the editor.

"Dollar and a half an inch." "Holy Smoke! He was six feet four!" mused the doctor, as he began to calculate the expense.

"Two pennyworth of bicarbonate of soda for indigestion at this time of night," cried the druggist from his second-story window, aroused at 2 a. m., "when a glass of hot water does just as well!"

"Weel, Weel," said Sandy, as he hastened away, "I'll not bather ye, after all! Guid nicht!"

Doctors who neglect to push those who owe them money should see a moral in that one about Sam, the colored man, who was asked to "drop a little money for the Lord" in the tambourine held out by the Salvation Army Nell.

Sam owed everybody in town, and when he refused to contribute, the Salvation lassie reminded him, "You owe it to the Lord."

"Yes'm," said Sam, "I know it. But He ain't pushin' me like de rest!"

"Look here!" bellowed an irate customer in a hardware store; "you say you won't sell me a shovel unless I get a permit from the authorities and sign my name in a book. What's the big idea?"

"We ain't taking no chances," was the firm reply. "Gov'ment's mighty keerful these days. You fellers buy a shovel, dig up the ground, plant barley, make it into malt, then start brewing beer. No sir-ree! Get a permit, or you don't get the shovel."

without a doubt, date nights will be spent toasting shins in front of fireplaces, instead of strolling under the moon.

Several new members were welcomed at the last meeting and although the speaker did not arrive, the evening was rounded out with a musical program and extemporaneous speeches from various members of the organization.

More power to you, "Black Pirates". You have filled a vacant spot in the college and we sincerely hope that you do your stuff at all times, instilling some of the old time Spirit into the gang.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

Consume Your Own Smoke

Courage!—be neither whiner nor quitter. To whine is a pitiable confession of weakness—to quit the ranks means the n. g. tag double-quick with all trimmings. Stick! And though heart-sick and sorely tired, it is written that you'll get well.

The world has neither ear nor use for the kicker, the lonesome, nor the quitter. The grouchy habit has been sent to the dump with garbage cans and ash barrels of eternal shiftlessness. 'Tis true, there are a few dead ones perambulating among us, but as a people we are learning that life means work, and desire, and health, and happiness.

Life is a tragedy wherein red blood is shed and tender hearts hurt. But the murmurings and whimperings over non-essentials, by small and jealous souls that sneer and sulk in the shadows of irrelevant, unnecessary and un-called-for—and for those who indulge therein it is fearsome failure here and a hot griddle at the right hand of Beelzebub beyond, the which is reversed for horrible examples.

We have buried doubt and fear—it is no longer to whine, but to do. Things cannot always go your way. Learn to accept in silence the minor aggravations—cultivate the gift of taciturnity, and consume your own smoke with an extra draft of hard work, so that those about you may not be annoyed with the dust and soot of your complaints.

Happiness is the master-quest of mankind—for us to seek in such a manner as to help ourselves without injury to others. We are here not to get all we can out of life for ourselves, but to try to make the lives of others happy. And to benefit others, we ourselves must be reasonably happy; there must be animation through useful service, good cheer, kindness and health—health of mind and health of body.—(The Orange Highball.)

When to Start the Day

The best time to start the day is the night before. For the morning—a clean shave, a bath, a clean shirt, a clean collar, and a clean conscience. For the evening—a little self examination—an interesting game, or a good radio program, or conversation with friends, or reading.

The rest of the day? Oh! that will take care of itself.

Acid For Throat and Lung Troubles?

From Germany comes the news of a treatment of throat and lung affections by means of acids in a gaseous form. Dr. C. Thomalla, writing in Reclam's Universum (Leipzig), tells us how a certain physician noticed that the workmen in departments of a factory where the air was saturated with vaporized acid had such an exceptional feeling of well-being that other employees in the factory made it a habit to go to these rooms to eat their lunch. The factory employed acid to cleanse rags from adulteration with cotton, which is disintegrated by acid fumes. Closer investigation showed that workmen in the acid rooms had remarkably sound respiratory organs and were free from grip and colds even during epidemics. It was even observed that mild cases of tuberculosis were healed when exposed to such an atmosphere. The observations thus made were tested by experiments with animals which yielded excellent results. We read:

"It was thus proved that air impregnated with acid in gaseous form exerts upon the bronchial tubes and the lung tissue a slightly irritating and subsequently hardening effect.

"Guinea-pigs were placed in an acidified atmosphere with control animals in ordinary air, and both groups were infected with tuberculosis bacilli. The animals in the first group remained healthy, while the latter succumbed to the disease."

The experiment was then repeated with human beings, and, after a period of observation covering several years, it was found that vapors of acid similarly distributed in living-rooms and bed-rooms protected the dwellers therein from infection of the respiratory passages and facilitated recovery, this being noted especially in hospitals. To quote again:

"Upon this experience is based the 'acid therapy' of Dr. von Knapf, of Munich, which offers a simple method of curing colds, hay-fever, etc. The specially prepared acid is merely put in an evaporating dish and placed at the bedside of the patient, so that the air becomes charged with the vapors, which are thus drawn into every crevice of the lungs and bronchial tubes at each breath."

YOUR BACK ACHES BECAUSE:

"Kidneys," said the herb man.
"Prostate," said the G. U. doctor.

"Flat-foot," said the shoe doctor.

"Pelvic trouble," said the gynecologist.

"Infected teeth," said the dentist.

"Mal-adjustment" said the osteopath.

"Impinged nerves," said the chiropractor.

"It don't ache," emphasized the Christian Scientist.

Photographing the Stomach

The interior of the stomach may now be photographed, as announced at the Congress of Metabolism, held recently in Berlin, by one of the delegates, Dr. Elsner. Hitherto the examination of this organ has been possible only by X-rays, but this is far from satisfactory since the radiograms present only an outline.

According to a writer in Reclam's Universum (Leipzig) Dr. Elsner inserts a stiff tube such as that which has been used in examination of the bladder. In front of the upper end of this tube is placed a tiny camera containing seven films. Within fourteen seconds photographs of the interior of the stomach are recorded upon these, the stomach meanwhile being kept in constant motion.

The entire process, from the time the patient is placed upon the operating table requires only five minutes and it is entirely painless.

Questions and Answers

The fad for questions and answers has reached Hopkin's Four Corners—and the Country Doctor, catching on to the "speerit of the thing," sends us in a list of his own:

(Answers on page 4)

1.—How can a doctor increase his income?

2.—How often does a patient die in the State of New York?

3.—What is the best way to prevent disease caused by biting insects?

4.—Where is the best place for a doctor to get parts for his flivver?

5.—What do most doctors do with their old, worn out clothing?

6.—Where can a physician find rest?

7.—How may a doctor make the patient's mother think he is smart?

8.—What should a physician call his sixth child?

9.—Does exercise kill microbes?

10.—What is the best use a doctor can make of his spare time?

11.—What should a young physician do if a patient pays his bill the day it is received?

12.—What is the main duty of a doctor's wife?

Country Policeman (at scene of murder)—"You can't come in here."

Reporter—"But I've been sent to do the murder."

Policeman—"Well, you're too late; the murder's been done."

Doctor—I will give you a local anesthetic if you think it necessary.

Railroad Man—Well, Doc, if it's going to hurt, I reckon you had better cut out the local and run me through on a sleeper.

If you don't want daughter kissed, teach her personal dignity, watch her, and feed her onions.

Detroit Osteos Win Drug Tilt

Federal Judge Ben Dawkins' opinion, made public yesterday, allowing Walter P. Bruer, Detroit osteopath, to prescribe and dispense narcotic drugs, establishes the right under which every osteopath in Michigan will gain similar privilege, according to officials of the Michigan State Osteopathic association.

Judge Dawkins' ruling resulted from Dr. Bruer's demand for a writ of mandamus to compel Fred L. Woodworth, collector of internal revenue, to issue a narcotic permit to him. Collector Woodworth previously had refused Dr. Bruer, and all other osteopaths, drug licenses, on the ground that the state attorney general had ruled that osteopaths were not physicians, and therefore not entitled to dispense drugs.

600 Osteopaths Affected

Eighty-seven Detroit osteopaths and close to 600 scattered throughout the state of Michigan regain their former powers under Judge Dawkins' decision. Immediate steps are being taken by local practitioners to obtain permits for the year 1927-28 and at least a score of osteopaths will apply for drug licenses today.

Judge Dawkins' interpretation of the act of congress covering drug permits is that a permit is issued primarily as a tax and it is not within the powers of an internal revenue collector to determine who can or who cannot obtain a permit. He cited sections of the state law to substantiate his conviction that an osteopath is an accredited physician and therefore entitled to all the rights of those practicing medicine, so far as narcotics are concerned.

Dr. Bruer's request for a writ of mandamus was in the nature of a test case, sponsored by the state association of osteopaths. Action was started in federal court in July, less than a week after Collector Woodworth declined to issue a drug permit to Dr. Bruer.

Reverse for Potter

Collector Woodworth's refusal to issue permits to Detroit osteopaths was based on a circular issued by Attorney-General W. W. Potter, who refused to recognize them as practicing physicians. Attorney-General Potter's ruling was a complete reversal of the view held by Daugherty, who had allowed osteopaths all rights accorded doctors of medicine.

Judge Dawkins' opinion serves to quash the ruling of the state's attorney general, which went into effect shortly after he took office last January. Michigan osteopaths first were given the right to prescribe and dispense narcotics in 1903 and since that time only three state administrations have declined to recognize osteopaths as physicians.

Once the hard job was to let it alone; now the hard job is to drink it.

New Phases of the Still Endowment Project

The Still College Endowment plan underwritten by a life insurance company is possibly the only plan ever devised by which the graduates and friends of an institution can endow the institution, and while doing so, increase their own estates.

The possibilities of our endowment project are absolutely unlimited and we are advised by the Royal Union Life Insurance Company that since the introduction of the Still College Endowment project, a great number of institutions, and even churches, have asked the Royal Union Life Insurance Company to sponsor similar endowment projects for them.

This great plan has been approved not only by the Actuaries of the Royal Union Life Insurance Company, but it has also been approved by the various Insurance Departments of the sixteen States in which the Royal Union Life Insurance Company operates, including the State of Iowa. This proves conclusively that the plan is mathematically and scientifically correct.

We are pleased to tell you that the campaign introducing the endowment fund continues to grow apace. A great many of the leading Osteopaths of the country have already taken out policies in the group. The various States represented are Vermont, New Jersey, New Hampshire, Michigan, Texas, Kansas, Minnesota, Wisconsin and Iowa.

An Example

The policies are issued in units of \$1200. One unit is \$1200. Suppose you are 30 years old. Under one unit you guarantee to your immediate beneficiary — your wife, any member of your family, or your estate—\$1,000.00 in the event of your death. Secondly, whether you live or die in 20 years, Still College receives a minimum of \$200. At age 30 the yearly deposit required is only \$25.91—which is less than 50c a week.

The policy is an old line legal reserve policy that provides for increasing cash, loan, paid-up and extended insurance values. The deposit is a guaranteed fixed deposit which can never be increased. The policy also participates in the divisible surplus of the Company at the end of the fifth policy year and at the end of every five years thereafter.

Every one of the policy provisions is absolutely guaranteed in the contract backed by the Royal Union Life Insurance Company, an institution with more than \$24,000,000.00 of assets, further secured under the Iowa Deposit Law, which requires that every dollar of the cash value of every one of those contracts must be secured by a deposit of approved securities with the State of Iowa.

As previously told you, the selling of these policies in the Still College Endowment Fund is handled by the college and the Royal Union Life Insurance Company, without the services of

agents. Policies in the group are available to all members of the Osteopathic profession and members of their families; also to students of Osteopathy and members of their families. If you are in good health and a standard risk, no medical examination is required for one of these policies up to two units, or \$2400. You can conveniently secure one of these contracts by mail.

Important Consideration

In every phase of the endowment project the Royal Union Life Insurance Company has demonstrated its willingness to co-operate. Here is the latest suggestion by the insurance company. If it is not convenient for you to take care of the first year deposit under one of these contracts immediately, the Company, because no agent is involved, stands ready to arrange for the payment of the first year deposit to meet your convenience.

Certainly you will now understand that you have possibly never before been offered a life insurance policy under such favorable circumstances, and please remember, that each policy taken in the Still College Group Endowment plan, besides increasing splendidly your own insurance estate, also helps to build the endowment fund for Still College.

There are no strings tied to the plan. It is a straightforward offer of insurance, without red tape. If you have not already sent in your pledge, will you please do so now? Insure yourself and every member of your family in the Still College Endowment Group, thus adding to your personal life insurance estate and at the same time helping one of the profession's best schools.

A man should hear a little music, read a little poetry, and see a fine picture every day of his life in order that worldly cares may not obliterate the sense of the beautiful which God has implanted in the human soul.—Goethe.

Knowing When as Well as How

Have you adopted the "dual system" of invoicing your patients? It works. A surgeon who had presented a bill for \$300 for removing a steel splinter from the eyeball of a patient was visited by the aforesaid patient, who strode into the surgeon's office with malice in his tread and ire in his glance.

"Three hundred for a minute's work! You must be crazy!"

The surgeon grabbed the statement, wrote for a minute and handed another to the man. The invoice read, "To removal of one steel splinter, \$10."

"That's more like it," grinned the patient, pleased.

But the surgeon wrote again. "Here's the rest of it," he said solemnly, as he handed the perplexed man another bill, "To knowing when to stop, \$290."

Questions and Answers

(For Questions see page 3)

- 1.—Trade jobs with a brick-layer.
- 2.—Only once.
- 3.—Stop biting the insects.
- 4.—At the railroad crossing.
- 5.—Wear it every day.
- 6.—In the dictionary.
- 7.—Agree with her on everything; then go ahead his own way.
- 8.—Quits.
- 9.—Yes, if they are unaccustomed to it.
- 10.—What spare time?
- 11.—Fall dead.
- 12.—Answer the 'phone at 2 A. M. and then shake him.

Judge—It seem very strange to me that you could keep on robbing that enormous corporation for so long without being caught.

Prisoner—Well, the corporation was pretty busy itself.

Cars are much like men. The smaller the car, the louder the horn.

Still 7—Midland 0

(Continued from page 1)
chance to score, as they were well in Midland's territory at the time.

H. Koolen's punting and the offensive work of Martin Koolen featured the play of the Midland team, although Rock and Miller at the tackles, Merz at guard and W. Peterson at quarterback performed well.

Davis, Schaeffer and Larson in the Still line showed up best, with King, Shaw and Plude doing good work in the backfield.

Ten Good Rules For Health

1. Walk in the open air.
2. Keep a contented mind.
3. Breathe deeply of pure air.
4. Enjoy innocent amusements.
5. Get plenty of sleep each night.
6. Give your body and soul plenty of sunlight.
7. Eat healthful, plain food—and just enough of it.
8. Associate with companions who will benefit you.
9. Give your body plenty of pure water, outside and inside.
10. Do unto others as you wish them to do unto you.
—Firestone Non-Skid.

DEFINITIONS NOT IN THE DICTIONARY

Caution—Early in life we are told to be good—later, we learn to be careful.

Death—That which removes temptation, and stops strife—the worst that can happen.

Happiness — Helpful service, wherein the mind and heart have full play.

Manners—They may not make the man; but they spell success while here, and make his memory.

Passion—A flower whose perfume is wafted to many a poor starved soul on the balmy breeze of memory.

Wickedness—A word used as a scarecrow to protect the weak from temptation.

PLEDGE

I agree to fill out, sign and return as directed, the necessary blanks (to be mailed me later), and attach hereto Five Dollars as partial payment of first annual premium on \$..... policy, as outlined for the Still College Group Endowment Fund.

My Name in Full.....

(Write plain or Print)

Mailing Address: St. No..... City..... State.....

Date of Birth..... Place Born.....
Month — Day — Year County or State

Name in Full of Primary Beneficiary.....

Mail above Coupon to Still College of Osteopathy, Des Moines, Iowa, or Royal Union Life Insurance Company, Des Moines, Iowa.

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

THE LOG BOOK

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Volume 5

NOVEMBER 1st, 1927

Number 8

The North Pole Special

Journey Number Two of the North Pole Special was made on the event of the Minnesota-Iowa Homecoming football game at Minneapolis, on October 22nd.

Doctor Halladay, his wife and two children, "Red Maxfield and Art Lyddon, constituted the travelers who made their way fearlessly into the far north.

They left at one o'clock on Friday afternoon, took time out at Owatona to eat and arrived at Minneapolis at nine-thirty. Looks like a few speed laws must have been slightly fractured, but at any rate, they got away with it.

At Minneapolis they went their several ways, after agreeing on a ten o'clock start for home on Sunday morning.

About the game—but why talk about that? As you already know, Iowa got her usual sound drubbing, to the tune of 38 to 0, from the "Giants of the North."

The gang all must have celebrated a little, because Verge said that he thot that he was driving a hearse on the return trip. All his passengers went to sleep. But he must have stayed on the job, because his driving time on the return trip was nearly as good as that going north.

Next year, Maxfield, ex-aviator of the British Royal Air Force, says that he'll be "In the Air" again and that the North Pole Special will fly in 1928. Verge and Art have applied for more life insurance and are rarin' to go. So look for the next episode of the N. P. S. entitled: "Now We're in the Air."

Field Notes

Dr. Arnold Schneider, of Rochester, Minn., writes that he has a Taplin table, used 1½ years, which he wishes to dispose of. Anyone interested, write him, care of The Brown Hotel, Rochester, Minn.

* * *

Doctors Lilla Davidson and Leta Grosjean have rented a suite of six rooms on the second floor of the Lindaman building, corner of Main and Ferguson streets, Charles City, Iowa.

Dr. Davidson has practiced in that city for a number of years in the Ellis apartment on East Clark street, which apartment she retains for living quarters.

Dr. Grosjean moved to Charles City from Des Moines last summer and took over Dr. Davidson's practice while she took a much-needed rest.

Infantile Paralysis

Interesting details of the manner in which infantile paralysis cases respond to osteopathic treatment were developed during the course of addresses and demonstrations held at the semi-annual meeting of the Western Pennsylvania Osteopathic Association, in Grove City, recently.

While the program for the day included a surgical clinic in the Grove City Osteopathic Hospital, and a number of addresses and papers on matters of general interest to osteopathic physicians, during the afternoon and evening sessions held in the Penn-Grove Hotel, from the viewpoint of the general public the statements made with reference to the success made in coping with infantile paralysis based upon an experience of several years, was ranked in importance with the variety of surgical work demonstrated at the hospital clinics.

Speaking under the heading of "Infantile Paralysis," Dr. O. O. Bashline, who with Dr. W. W. Rossman, conduct the Grove City Osteopathic Hospital, developed many interesting facts in connection with the disease.

Dr. Bashline stated that outside of the osteopathic methods of treating infantile paralysis little progress has been made in coping with the disease.

The speaker traced the course of various epidemics in the past, and pointed out that the disease prevailed frequently in limited areas, citing as an illustration that in 1910 to 1912, thirty-two cases of infantile paralysis occurred within a three-mile radius of Grove City. Of these cases, Dr. Bashline said, twenty cases were treated by the osteopathic method, with excellent results.

The origin of infection in infantile paralysis, said the doctor, is unknown, but it is believed that it might come from nasal secretions, due to the fact that running colds often precede the disease.

A demonstration of treatment of an infantile paralysis sufferer was one of the features of the meeting, a child that had been unable to use any part of the body having been brought to the point where it can raise its head, its arms, and slightly move its feet. The opinion was expressed that the child is progressing at a rate that indicates its recovery.

Uneasy lies the head that wears a frown.

Do the best you can—that's all the angels are doing nowadays.

Assemblies

At our assembly on Friday, October 14th, we were again greeted by our Band. The progress that they have made in the short time that they have played together is remarkable. Between selections by the band, a reading by the versatile St. Amant and some songs by Hubbard, rounded out the program.

The following week the Assembly was in charge of Mrs. Innes, our "Ruler of the Laboratory," and it was high class and of practical value to all present. Starting with a violin solo, very well rendered, by Earl Hewlett, we were next entertained by an excellent instructive lecture on "Life and Customs in India" by a traveler and scholar, who might well be called one who loves his fellow men. The necessity of not only tolerance, but the willingness to look at the other person's view of life with an open, unbiased mind, were particularly stressed.

Judging by the applause, the lecture was greatly enjoyed by the students and visitors. We hope to have more programs of this type, for they are well worth while.

Review Course Begins

Dr. Samuel Fomon of Chicago, is again with us and started his lectures, Monday, October 31st.

Practically every student, with the exception of the Freshmen, knows the nature of this Medical Review Course given by Dr. Fomon. It is undoubtedly of value to any and all undergraduates—and graduates, too.

With the thirty-eight students who registered for the Course last Spring and the new registrations, there are over fifty taking the Course.

Are You Looking For a Location?

Dr. S. J. Gilmore of Knoxville, Iowa, writes that the town of Bagley, Iowa, has no Osteopath and needs one badly. There is a wonderful opportunity for some Doctor to get a good practice in this town, as Osteopathy is in very good repute.

Dr. Gilmore will gladly give more information to anyone interested, if you write him at Knoxville, Iowa.

It is all right to pray for the things you want—but don't forget to work diligently for the things you need.

A Worthy Movement



DR. H. J. MARSHALL

A subject creating much interest and comment in osteopathic circles is that of the Still College Group Endowment Policy as underwritten by the Royal Union Life Insurance Company of Des Moines, Iowa.

To beat their best our colleges should always in a sense be in need of money.

Every well-meaning Osteopath who has the interest of the profession at heart owes a duty to our schools. We owe it to the progress of our profession.

There is the need of the College itself for more funds than it dare ask of its students, lest it discriminate, and there is the latent, but poignant, desire of the loyal graduate and the outstanding Osteopath to have his name go down through the years to the sons of the College.

The Still College Endowment is most unique; plausible and appealing. It has tremendous possibilities.

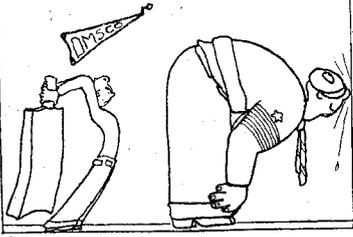
The Still College plan is vastly different from any other Endowment project we have ever analyzed. Under this plan the principal recipients of the benefits gained are the members of our own families or our estate.

The Endowment interest of the School is very secondary. A life insurance policy is issued in units of \$1,200.00 at an extremely low rate, on account of the group nature. In fact, the annual deposit for one \$1200 unit is about the usual rate for \$1000 of ordinary insurance.

In the event of death, \$1000 goes to your family and \$200 to Still College. In the structure of the policy, if you live for twenty years, Still College receives \$200 as an endowment.

It is almost a paradox, but by far the greater interest in this unusual project is maintained by (Continued on page 3)

FRATERNITY NOTES



PHI SIGMA GAMMA

An instructive work night was held at the house on the evening of Oct. 7, Dr. H. J. Marshall giving a valuable talk on "The Practitioner in the Field." Refreshments added the finishing touch to the evening.

We've known seniors to take a Rose and Carless or William on a date, but "Pres" Howe created a student sensation when he had his notes read to him while taking a Saturday night plunge.

"Fountain Pen" Stone enjoyed an impromptu fire drill Saturday morning, but personally we believe he wanted to treat the neighbors to a view of his flashy pajamas.

Pledge Patterson doesn't claim any Scottish descent or wear plaid BVD's, but after exploring his room thoroughly he asks—"Where's that toothpick I left here a couple days ago?"

The unsolved mystery of last year—on the Ankeny road—now threatens to be solved by Chuck Auseon. Last reports have it that he will lead an exploring party soon.

After many words, it has been decided that Lowell Morgan will act as a committee of one in securing the annual Christmas tree, and the "bank" fund turned over for other purposes.

We'll have to admit that "Geo. Stuart" and Dale Weldon certainly know football. At least, they are quite adept at picking their fields from the sidelines.

The Brothers certainly enjoyed having Jennings around the house one evening last week, evidently the Valley car must have jumped the track.

"Red" Granberg has gone over his "Straight Four" getting it ready for about town travel to eliminate possibility of vibration he has discarded doors and windshield. With the motor replaced and other slight changes, he hopes to have it in running condition.

ATLAS CLUB

Monday night, Oct. 24, Dr. A. B. Taylor gave us some interesting case histories relative to differential diagnosis.

The following men completed their initiation: Kenneth Ward, Willard E. Bankes, Neal Holton. "Casey" Jones bought a "pac" of cigarettes—they're Camels.

Dr. Carter's class in "Frosh" technic is gaining momentum.

Pledge Swartzbaugh receives his usual five treatments per day.

Brother Trimble and "Rusty" Wright were the Still rooters at the Trinity game at Sioux City.

Our "Hunchback" Pledge, Larry St. Amant, is slowly recovering from the Trinity game.

Our "Gold & Pyle" Pledge,

Nossek, sees all, knows all—what all?

Pledge Kenny Moore's parents, of Warren, Ohio, surprised him with a two-day visit recently.

What Pledge "Mike" Caldwell wants to know is "Who's this Clara Bow?"

Bro. Harvey visited his "Great Aunt" at Pleasantville, and took on a chicken dinner, incidentally.

Where's the Stampede? The cowboys have been out every night, lately.

Chris Fedson was the unofficial entry to the Grinnell "Flivver Race."

IOTA TAU SIGMA

After weeks of dickering, bargaining and promising to pay, a new Baldwin baby grand rests serenely in the southwest corner of the conservatory. This is certainly an addition, and now the house orchestra can make no further complaints of inability to get in tune.

Side Lites Around the House: Now that "fire chief" Shaw has fire escapes dangling from the upper windows, fire drill is in order. Incidentally, we hope this relieves Shaw's insomnia.

Although "Big League" Herrick has regained his title for vocal volume from "Noisy" Rorick, our own little sweetheart is still hot on his trail.

Being house-bound for five nights a week certainly cramps "Sheik" Richardson's style.

"Lily" Peterson, the Knight of Malta, made a week-end trip to Boone to see his cousin—so he says—we believe him (?).

We are glad to announce that "Paul Revere" Cudden has had his horse out for exercise again. "Three-Minute Ike" has made some nice dashes recently and should be in good shape by next spring.

"Aimee" Morrow cracked his first book this week. But nevertheless he added seven new names to the little red book.

"Granny" Cudden, the other half of the Cudden family, must have found greener pasture from the hours that he has been keeping, here of late.

"First Prize" DuBois is thinking of opening a dancing studio for poor working girls. Admission will be by invitation only, however.

"Nick" Gill is still leading the big four in the letter contest. He certainly is setting a tough pace. Seven scores in one day is his record so far this season. "Buddo" Gephart, the champion of two years' standing, gives himself until Christmas to pass him.

A Freshman study table is the latest innovation about the house. It is certainly giving some of the Seniors a chance to find out how much they know.

"Kid" Wigal says that he had never realized what a tough racket fighting was until he found out how easy it was to make board, room and tuition otherwise.

On the new baby grand, Drabings hammering resembles music.

One reason why few recognize Opportunity is because it is disguised as a hard job.

The Chemist to His Love

I love thee, Mary, and thou lovest me—our mutual love is like the affinity that doth exist between two simple bodies: I am Potassium to thine Oxygen. 'Tis little that the holy marriage vow shall shortly make us one. That unity is, after all, but metaphysical.

O, would that I, my Mary, were an acid, a living acid; thou an alkali endowed with human sense, that brought together, we might both coalesce into one salt, one homogeneous crystal.

O, that thou wert Carbon, and myself were Hydrogen! We would unite to form olefiant gas, or common coal, or naphtha.

Would to heaven that I were Phosphorus, and thou wert Lime, and we of Lime composed a Phosphuret! I'd be content to be Sulphuric Acid, so that thou might be Soda; in that case we should be Glauber's salts.

Wert thou Magnesia instead, we'd form the salt that's named from Epsom. Couldst thou Potassa be, I Aquafortis, our happy union should that compound form, Nitrate of Potash—otherwise Saltpetre.

And thus our several natures sweetly blend.—(Nuggets.)

Sleep

"Sleep is the most important thing in the world, more important even than food. For we eat to sleep—but we sleep to live. Men have gone sixty-three days without food and a week without water—but they cannot last more than ten days without sleep.

"Loss of sleep causes a form of starvation, for the food we eat is digested and transmitted into new muscle, brain, blood, and nerve cells only while we are asleep. Endurance-racers prove this. Those engaged in six-day bicycle races and other witless forms of diversion eat four or five times as much food as does the ordinary man. Yet the end of the contest finds them hollow-eyed and cadaverous from the loss of sleep more than from the physical exertion.

"Sleep recharges the exhausted body-batteries and fills the organic furnace with fresh fuel. Sleep is a positive process—not a negative one. It isn't merely a stopping of bodily activity. It's the substitution of a constructive process for a destructive one.

"Only while we are unconscious do we fully recuperate. The deeper the sleep, the quicker the recuperation. The lighter and more disturbed the sleep, the more we need it, the longer it takes to effect repair."—Clinical Medicine.

Old Stuff

He—Would you mind telling me your age?

She (ingenuously)—Not at all, I'm eighteen.

He—Times what?

Fashion Note—The most attractive hosiery displays are no longer in the shop windows.



Around Our Merry Campus

Better Than Expected

A certain young woman about to be married decided to test her youthful sweetheart, and with this object in view, called on a girl friend.

"I want you to go for a walk with Wallace," she confided, "and at a suitable moment ask him for a kiss."

Her friend blushed, but consented.

The following day the bride-to-be called around to see what had happened.

"Did you ask Wallace to kiss you, dear?" she asked.

"I didn't get a chance," was the rather upsetting reply. "you see he asked me before I'd thought of it."

Stripped to the Bone

The Girl on the End—How funny that Claribel girl looks in her Nile costume.

The Next One—Funny is right. She's a regular comic strip.

The Invitation

Andrew Soutar, the English novelist, was praising the modern American girl.

"She is as piquant as she looks" he said. "At Atlantic City a modern girl from the West was sitting out at a dance with a young man behind a clump of palms. She said to him as he puffed at his cigarette:

"I love your cigarette holder."

"But," said he, "I never use one."

"Then the girl said softly: "Don't be so dense."—Pittsburgh Chronicle-Telegraph.

Visual Acquaintance

"Betty's father is familiar with many tongues."

"Quite a linguist, eh?"

"No, a physician."

Quite the Contrary

Hired Man (mopping his brow)—Gosh, boss, it ain't much fun workin' with the thermometer 98 in the shade.

Farmer Haystack—Well, ye dern fool, what's that to you? I'm not asking you to work in the shade, am I?

Order

Mr. Wampus was sitting quietly in the pharmacy, attending the lyceum. There arrived his little girl with this message:

"Mother says for you to come home this minute."

"And what if I don't come home this minute?"

"She says she will come after you with a sash-weight."

He went.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

The Noon-Day "Snack"

The popular American lunch of a "snack on the run" is on trial by a group of recognized dieticians who have just finished an interesting experiment on the typical modern noon-day meal.

Results of their investigations thus far show clearly that normal growth was not maintained in young experimental rats fed on diets such as office people and busy housewives regard as sufficient for a light lunch. A plain ham sandwich would not even keep a young rat normal in this experiment. However, the addition of a glass of milk to the simple sandwich, or the use of a fruit or vegetable salad completed the balance and restored normal growth.

"Milk and butter supplement the elements in a meat sandwich of the average quick lunch," points out Miss Agnes Grabiell, of the National Dairy Council, in referring to results of these experiments. "If you call for your sandwich on whole wheat bread you add vitamin B to your sandwich. If you ask for lettuce or other fresh vegetable with it, you are adding vitamin C. The addition of whole milk as a drink adds all the vitamins in various amounts, especially vitamin A."

With such a quick lunch selection, the dieticians have found that you will have all the main requirements for a balanced diet and sufficient food for the energy of the afternoon.

A Worthy Movement

(Continued from page 1)
the donor himself, and herein we believe lies the strength of the plan.

While helping ourselves and increasing our own insurance estates, we are at the same time helping build an endowment for one of the best schools in our profession. The possibilities of the Still College Endowment plan are so large and appealing as to beggar description, and at that, it is only a tiny corner of the acreage at our disposal as Osteopaths.—(DR. H. J. MARSHALL.)

"Could I see the Captain, sir?"

"He's forward, Miss."

"That's all right. I'm not at all afraid. I've been out with college boys."

Soph—Are you the man who cut my hair the last time?

Barber—I don't think so. I've only been here six months.

Are Monkeys Degenerate Men?

The monkey is descended from man, said Dr. Max Westenhofer, professor of pathological anatomy at Berlin University, in an address before the Anthropological Congress at Salzburg, reported in a dispatch to the New York World. He declared also that man is developed from a remote animal that itself developed from a reptilian form of life. We read:

"It is a matter of fact that chimpanzee babies are much nearer human beings than their parents," he said. Referring to Haeckel's fundamental biogenetical law that the ancestors of monkeys came from humanlike animals, he added:

"For that reason, the sentence, 'Human beings originated from monkeys' must be changed to 'Monkeys originated from human beings.'"

Dr. Westenhofer concluded by declaring definitely that human beings have come in a direct line from the oldest mammals—the ankle-joint animals from which all other groups of mammals with their different jaw and foot formation have branched. He began by declaring that in addition to numerous known primitive characteristics of mankind, primitive conditions in the formation of some of their organs are preserved in mankind to-day. Among such primitive survivals he mentioned the appendix, the lobulations of the kidneys, and the indentation of the spleen and formation of additional spleens.

In explaining the last two, Dr. Westenhofer said they are only found in water mammals, and that it could be taken for granted that the ancestors of mankind must have had a period of water life.

He pointed out as of special importance that not a single monkey type, not even the man-like ape, shows a lobulation of the kidneys, and so concluded that monkeys must be regarded as a further development beyond human kind. He explained that these observations led him to search for the origin of the human chin and foot, as they are of special formation, and if he could prove their origin it would be possible to show from what place in the line of vertebrate animals humanity developed.

The human chin, he said, developed from the peculiar position and function of the human teeth. For this reason, he said, this point of human development could be located in connection with certain reptiles. The chin has kept its primitive characteristics in man, while it has deviated in other animals through strong development and specialization of their teeth.

He pointed out that the strong development of the teeth, jaws, chewing muscles, and mouths of mammals stands in inverse proportion to the development of their brains, while with the hu-



Well, she does drink a little, but mostly wine, unless she can absolutely trust the fellow with her." . . . In the corner, two haughty ladies—of—well, nineteen—are sneering at a rejected applicant—"an' he said, 'Do you dens-s-se,' just like that, an' I said 'No-o, I don't de-e-ens-s-se.' Those nuts make me sick. When I told that other Louie 'No,' he said, 'What do you think of that. I forgot all about it—here's a recommendation from my Sunday School class. Be good now, just one dance. See here, I'll pay you one buck f'r every time I step on you, and ten if I don't—you can't lose, girlie.' Can you beat it? They tell me Tunney's going to fight Vincent Lopez in New York next Spring, but you can't fool me; Lopez is an author—not a boxer—and then where would Tunney get all his literature for the next fight? . . . Look this one over customers; the wisecracker asking his dummy friend—"Do you know what become of Tyre?" "It was punctured, heh, heh, heh!" sprang the little wretch. . . . His friend said he roomed in a house full of channel swimmers because they stayed in the bath so long.

The common school is the greatest discovery ever made by man. It is super-eminent in its universality and in the timeliness of the aid it proffers. The common school can train up children in the elements of all good knowledge and of virtue.

Every man who thinks he has the world by the tail and is about to snap its demnition head off for the delectation of mankind, is unsafe, no matter how great his genius in the line of specialties.

man being, exactly the opposite is true.

Dr. Westenhofer declared the prehensile foot is not the oldest mammal foot, but the real walking or standing foot of man.

The preservation of the primitive form and function of the teeth and jaws and of a standing foot connected with the ability to walk erect are the main reasons for the brain development of the ankle-joint animals, so that from this creature the brain animal, the human being, could develop.—(Literary Digest.)

Prolonging Life At Its End

The study of geriatrics, which teaches the care and treatment of diseases of old age, is very little known to many of our medical profession, says Dr. Nathan H. Hornstine, of Philadelphia, writing in The American Physician (New York). It has, he believes, been sadly and unwisely neglected. The general cry today is that we must exercise all our care in bringing up a healthy and sturdy young generation. It is all good and well. But why neglect the old? He writes:

"When does one actually begin to be an old man? It varies greatly with the individual. The old saying that a man is as old as his arteries, is true.

"The changes of life-structures vary greatly in accordance with the conditions of each individual case. With some it is between sixty and sixty-five. In others, again, senility begins to make its appearance at seventy. Occasionally, however, we may see, in men doing hard, laborious work, or in those afflicted with some disease, as well as in many who have had hard knocks in life, it begins at fifty to fifty-five.

"Old people constitute about 10 to 12 per cent of our population, and yet our medical profession knows a great deal less of their specific ailments than they know of diseases in general.

"The study and practice of geriatrics can be divided into two parts:

"1. The presenile age, fifty to seventy.

"2. The senile, seventy and above.

"The most important thing for the geriatrician is to keep the individual as long as possible in the first, or presenile stage, by care and prevention, through a proper mode of living, by general hygienic care of the body and by the individual subjecting himself to periodic physical examinations by his family physician. These are just the precarious years when many a lesion, if detected in time, could be prevented from spreading and many lives saved. This is especially evident in the case of cancer.

"There are two classes of old age: the natural, due to advance in years, seventy-five and above; and the premature, 'Senium Praecox,' due to changes in the cardio-vascular system and in the central nervous system. Premature old age may be also a sequela of syphilis or severe infectious diseases which have greatly damaged the lymphatic glands."

There are many theories, Dr. Hornstine tells us, as to the exact causes of old age. Some authorities claim that it is due to change in the thyroid gland, affecting the lymphatic glands supplying the web tissues of the organs, and the body structure in general. This, we are told, is readily noticeable in the skin, producing wrinkles on face and body. This condition also accounts for puffy eyelids, cold and clammy extremities, muscular

(Continued on page 4)

Prolonging Life At Its End

(Continued from page 3)

weakness, apathy, defects of speech, vision and mentality, impotence, hardening of the arteries. He goes on:

"Another theory is that which is based upon a slowing down of the process of regeneration of cells in the body that have been degenerated and destroyed. It has been generally conceived that the body is constructed of individual cells, and as life goes on, the cellular elements keep on changing, becoming degenerated; new cells appearing to take their places. This process of regeneration is more active in the younger and greatly lessened in the older individual. As an illustration may be given the process of repair in the healing of wounds, when new cells replace the ones that have been destroyed. We know, as a fact, that a wound in a younger man is healed faster than in the older man.

"The cardio-vascular apparatus undergoes marked changes in the aged. The muscular structures of the heart and blood-vessels have less elasticity. The vasomotor centers are much less active, thus affecting the blood-pressure. The blood supply is greatly impeded, which affects the vagus and accelerators, lessening the activity of the aged. Upon the cardio-vascular changes depend a great deal the blood supply to the extremities, and the impediment of this supply causes senile gangrene.

"The respiratory apparatus undergoes many changes. The air cells become atrophied, the power of oxygenation becomes impaired, air impurities find access with consequences that lead to bronchitis, asthma, and pneumonia. The latter condition, if developed, becomes more dangerous and fatal than in the younger individual.

The cerebral changes and those of the central nervous system play a great part, affecting the psychic and intellectual powers of the old individual. These changes in the course of infectious diseases lead to such manifestations as delirium, coma, and meningitis, and in many instances endanger the prognosis in a given disease.

"Again, other authorities claim that senility is due to a degenerated process in the nerve cells of the brain and spinal cord. It has also been stated that a degenerative process in the vagus cells causes a lessened function of the organs that finally leads to a general standstill.

"It is, however, a proven fact that old age begins with a gradual process of change in every glandular structure of the body due to a lessened intake of nourishment and a greater excess of waste, which results in the destruction of tissues.

"Aging may be different in different individuals, races and occupations. In a good many instances it has to do with personal psychic conditions and with the environment.

"We must bear in mind that in

many instances the cause of aging quickly is due to the fact that certain individuals retire from active life and start 'taking it easy' too soon, whether it is the rich who can afford it or the workman who retires on a pension. In these retired people the mortality of old age is greater than in those who remain longer in active life. I believe the age of retirement should be from seventy to seventy-five.

"It must, however, be borne in mind that the activities of the aged should not be too strenuous. It should be measured proportionately with the strength of each individual, taking care chiefly of the strength of the heart muscle and the arterial tension.

"Height and weight show variations in the aged. It has been generally accepted that the growth of a man proceeds until he reaches the age of thirty and remains stationary until fifty, then it shortens as age is progressing by small fractions. These changes are due to a senile kyphosis of the vertebrae and pelvic bones.

"The loss in the general body weight depends upon the robustness of each individual. The internal organs, however, lessen in weight very markedly."

Is old age a disease or a natural sequence of life's existence? Can we compare life to a lamp that burns oil, which as soon as the oil gives out, begins to flicker until it dies? Can we not add more oil and keep it burning longer? Dr. Hornstine believes that we can, by carefully watching and not letting the oil go down very low. He proceeds:

"The old Roman philosopher, Seneca, wisely said: Old age is itself a disease. Yes, and it must be treated as such. Just as we are anxiously concerned for the life of a patient while treating him for pneumonia or typhoid fever, so must we be concerned in treating the aged by instructing them in the care and mode of living after they attain the age of fifty.

"We must teach that it is necessary during the years of young-

er manhood not to spend all of life's resources and energy, but to save and store away enough to create a reserve force for the later years of life; like the merchant who arranges that his expenses shall not exceed his income and provides for a reserve fund in case of necessity.

"By keeping the body and mind active, by constantly watching that the organs of secretion and excretion are performing their proper duties, and mainly by keeping the head cool and the feet warm, death can be deferred for a long while.

"They are to be taught when and what and how to eat. When a man is hungry he will relish a plain slice of bread more than a full course meal, when he is not hungry. The sensation of feeling hungry is better than an appetite. Very rarely men grow ill or die of hunger, while most of the ailments and even death are due to overeating.

"Light, digestible, nourishing foods are to be partaken of at the following intervals: eight, twelve, six, ten. The last meal at ten P. M. should consist only of a cup of weak tea or skimmed milk, a slice or two of toasted bread, and a small dish of stewed prunes. Avoiding at all times overeating. It is best to leave the table with one bite less than one bite too much.

"Plenty of fresh air and sunshine, frequent warm baths, and light exercises, being, however, careful not to overtax the heart. Elimination of waste must be watched with more rigor than even the intake of nourishment. The penting up of waste products in the intestinal and urinary tracts leads to a great many serious consequences in the aged.

"As to the treatment by medication, there are no specific drugs that could be used to prevent old age. As I have stated, all these balsams and elixirs of life, the transplantation of animal glands, will not keep any one young. Only such drugs are to be used as are indicated by the condition of the individual patient.

"There are, however, a few glandular products (endocrines)

which may be given in conjunction with other drugs in many asthenic conditions, and only then when such drugs are called for in each individual case.

"It has been asserted by many investigators, and also proven in many of my own cases, that the endocrine glands, by their direct action upon the cellular elements, exert a stimulating effect upon the reconstruction of these cells, facilitating their activity and greatly increasing their tone by a catalytic action upon these cells.

"This is one important reason why these endocrine glands may be advised in the treatment of asthenic individuals to overcome that post-toxic, infectious, or emotional stress in influenza, pneumonia, typhoid fever and many other inflammatory conditions that leave the individual in a state of fatigue."—(Literary Digest..)

Still College Group Endowment Plan

Yearly Premium Rates at Age of Entrance
(For One Unit—\$1,200)

Age	Premium	Age	Premium
11	\$20.83	36	\$29.63
12	20.83	37	30.38
13	20.83	38	31.20
14	20.83	39	32.07
15	20.83	40	32.99
16	20.83	41	33.98
17	21.03	42	35.03
18	21.36	43	36.16
19	21.64	44	37.37
20	21.94	45	38.66
21	22.24	46	40.05
22	22.57	47	41.53
23	22.92	48	43.12
24	23.29	49	44.83
25	23.66	50	46.66
26	24.07	51	48.62
27	24.49	52	50.70
28	24.94	53	52.94
29	25.41	54	55.34
30	25.91	55	57.90
31	26.44	56	60.63
32	27.00	57	63.56
33	27.60	58	66.68
34	28.23	59	70.03
35	28.91	60	73.60

PLEDGE

I agree to fill out, sign and return as directed, the necessary blanks (to be mailed me later), and attach hereto Five Dollars as partial payment of first annual premium on \$..... policy, as outlined for the Still College Group Endowment Fund.

My Name in Full.....

(Write plain or Print)

Mailing Address: St. No..... City..... State.....

Date of Birth..... Place Born.....
Month — Day — Year County or State

Name in Full of Primary Beneficiary.....

Mail above Coupon to Still College of Osteopathy, Des Moines, Iowa, & Royal Union Life Insurance Company, Des Moines, Iowa.

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THE LOG BOOK

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Volume 5

NOVEMBER 15th, 1927

Number 9

Homecoming as a Frosh Sees It

The arrival of Homecoming at anytime is an auspicious occasion, but this Fall it assumes even greater significance than ever before. Homecoming holds a place in the heart of the alumnus. Graduates from all parts of the country will visit their Alma Mater.

The purpose of Homecoming is to renew the friendships that have been made as a result of associations made at Still. To the graduate member of a fraternity, it means an opportunity to bring to mind the many happy events that took place "in the good old days."

Still College today occupies a modern building, complete with the best of facilities, for the furthering of the science of Osteopathy. It is the realization of a dream, further proof of the integrity of Osteopathy. To the public, it means greater facilities for the better handling of the clinics.

The Freshman at this time meets a physician that has been out in the field. At once he realizes that before many years, he will be one of the many in the field. This meeting is of great value to the Freshman, because the inevitable feeling of skepticism has left him once and for all.

The annual Homecoming game will give the graduate an opportunity to give vent to his feelings, and to bring to mind the yells that at one time were uttered in token of some feat by an old classmate.

This year, Homecoming occurs one week before the invasion of Kirksville. Thus, we have two big events in successive weeks. It should be the duty of every student of Still to help make these days the red letter days of the school year. We have a new building; why not show a new spirit commensurate with the advancement of Osteopathy in the city of Des Moines?

Come on students and graduates—let's go! Be at the game and when it is over, be at the dance—it is for the entertainment of all students and graduates—not for the few, alone, who are in evidence at these functions, usually.

If you have something to say worth saying the grammatical construction is of secondary importance.

If laws really made people good, you couldn't hear a cannon for the rustle of wings.

Assembly

The Assembly on Friday morning, October 28, was turned over to the 1928 Stillonian Staff.

Each member of the staff and his assistants was introduced to the student body and had a few words to say as to the quality of the 1928 publication. From all indications, it will be the best yet published. The fact that each and every student from Freshman to Senior, could ill afford not to subscribe for a Stillonian, was stressed by all.

Dr. "Virg" spoke in much favor of the desirability of the Year Book in the years to come, when we get out into the field.

The "Musical Ramblers" from the Iota Tau Sigma House, entertained with several "hot" selections. They are to be congratulated for the talent shown.

Due to the failure of appearance of the entertainers on Nov. 4th, the Assembly was dismissed and classes were held as usual.

Proctology Clinic

Rectal diseases have for many years been looked upon by the general practitioner as not within the limits of his legitimate field, although it seems difficult to understand why this should be. Surely it is not that they lack in importance, nor, indeed, that their prevalence is so sporadic as to render their study and efforts, toward their alleviation unprofitable, for every physician in practice is fully conversant with the misery and torture rectal diseases inflict upon those unfortunate enough to have developed them.

Realizing the responsibility of the Osteopathic physician to his clientele, we have opened our clinic to those affected with various rectal diseases. This department has examined and treated by ambulant methods, some forty cases. The calls for this class of work are increasing, therefore, the Seniors are all enthused about the amount of relief they are able to give these hitherto neglected ones.

Case reports will be given in an early issue.

October O. B.

Forest Schaeffer, assistant obstetrician, reports sixteen cases during the month of October. These cases were all normal.

There were eighty students who observed these deliveries. There were 42 points credit given on each, with the after calls bringing the credits given to 3360 points.

Football

The following is a resume of the scores of football games to date:

Sept. 24.....Still 6—Parsons 13
Sept. 30.....Still 7—Midland 0
Oct. 8.....Still 0—Doane 7
Oct. 22.....Still 0—Trinity 26
Oct. 28.....Still 0—West. Union 13
Nov. 4.....Still 12—Buena Vista 26

The games yet to be played are Simpson College at Indianola on Nov. 18th, Homecoming, and Kirksville College of Osteopathy & Surgery on Nov. 24th, Thanksgiving Day, at Kirksville. The latter is our big annual carnival, and the trip to Kirksville is being looked forward to by all with great expectation.

Dr. Cora L. Hillabrant

Dr. Cora L. Hillabrant, seventy-seven, an osteopath practitioner in Elmira, N. Y. many years, died Sunday at 1 a. m. at the family home, 652 Park place, after several years' illness. She was a former teacher at School No. 4 for several years before she entered a professional life. Dr. Hillabrant was a member of Park Church and was highly respected.

A private funeral will be held Wednesday, Burial in Woodlawn cemetery.—(Elmira, N. Y. Star-Gazette.)

Pan-Hellenic Hop

On Friday evening, Nov. 11th, the Pan-Hellenic Council of Still College, held an informal dance at the Commodore Hotel ballroom.

Each of the three fraternities was very well represented, about eighty couples being present.

During intermission, a male quartet, from Roosevelt High school, entertained the resting dancers with several selections. They were pronounced good by all.

After intermission, dancing recommenced, continuing until the clock struck twelve.

The entire faculty was invited to attend, but we regret to say that Miss Ava Johnson, the patroness, was the only one able to be present.

The committee in charge of the dance was composed of Raymond Kale, chairman, Iota Tau Sigma; Harold H. Jennings, Phi Sigma Gamma; Russell Wright, Atlas Club, and are to be complimented.

The music was dispensed by Paul Christensen and his Ft. Des Moines Hotel orchestra.

Homecoming Program

The Annual Homecoming Program of Still College will start with the Assembly, Friday morning, November 18.

After several Homecoming talks, the Cotton Blossom Singers from Piney Ridge will entertain the visitors and the student body.

The balance of the Assembly, which will be unusually long, will be taken up by Coach Sutton and a big general Pep meeting.

In the afternoon, the student body and visitors will wend their way to Indianola, via bus and car, to play Simpson. The game is called for 2:30. It is hoped that the entire student body will find it possible to get to the game. If the Still Pirates are to beat Simpson, they will need much support from the side-lines.

The Homecoming activities will end in the evening with a Homecoming Ball at the Savery Hotel, to be given to the students and alumni by the college. The dancing will commence at 8:30 p. m. and everyone is welcome and expected.

Don't forget Assembly in the morning, Football Game in the afternoon, and last, but not least, the Hop in the evening. Let's all help to make it a real Purple Letter Day for D.M.S.C.O.

And don't forget to get your bus ticket at the office, not later than Thursday, and also get your ticket to the game, at the office, for 50 cents. If you wait until you get to Indianola, it will cost you one Simoleon.

Come and get 'em!

October Clinic

During the month of October, 150 clinic patients were examined at the School Clinic by Drs. Johnson, Halladay, Spring, Woods, Marshall and Adkins.

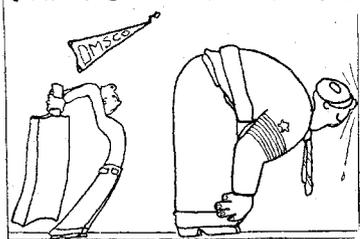
The varieties and types of cases were well divided, including the following: Sciatica; Diabetes; Rheumatic Arthrites; Anemia; Carbon Monoxide Poisoning; Neurosis; Several Nervous and Mental; Injuries and one Spinal Meningitis.

Are You Looking For a Location?

Dr. Chas F. Frazier of Escondido, Cal., still wishes to dispose of his practice there. He states that he keeps no books, as his practice is all cash.

If some good Osteopath wishes to take over this practice, furniture and equipment, please communicate with the Doctor, as he wishes to retire, due to advancing age. A good practice, "a real bargain," established 28 years.

FRATERNITY NOTES



PHI SIGMA GAMMA

The Pledge-Hallowe'en Dance was held at the house on Friday evening, Oct. 28th. Decorations added the spooky atmosphere and the "Imps" furnished the necessary melodies for the occasion. Miss Ava Johnson chaperoned.

Being as appetizing food is a necessary element of proper metabolism, we all welcome the change in the kitchen lineup, and Walt has changed the beaneery into a feasting hall with some real Southern menus.

The football game between the Actives and Pledges was called off, due to the fact that Ripley, the Active's backfield, was called home.

After considerable research along the subject, Stew Griener has decided that "Saturday Night Paralysis" is a misnomer and should be called "Davenport Paralysis."

Pledge Groff says he doesn't mind the boys using his "Black Maria" over the week-end, but wishes they wouldn't misplace the cushions.

Lowell Morgan has recovered from his affection nicely.

Brother Long and Pledge Madison seem to have a contest on to see which one can do the most talking in the dormitory at nite.

We think Chuck Auseon wins the paraffin stove poker, as he was recently ordering a supply of "non-skid" from a wholesale house and in attempting to give the order to the office girl, she referred him, straight back and to the right, where he found a room marked "Gents."

"Pluto" Cuff apparently lost his perfect control a few days ago, but the accident did not prove serious, being only local in nature.

Pledge Taylor was called home due to the death of a grandparent.

Dale Weldon should have a considerable amount of spare time now, as his wife has arrived in the city and correspondence is no longer necessary.

Anyone not being able to locate Jimmy Schaeffer, will possibly find him at Ames.

"Fallen Arches" Jennings has attempted to get his studies by osmosis, filtration and diffusion, but decided it can't be done.

ATLAS NOTES

'Twas a balmy afternoon
And a goodly crowd was there.
Duke and Dave decided to brave
The back of two mules fair.
With two big jumps
They got astride their humps,
And did their utmost best.
The mules got away—
Nuff for today—
Let them tell the rest.

Dr. Carter's latest production "Me and My Shadow—Falling Down Grand Avenue."

Lathrop's—"Ain't that a Grand and Glorious Feeling?"

Pledge Ken Moore has been elected the Kareful Keeper of Bees. May he keep the hives to himself.

After due consideration it was moved and seconded by Ole, himself, to remain far distant from the scene of conflagration, which threatened to destroy the fraternal abode of "Ye Atlas Men."

Faus was 21 years old the other day. Strange as it may seem, he happened to be born on his birthday. Because of this unusual coincidence, the members of the Atlas Club gathered rare gifts of the earth and presented them to this fortunate young cowboy.

Doc Carter says: "Hits not the 'eavy 'auling that 'hurts the 'orses' 'oofs—it's the 'ammer, 'ammer, 'ammer on the 'ard 'igh-way."

Casey wants to know if he must smoke Prince Albert at the Formal, Dec. 16th.

Pledge Swartzbaugh has decided to memorize the Greek Alphabet. It may be Greek to him but it's his "hips" if he don't memorize it.

Doc Trimble's practice has taken on a colorful hue of late. May all your troubles be little ones, Doc.

Pledge Mike wants to know who this "Chlorin" is that Prof. Sutton always talks about.

Fires may come and roofs may go—but Duke sleeps on forever!

Famous last lines—"There ain't no more."

IOTA TAU SIGMA

The Brothers entertained their lady friends with a most delightful costume party at the house on Hallowe'en night. A merry time was had by all. The house was bewitchingly decorated. The basement was turned into a spooks den while the first floor represented an old fashioned barn. The music was good, the spirits were right and a good time was had by all.

Side lites about the house: "Lily", our little boy from Malta, has again crashed into publicity. You should see the foreign mail that he receives. We fully expect him to be getting long-distance calls next.

Scandal in the letter league: "Noisy" Rorrick charges "Buddo" Gephart with hiding his mail. A commissioner is to be appointed to try and get to the bottom of the charges and mete out penalties. Points may be taken away and the rumor is that some may be banned from the league. Nick Gill has slumped in percentage. His story is that Iowa girls are not so bad, after all.

"Sleuth" Lang has again fallen down on the job. "Pug" Wigal has not been seen for two weeks and no reports concerning him have as yet reached the vigilance committee's hands. If conditions continue as they have in the past, the vigilance committee will be forced to drastic action in several matters along this line.

"Yuntchee" Sluss has blossomed forth with all the furuncles that

"Chemist" Drabing cultured for so long.

For Irish buggy technic—see Gill and Dubois.

Notice—Will the Brother who removed the nail for "Grandpa" Drabing's teeth, please replace same, in the west bathroom.

"God's Masterpiece" brought "Deak" Jones to the last dance. This is intended for a news item.

Dr. Fomon is keeping several of the loafers out of trouble at the present time.

"Bill" Russell's ball and chain told us that she liked his new suit. So do we.

Everyone reports a good time at the Pan-Hellenic Dance.

Dr. W. R. Marlowe of Elgin, Ill., paid us a visit last week-end.

SIGMA CHI OMEGA

A Hallowe'en Party for the members was held Oct. 31st, at the home of Dr. W. Jay Miller. Everyone attending wore masks and there was plenty of cider—Not Hard—along with good food that goes with such occasions. Everybody seemed to enjoy themselves to the utmost and luckily, not a person was drowned, trying to capture "bobbing apples."

On the nite of Nov. 7, Dr. Nichols, globe trotter and author, took us on a trip thru South America and the Panama Canal. He is a very interesting talker and one can picture the scenes, for he describes them so fully. The majority of us don't realize the wonderful things that are in other countries, until we hear them described by veteran travelers.

DELTA OMEGA

Beta Chapter of Delta Omega enjoyed a Sunday dinner at Grace Abolt's. The afternoon and evening were spent in trying to acquire "Billy's" superb table manners. (How about it, Grace?) And she sure runs a mean taxi! For some unknown reason, Jessie left at an early hour. (Who is he, Jessie?)

On Wednesday evening, Delta Omega gave a "rush" party in honor of Miss Matis Mullin, at Genevieve's home, 1430 25th St.

Alice sure can dance a light fantastic with a vacuum cleaner.

Gen was going strong before the evening was over, and we all agree she is a royal entertainer.

We enjoyed having Mrs. G. W. Leftwich, out patroness, recently of Lincoln, Neb., with us; also a number of our field members.

Dr. Ruth J. Teberghein, our ex-vice-president, and Dr. W. Kenneth Howes, both of the June, '27 Class, were married Sept. 11, at Syracuse, N. Y. Congratulations.

Dr. Marion G. Caldwell, Jan. '27, has opened an office in Dover, N. H., and writes she is enjoying her practice.

Dr. Mildred Trimble, June, '27, recently located at Grinnell, Ia. Good luck to you, Mildred.

Delta Omega Beta is very grateful to Dr. Carrie Dickey for her generosity in presenting the sorority with an "A. No. 1" skeleton.

Genevieve has officially announced her engagement by wearing an Axis pin, and with the



Around Our Merry Campus

SHE VALUED HER LIFE

The dear old lady entered a drug store and looked doubtfully at the youthful clerk behind the counter.

"I suppose," she began, "that you are a properly qualified druggist?"

"Yes, madam."
"You have passed all the examinations?"

"Certainly."
"Never poisoned anybody by mistake?"

"Not to my knowledge."
"Very well, then," she replied, heaving a sigh of relief, and laying a coin on the counter, "you may give me a nickel's worth of cough drops."

Visitor—Who do you love best, Bobby?

Bobby—Mother.
Visitor—Who next?
Bobby—Little sister.
Father—When do I come in?
Bobby—About two o'clock in the morning.

Mrs. Cronan heard her little grand-daughter, Margaret, crying as if in pain, and hastened to the child.

"Why, dear, what is the matter?" inquired Mrs. Cronan. "Did you meet with an accident?"

"N-no, grandma," sobbed Margaret. "It wasn't an accident—M-mother did it on purpose."

His Job

He—What! Another new dress? How on earth am I going to pay for it?

She—That's your business. I didn't marry you to give you financial advice.

Doggone Shame

The young husband could eat no more of his wife's mince pies.

"That's a pity," she said, "for if you don't, I shall have to give them to the dog."

"Yes; it's a pity; he's such a nice dog!"

She—Well, where's your angry farmers?

He (baffled)—Why, what angry farmers?

She—Didn't you say we were coming to see the cross-country men?

As a man thinketh, so is he.

help of Al has successfully selected her bridal party.

Jessie, accompanied by Mrs. Hallady, drove to Lincoln, Neb., over Saturday and Sunday. They report three punctures, and upon their return to the city, they achingly felt need to retire.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President C. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

Twenty-Five Years Ago

The red-nosed toper never even dreamed that his favorite loafing place on the corner would be converted into an entirely different kind of filing station.

Nobody in need of medical attention had to have his family doctor paged on a golf course.

Young women wore "rats" in their hair, and hurried past the barber shop for fear of being stared at by the men.

Nobody but dictionary-makers and a few returned missionaries knew a word of six letters meaning a Polynesian soup ladle.

Hardly any woman would go down town on a windy day without putting on a couple of extra petticoats.

Young men's trousers were cut big around the hips and tight around the ankles—and only laborers wore workmen's socks.

Flesh-colored stockings in action could be seen only in burlesque shows.

Women were 'fraid as death of a loaded gun, and could be trusted not to hit anything with it smaller than a barn.

If somebody had uttered the word "neutrodyne," others would have thought he was referring to a patent medicine.

But often mother would say:—"Elizabeth, dear, pull down your skirts, your ankles are showing—and don't cross your knees; it isn't lady-like."

Sigma Sigma Phi Makes Improvement

A lot of complimentary comment is being made in regard to the improvement made on a hundred chairs on the third floor.

Saturday afternoon, November 5th, after Dr. Fomon finished lecturing, members of Sigma Sigma Phi had a "Bee" in Room 306, placing rubber feet on all the class chairs in that room. Since that time, the remainder of the hundred chairs have been outfitted with "overshoes," also.

One cannot appreciate the true worth of this improvement, unless he has been present at classes, when the chairs are moved about by more or less nervous students.

The student body joins with the Log Book in congratulating Sigma Sigma Phi on their initiative in this matter, as well as many others.

Bachelor—The time will come when women will get men's wages.

Married Man—Yes, next Saturday night!

Fraternity Notes

MASONIC CLUB

The first meeting of the school year of the Masonic Osteopathic Club of Iowa, a member of the National League of Masonic Clubs, was held Wednesday evening, November 2nd, at the Atlas House.

Officers for the ensuing year of 1927-1928 were elected as follows:

David N. Shaw, President.
Leon Nicholson, 1st Vice Pres.
Leonard J. Grinnell, 2nd Vice Pres. and Scribe.

Paul J. Gephart, Secretary.
Norman B. Welch, Treasurer.
Llewellyn S. Hughes, Guard.

Among other matters discussed were a dance; several entertainments to be held this winter; an invitation to visit Pioneer Lodge in a body late this month; and the Annual Winter Farewell Banquet to the Senior Brothers graduating in January.

Much interest was shown in all discussions and many spirited entertaining meetings are being looked forward to by all the members.

A cordial invitation is extended to all Masons not now members of the Club, to join us in our activities. It will be both advantageous and pleasant.

L. J. Grinnell, Scribe.

Vitamin C

Vitamin C, the substance that wards off scurvy, is present in milk as well as in the fresh vegetables usually relied upon to supply it, and included for this reason in all standard diets for children.

Prof. L. F. Meyer, of the University of Berlin, states this as his conclusion after an extended series of experiments. Prof. Meyer was led to undertake his researches by the high occurrence of scurvy among the children in German cities during the period of hard times just after the war.

Not only the fully recognizable disease but also such partial forms as arrested growth and sub-normal development among children were distressingly manifest. While the supply of fresh vegetables was not up to standard, the German scientist suspected that the milk shortage also had something to do with it.

Tests on guinea pigs kept on a deficient diet have shown that milk can prevent scurvy, he says. Human milk stands at the top of the list as a source of vitamin C, thus explaining the fact that breast-fed babies rarely or never contract the disease. On the other hand, Dr. Meyer found that goat's milk, much used in Europe for infant feeding, is quite deficient in this necessary substance. In this respect cow's milk is much superior to that of goats. — (Science.)

"I heard a new one the other day. I wonder if I told it to you?"

"Is it funny?"

"Yes."

"Then you haven't."

To make more headway — do more headwork.

DIAGNOSIS AND TREATMENT OF WHAT IS COMMONLY KNOWN AS 'FLAT FEET'

In this article I will not go into details as to the exact muscles affected or the general known symptoms of flat foot, taking for granted that all who will read it will know them.

In order to take up this subject in the proper way, it is necessary to make divisions and classifications. From experience and for convenience, I have divided all flat feet and all fallen arch cases into the following classes:— Strained foot, weak foot and flattened foot or fallen arch, rigid and non-rigid. In discussing these cases I will disregard the minor symptoms such as corns and callouses and metatarsal depression. Each type will be considered separately as far as pathology and diagnosis is concerned, but the etiology and treatment are very closely related and will be taken up under one head.

Strained Foot

In this condition the patient will complain of cramps of the foot and leg muscles. They say that the pains are more severe in the legs and often go as high as the knees. They will tell of soreness of calf muscles. The feet tire readily and often have a slight burning sensation.

Objective Symptoms

On palpation you will find soreness directly under the anterior portion of the cuboid bone, also under the external cuneiform bone and the bases of the metatarsal although you do not often find this soreness under the metatarsal until the weak foot stage is reached. You will find little or no soreness of the leg muscles on palpation when they are relaxed, but if palpated under tension they will be found to be sore and slightly contracted. In making this part of the examination, you put the foot under forceful extension, flexion, abduction and adduction and palpate the muscles that are under tension. This is a very important part of the examination, as it tells what muscles are affected and to what degree. On having the patient stand, you may observe that the arch apparently holds its normal contour, but there may be a slightly pronated ankle. They will walk and stand with the toes pointed out or abducted. The patient should be thoroughly questioned and examined as to constitutional conditions, as follows: Age, weight, occupation, diet, urine and the condition of the pelvic organs, circulation, change of life, bowel action, menstrual periods, nervous conditions.

Age plays an important part, as the patient may be undergoing one of the following conditions: Change of life, adolescence, or be gaining in weight.

Weight

The patient may be gaining in weight, which would throw a strain on the arch.

Occupation

The patient may be standing for long periods of time, or may

be walking too much, carrying heavy loads.

Diet

The patient may be eating too heavy a diet or improper foods. The diet should conform to the occupation and age of the patient. Most people eat too much, especially those raised on farms or those who have performed a large amount of hard manual labor and are now doing seditive work.

Urine

The Urine should be examined for the following things: Specific gravity, amount, color, consistency, oror, acidity, qualitative, quantitative (30 being normal), Indican, Skatol, Diacetic Acid, Beta-Oxybuteric, bile, albumen, sugar, salts, Microscopic tests for pus cells, blood cells, casts. Uric Acid Crystals, Epithelial cells. The urine will tell a good many things about the general condition.

Circulation

First, look for general circulatory disturbances and if none are found, then look for local manifestations of poor blood supply. You may be sure that if there is any impairment of the blood supply, it will manifest itself in the lower extremities.

Pregnancy often affects the feet through the circulation or the nervous centers.

Adolescence

Sometimes you will find a strained or weak foot condition due to nerve and metabolic changes that sometimes take place during this period of female life.

Change of life often effects in the same way, but more often through the circulation and the nerves. It causes more foot trouble of this type than does adolescence. Always remember that if there is any trouble during this period, that it is abnormal and should be properly treated. Improper bowel action, nervous diseases and a sluggish liver, and poor circulation will do more to weaken the muscles of the lower extremities than any other physiological conditions of which I know.

Nervous Diseases

Nervous diseases will sometimes prevent proper digestion and metabolism, and circulation, thereby causing weakness of the foot muscles. They may also cause pains in the feet and legs, especially of the cramping type in popliteal space.

Focal Infection

A careful check should be made for Focal Infection, as the symptoms produced by it are often mistaken for those of weak feet. In Focal Infection there is great pain when weight is first placed on the foot. After resting a while, if the pain is purely in the arch, the pain subsides some. After rest also note whether the temperature of the foot seems raised and also if the pain seems to shift from place to place at different times. If the latter is

(Continued on page 4)

Endowments

We have great plans ahead for Still College and as Still College grows and expands the general science of Osteopathy is, of course, enhanced. Early in July we announced in the Log Book that we had adopted a plan of creating an endowment for Still College and we then urged every member of the profession to invest in at least one unit in the plan. From time to time we have been outlining, briefly, the nature of the contract. The plan has been hailed with enthusiasm and each and every week the sponsors of the endowment are increasing splendidly in number. We believe that we should at this time stress again the points that led us to the adoption of this most unique plan.

A Necessity

We are fully aware of the necessity of our Osteopathic colleges. We all know that the colleges must go on. We all realize that it takes money to keep our schools running at top speed and expanding.

Plan Adopted

We adopted the Still College Group Endowment plan for the following reasons:

1st—Easiest Plan

Because it is the easiest plan for the members of the Osteopathic profession that we have been able, so far, to find that would accomplish our aim and provide an endowment.

2nd—Wisest Plan

We are sure that every member of the Osteopathic profession will agree that it is the wisest plan, because under this plan, every member of the profession can do for one of the profession's schools what his heart wants him to do, and while doing so, increase his own estate considerably. It is, therefore, the only plan by which you can give to Still College and by giving, have more for yourself and your family, the beneficiary, than you give.

Taking the profession as a whole, if 1000 units of this plan are applied for, Still College will have an endowment created over the twenty year period, of \$200,000.00, and the individual members of the profession who will have contributed to the endowment will have accumulated estates for themselves of \$1,000,000.00. Any man with vision can see the tremendous possibilities of this endowment plan, and everyone must agree that it is a truly marvelous project.

3rd—Safest Plan

It is the safest plan, because it is underwritten by a legal reserve life insurance institution. The Royal Union Life Insurance Company, with offices in Des Moines, Iowa, ranks among the first 50 of more than 300 old line companies operating in the U. S. The Royal Union has more than \$24,000,000.00 of assets. Every policy contract issued by the Royal Union Life Insurance Company is guaranteed by a deposit with the State of Iowa.

4th—Because It Is An Investment

There is no doubt about it but

that it is an investment, because when you deposit the small sum of money for each unit, you are investing in a \$1,200.00 unit, which provides—First, that your wife, or beneficiary, is to receive \$1,000.00 at your death; and secondly, that Still College is guaranteed an amount of \$200.00—whether you live or die. The policy, being of old line legal reserve life insurance contract, provides for cash values, paid-up and automatic extended insurance values, beginning with the third policy year.

Each member of the Osteopathic profession may buy up to \$2,500 of the College Endowment Fund policy, without the inconvenience of a physical examination.

The insurance company reserves the right to require examination in states where the law compels them to do so, or where the risk is sub-standard. In other words, this is a kind of group insurance, on a Standard Select Risk basis.

Where the Company requires an examination, we are pleased to tell you that the Royal Union Life Insurance Company has agreed to have that examination made by one of the members of our own profession. This is a very forward step in the onward march of our great science, because, as you know, up to this time, old line legal reserve life insurance companies, such as the Royal Union, have refused to accept medical examinations made by Osteopaths.

This plan is available to Osteopathic physicians and the members of their families. It is also available to students of Osteopathy and their families.

Increase in Pellagra

Investigations covering Tennessee, Arkansas, Mississippi and Louisiana by Dr. Joseph Goldberger and Edgar Sydenstricker, under the auspices of the U. S. Public Health Service, indicate an increase in pellagra due to causes related to the recent floods. From the survey made, it was estimated that pellagra, during 1927, will cause from 2,300 to an estimated total of about 2,500 deaths, with from 45,000 to 50,000 cases, as compared with 1,020 deaths and 20,000 cases reported in 1924.

In the course of the survey, these investigators visited Dyersburg and vicinity, Tenn.; Little Rock, Pine Bluff, Marked Tree and vicinities, Ark.; Jackson, Greenwood and Indianola, Miss.; and New Orleans, Baton Rouge, Alexandria and Monroe in Louisiana.

Conferences were held with state and local health officials, some of whom do not seem to have definite information concerning the pellagra situation. The information obtained was therefore of a very general character with regard to some communities, and in at least one community, very definite. The authorities are satisfied that in the places visited the incidence of pellagra is abnormally high.

Foot Diseases

(Continued from page 3)

true, you can be most certain that there is Focal Infection somewhere in the body.

Pathology

You will find in a strained foot condition, improper posture, soreness of the calf and leg muscles on palpation of them when under tension. Soreness under Cuboid and Internal Cuneiform bones and possibly the external Cuneiform, soreness directly below the internal malleolus, with possibly some relaxation of ligaments and some of the above mentioned constitutional conditions. Strained or weak and flattened feet are usually caused by some of the above mentioned constitutional conditions or a traumatic condition causing the subluxation of some of the bones of the foot, thereby causing a strain on certain foot and leg muscles. My theory of the cause of longitudinal arch trouble is that some constitutional condition causing a weakness of the muscles, thereby allowing one or more bones to become partially dislocated or subluxed, or it may be caused, as mentioned before, by Trauma.

Another cause which I think plays an important part is shoes. When we put shoes on our feet which have heels, we remove the weight-bearing surface from the outer border of the foot. The outer border of the foot should carry the weight from the heel to the fifth metatarsal. By removing this weight-bearing surface allows the cuboid to rotate and the fifth metatarsal to sag. This throws a strain upon all the structures of the foot. Most shoes have a two narrow shank, which does not give us weight-bearing surface along the outer longitudinal arch of the foot. Another point to be considered is the fact that when we walk without shoes, over rough ground, the arch joints are placed to their full limit of motion many times a day, but when we incase our feet in shoes we take this motion away from the joints. They become inactive and then when we get a weakness of the leg muscles, allowing the arch to sag, or when a sudden strain is placed upon the foot, moving these joints beyond the range of motion to which they are used to being placed, they lock in that position. This is a partial dislocation or subluxation and causes a strain to be placed upon practically all structures of the foot, thereby causing pain and soreness of the tissues. These last mentioned causes are—to my mind—the most important to be considered, and the only correct way to correct them—in my mind—is to manipulate and bring back these joints to their normal function. It is this strain placed upon the soft structures that causes them to weaken. I think that it causes more weakness of muscles and ligaments than all other conditions combined.

(Continued Next Issue)

Good servants are rare? Ah, they're no more rare than good masters.

The Medical Situation In Illinois

So much misinformation is adrift in regard to the practice of Osteopathy in Illinois that a few statements on this all-important matter should be made.

First—Osteopathic physicians licensed to practice Osteopathy in Illinois may sign death certificates.

Second—Osteopathic physicians licensed to practice Osteopathy in Illinois may sign birth certificates.

Third—Osteopathic physicians licensed to practice Osteopathy in Illinois may practice obstetrics and use the surgery and drugs necessary incidental to such practice.

Fourth—Osteopathic physicians licensed to practice Osteopathy in Illinois may practice the surgery they are qualified to do and use the drugs necessary incidental to such practice.

Fifth—The Illinois Medical Examining Board reciprocates with practically every state in the Union, as, for instance, an Osteopathic physician practicing Osteopathy for one year in the state of Missouri, holding a license from that state, may receive reciprocity with Illinois by taking the Osteopathic subjects only in Illinois.

For information in regard to reciprocity or any other matter of interest to you, please address the secretary, Illinois Osteopathic Association.

Checking Cholera

How the British hold the cholera situation in hand when ten million Hindus set out on a pilgrimage is one of the dramatic episodes revealed in a report just issued of the tenth extraordinary session of the health committee of the League of Nations.

Approaches by rail and by road to the districts of Hardwar and Muttra where pilgrims by the million concentrate on the occasion of the Hardwar Fair, were protected by inspection posts and first aid stations. Barbed wire entanglements barricaded ponds of stagnant water from the onslaughts of thirsty travelers. Safe supplies of drinking water were stationed along the route, while the river water at Bhimgoda temple where the pilgrims bathe was purified by chloride of lime.

Cholera inoculation, free of charge, was provided for at hospitals along the way. The project of compulsory inoculation of all pilgrims for Asiatic cholera had to be abandoned as impractical, on account of the vast numbers of individuals involved.

As a result of these precautions only 38 cases were notified after the fair, according to the report. Of these, 36 were imported from other provinces; some so far away as Bengal and Assam.

Generally speaking it is the fellow who fails to make good who is convinced that this is an unjust world.

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The Kirksville Game

(By Lee Lindbloom)

And here we are once again at the close of a football season. Though the season has been very unsuccessful and at times heart-breaking for us all, we relish what has been gained through defeat for us. The schedule has been a tough one for our green team, but they gave all and the best that they could, to win.

Last week we journeyed down to Kirksville to battle our rival Osteopathic college there and lost the game by the score, but did not feel bad about it. Why?

A man can only tear down a mountain by continuous working on it, and then after years of labor he may find his task uncompleted. It was that way at Kirksville. These boys were all giants, compared with out men. They outweighed us 19 pounds to the man and towered above us about six inches.

The first half of the game Kirksville outplayed us easily and it was only through continuous fighting and sprints that our boys kept the score as low as it was. Even with this handicap, our men gave their line all the trouble it cared for in one afternoon. The half nearing its end found the mountains of flesh gradually giving in and before the half was ended our boys had possession of the ball and were on their way toward the Kirksville goal. But as it goes, we were too late and the half ended with the ball on their thirty yard line, in our possession.

After a brief rest our boys came back on the field with more fight and pep than all Kirksville combined, and it was not long before the whistle called them into the final play of the game.

We received the ball and Cronin returned it to our own forty yard line. A very beautiful return. After fighting in midfield for most of the third quarter we finally got a good break. Davis recovered a fumble on Kirksville's thirty yard line and then it was just too bad. After two line plays had failed, Davis was called back to pass—and pass he did. Loghry, the opposite end, slipped down behind the quarter and Davis heaved that pill right into his arms and we chalked up six points. Davis then kicked goal, making the score at the end of the third quarter 12 to 7 in favor of Kirksville.

During the fourth quarter the mountains gradually wore away. Our boys kicked off and the Rams returned ten yards and on



LOGREY

The boy, who with Davis, put the score across at the Kirksville game on Thanksgiving Day

* * * * *
the next play fumbled and we got the ball. After the line plays were found useless, the aerial brigade started—and they were "hot." Davis was called out of the line and the passing he uncovered was startling to all. The hardest part of the game came when they advanced the ball to the three yard line and then were penalized, which left just too much ground for Still to make up. That's the way it continued until the whistle blew and the score ended 12 to 7 in favor of Kirksville.

Sports writers and the radio announcer at the game gave our boys credit for outplaying and outsmarting the Rams in all branches of the game. It was great to see such a light team with such quality and quantity of fighting spirit. It is a case of losing a victory. Such praise would not be given our boys if they had not deserved it. It makes us feel much better to close our school football season with these words of praise for such a good fight.

Galli Curci

At the moment of going to press, we have the information that the local division of the O. W. N. A. is taking steps to entertain Galli Curci when she visits our city December sixth. The mention of the name of this famous singer brings to every Osteopath's heart deep appreciation of what she has done for our profession. Galli Curci should be shown every courtesy we may be privileged to extend to her.

In Anticipation

The football season has closed and we are turning from the excitement of this outdoor sport to just as interesting a feature of our schedule—the basketball team. We are fortunate in having for this year's team a strong nucleus to build upon. Davis, Friend, Smith, Weldon and Lang are with us and will be assisted by the Freshmen developed last year, together with several members of the new class, who have already voiced their intentions to enter the game. We anticipate just as great results this year as were shown by the Pirate team of last season.

Let us remind you that other things are anticipated at Still. We are nearing the close of the first half of the first year spent in a new environment. The new building has changed the entire tone of our college. The added facilities for the handling of didactic and laboratory work in the college have raised the work to a higher plane and a greater appreciation of our possibilities. Each member of the faculty has assumed greater responsibilities and has met them. We anticipated this and are gratified with the results obtained. We ask you to ask our students.

This question comes to our mind: Have we anticipated your wishes in policy, management and education? If so, do we not merit your support? May we remind you that now is the time to take a little time from your regular routine and secure the interest of the young people of your community in the study of Osteopathy. Our schools all need more students. Osteopathy needs more representatives in the field.

Matriculation for the next class starts January 21st, 1928.

Announcement

Dr. and Mrs. G. J. Howland announce the arrival of Gordon Kay, on Saturday, November 19, at 1 a. M., Decorah, Iowa.



Gail Smith is the latest victim!

Co-ed? Yes!

Where are the girls of yesteryear? What change has come over the business life of our girls that they are not taking to Osteopathy as they did a few years back?

One of our co-ed graduates asked about the present percentage of girls in the school. There was a time when the co-eds were thirty percent strong. Fifteen years ago the percentage dropped to about half of that, and if present figures may be relied upon, the percentage has again been halved. The answer is not difficult. Osteopathy is hard work. The Osteopath has to use both brain and brawn. The present-day girl has a great array of opportunities offered her, the majority of which require very little brawn. Of this she is highly appreciative. We do not mean to infer that the present-day young lady is lazy. Far from it. She is merely expressing her preference for a work that requires the minimum of physical exertion. So would we all.

But this is not satisfying the public. Those who have favored Osteopathy in the past, and that multitude of new believers that are growing into manhood and womanhood each year, are demanding on certain occasions the services of the women in our profession.

May we ask you to take a special interest in this feature of our future and interest girls of the right type, assuring them of the greater success they may secure in our type of professional work. We need more girls in our profession.

WHAT IS SUCCESS?

Eldon L. Carlson

Not so long ago, one of the leading magazines of the country offered prizes for the best essay letters on the subject. One of those offered, defined Success as "The conquering of the environments of life and making them contribute to the upbuilding of our character and service to mankind." In other words, Success is to overcome and achieve a worthy goal in spite of life's handicaps and misfortunes. Another writer said: "Success is to leave your wealth in the hearts of your fellowmen that it might live on down through the ages and cause good to come to others because of the good that you have done."

It is the effort to assist the young men and women of the
(Continued on page 4)

The Missouri Limited

Foot! Foot!—and we were off. Time, 8:30 a. m. Place, Iota Tau Sigma House. And a goodly crowd was there.

In all, there were twenty-five of us, travelers into the South-land to try to beat our greatest rivals of the grid—the Kirksville Osteopaths. It was a fairly representative crowd, each Fraternity being represented.

A few miles out of the city a very necessary stop was made—and then on again. The miles swiftly followed one another for a time until the town of Munroe was reached. Here it was decided that all and sundry should partake of solid nourishment, and it was done. After a half hour of repast, the Limited again got underway. Up until this time the college cheers and singing rent the air, but now, having more or less full stomachs, peace and quiet reigned above the journeymen.

The brakes squealed and we were at Oskaloosa. We needs must stop for water and fuel. This chore completed, on again. And then Ottumwa. Alas, this city was the end of sleep and peace, for just outside, we came upon the far-famed Iowa gumbo mud. And it was MUD and our names were nearly 'mud', too. It was necessary to get out and push, with mud, not ordinary mud, but MUD, up over our shoes. Finally, about an hour later, having reached the top of the mile-long hill, the chains were put on, to much advantage.

The next stop was Bloomfield, still Iowa, where, stopping for gas, we were appraised of the fact that our Football Team was holed up in the only hostelry the city afforded, having arrived there about 8:00 p. m., all fagged out after a much harder time than that experienced by us. This was 4:00 a. m.

But nothing ventured, nothing gained, and on we went, slowly but surely, reaching Kirksville at 8:00 a. m., to the tune of songs, cheers and noise.

The weary travelers made their way to the various Fraternity houses to clean up and rest up for the festivities, the parade at 2:30 a. m., the Football game at 2:30 p. m. and the Dance in the evening at 9:30 p. m. Of all, the Game was the most satisfactory. All were agreed that the Pirates outplayed the Rams in the last half, but it was then too late to remedy the 12 point lead they held over us.

The dance was attended by the entire Des Moines delegation and apparently all were enjoying themselves.

At 11:00 p. m., the bus with the football players left for an uneventful trip home, with one stop at Oskaloosa for nourishment. The other bus left at 1:00 a. m. and they, too, made only one stop to eat. The first bus arrived in Des Moines at 6:00 a. m. Friday, while the other one arrived at about 8:30 a. m. The only noises on the return trip were snores and other stertorous breathing sounds.

Thus ended the trip of the Missouri Limited, with each and all of the explorers having had a most enjoyable trip. May there be more of them and more men on them.

O. W. N. A.

The November social meeting of O. W. N. A. was held on the evening of the sixteenth of at the new college building. The rooms stood open for inspection and the various departments were visited while preparations for the supper were being made. A gas plate and the laboratory tables of the physical diagnosis room made a splendid equipment for dispensary and the foods were served cafeteria style across the tables of the histology laboratory. Then the members retired to the comfortable chairs of the assembly to eat.

During the evening, music was provided by the school orchestra under the direction of Mr. Earl Shaw, and following a toast of congratulations and best wishes to the school by Dr. Mary Golden, each member of the faculty responded with a sketch of the hopes he holds for development in his line of work. The new spirit shown in the school, the new opportunities for development and the ever present need and desire for field support were all touched upon.

The party was accomplished by the successful co-operation of Dr. Avis Payne, president; Mrs. Zoe Innes, director of laboratories at the college, who made arrangements necessary there; Dr. Fern McLaughlin Woods, in charge of the serving; and Mrs. H. J. Marshall, who arranged the menus. The women students of the school were guests.

Proctology

Every function of our bodies that requires constant, sleepless vigil and untiring energy, has been placed in the care and keeping of the autonomic nervous system. From the moment vital processes are placed within its guardianship until life ceases, this system is steadily and ceaselessly endeavoring to operate the bodily function, and only where sufficient nerve waste occurs to deprive the parts of the full energy, to be derived from this wonderful system, do the various organs go on a strike or lag in their work, therefore, functional activity is impaired.

Fibers from the autonomic system connect every organ in the body, essential to life of the individual. If the energy for any organ becomes wasted or reduced by continual irritation somewhere along the course of the nerve, that organ will suffer in proportion to the amount of energy lost. Associated organs sympathize in the general disturbance brought about by this sympathetic nerve loss.

In view of this interdependence of all organs for functional activity upon this form of energy, is it surprising, then, the amount of nervous exhaustion

we witness as the result of rectal and anal diseases?

Remarkable results have been obtained by treating the pathological conditions found in the rectum and anus. Headaches, neuralgia, asthma, eczema, derangements of the digestive system, and a host of other so called diseases which are secondary to trouble in this location.

Examine every chronic that comes to you. Give him a thoro sigmoid, rectal and anal examination and perhaps you will discover the cause. Then remove it.

Remember, one anal crypt filled with pus can cause more constitutional trouble than a mouth filled with abscessed teeth or diseased tonsils.

Physical Righteousness

Man, 'tis agreed, is the noblest work of God. He was created in the image of God—that is, in the image of health. The whole moral law is laid upon health, and I fail to see how it is possible for us to be moral beings while we are recklessly disobeying the laws that make us vital and able to accomplish something worth while.

In truth, any waste of physical energy is sin. A healthy body is the proper shrine for the ideal soul—a truth that has yet to be educated into modern religious consciousness. Righteousness and health should go together.

I fully agree with Phillips Brooks, who said, "The duty of physical health and the duty of spiritual purity and loftiness are not two duties; they are two parts of one duty, which is the living of the completest life which it is possible to live."

Many believe that our life here on earth is purely transient—consequently they regard health and happiness here as unimportant, but are looking to an eternal bliss hereafter.—(Dr. Leon Patrick.)

Go forth into the busy world and love it, interest yourself in its life, mingle kindly with its joys and sorrows, try what you can do for men, rather than what you can make them do for you, and you will know what it is to have men yours—better than if you were their kind or master.

Life affords no higher pleasure than that of surmounting difficulties, passing from one step of success to another, forming new wishes and seeing them gratified. He that labors in any great or laudable undertaking has his fatigues first supported by hope—and afterwards rewarded by joy.

"Doctor, how is it you have not sent me my bill?"

"Oh, I never ask a gentleman for money."

"Indeed! What do you do if he doesn't pay?"

"Why, after a certain time I conclude he is not a gentleman, and then I ask him."

Parent (anxiously)—Nurse, is it a "him" or a "her?"

The Nurse—It's a "them!"



Around Our Merry Campus

MORE POWER TO HIM

A well-known official of the Illinois Bell Telephone Co. was rudely aroused from his slumbers by the ringing of the telephone. After bruising his knee on a chair, he reached the phone.

"Hello," he growled.

"Are you the official of the telephone company?" asked the voice.

"Yes; what can I do for you?"

"Tell me," said the voice, "how it feels to get out of bed at two o'clock to answer a wrong number."

YOUTHFUL OPPORTUNIST

A very small boy was trying to lead a big St. Bernard up the road.

"Where are you going to take that dog, my little man?" inquired a passerby.

"I—I'm going to see where—where he wants to go first," was the breathless reply.—United Presbyterian.

If you want your dreams to come true—you must wake up!

Self-sacrifice is the only means by which you can purchase anything of real worth and value.

A TRUE LIE

The owner of an airedale listened to the ravings of the various enthusiasts for other dogs, and finally broke out—"Well, you fellows, you may have wise enough dogs, but my old airedale bows his head when I say grace at the meals."

The story is a true one, but the query is—"did the owner ever say grace at his meals?"

Zero in manhood? Well, there's the one who says he might have been a success, except for his wife.

The employer called his secretary.

"Here, John, look at this letter. I can't make out whether it's from my tailor or my lawyer. They're both named Smith."

And this is what John read:—"I have begun your suit. Ready to be tried on Thursday—Smith."

A hick town is a place where the principal's desire to hold his job enables the dullest kid to graduate.

A Speedy Reporter

"We almost succeeded in keeping our marriage a secret."

"Yes?"

"But a horrid reporter snooped around just as we were getting our divorce."

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

Assemblies

On Friday, November 18th, Dr. Johnson opened the assembly with a few pertinent remarks, telling us that the purpose of this one was two-fold; to make arrangements for the football game with Simpson at Indianola and to learn more about the Still College Endowment.

Dr. "Virg" and his Band played a difficult selection and then we were entertained by our visitors "The Cotton Blossom Singers" from Piney Ridge, Miss. Their program included several old plantation melodies, among them being "Seek and Ye Shall Find"; and "Swing Low Sweet Chariot." The director of the Piney Ridge School then gave a short history of the school and outlined its aims.

Mr. William Koch, Vice President of the Royal Union Life next spoke on the Endowment Fund for Still College. In ten minutes he gave us a very clear idea as to just what it means to us as students and as future practitioners in the field.

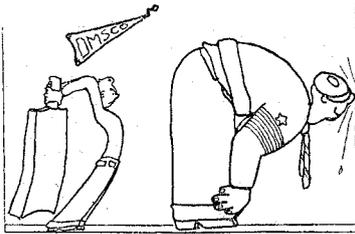
Coach Frank Sutton, after a few selections by the Band, made a talk about the football season, about to close, and stressed particularly his reasons for not playing several men. He was given as courteous attention as has ever been given any speaker at the college. We might say that the Coach was too full of feeling for words and we are certainly for him.

On Monday, November 21st, an Assembly was called for the purpose of considering the purchase of a Micro-projectoscope by the student body for the school. The meeting was presided over by our always amiable Dean, Dr. J. P. Schwartz, who called on the members of the faculty for their views as to the efficacy of the Projectoscope. The response was gratifying, indeed, as all the instructors were highly in favor of it. The plan was and is for the students, and instructors too, to buy a tag for not less than \$1.00, this fund to be used in the purchase of a Projectoscope. There were also special mention tags for those who donated more than \$1.00, and these were much in evidence, as well as the "dollar tags." Last reports have it that the Projectoscope is assured. That's the old Still Spirit!

Traffic Officer (to pretty girl motorist)—Hey! What's the big idea? Didn't you see me wave at you?

P. G. M.—Certainly I did, and if you do it again I'll report you.

FRATERNITY NOTES



PHI SIGMA GAMMA

Thanksgiving vacation was welcomed by all and the day of the big feed found all but four partaking of turkey on foreign territory. About ten of the crew accompanied the team to Kirksville, where they were royally entertained. Stew Greiner headed for the Buckeye state, Pledge Taylor journeyed west, Clark left for the northern woods, and "Owl Eye" Jennings and "Rock" Stone left early for festivities at Valley.

Pledge Taylor certainly celebrated the occasion, as he came back accompanied by a wife. Congratulations, Ike!

Will someone please inform the steward that Pres. Howe requires special attention, as he voiced at the table recently, "pass the meat—a man's starving over here."

Pledge Madson still given an occasional dormitory dissertation, and "two pair" seems to be a favorite phrase.

Anyone wishing information on correct style in evening clothes, inquire of Lowell Morgan.

"Eskima" Clark went north to spend the "Turkey Day" vacation. We wonder why. Perhaps it is the Call of the Wild.

IOT ATAU SIGMA

The house was certainly deserted over the Thanksgiving holidays. Practically every one packed up and wended their way to Kirksville. We saw a good game, were royally entertained, tired when we finally arrived home, but glad that we went.

The Chapter takes great pleasure in announcing the honor of conferring an honorary membership upon Dr. W. J. Nowlin.

Side Lites About the House: "Grinny" Cudden has been a regular attendant at church here of late. Who is she Cud? That is the first sign of falling.

"Lily" Peterson made another one of his mysterious trips to Boone over the vacation. That is a matter for the vigilance committee to look into.

"Runt" Russell drove down to Sigourney over the week end. We wouldn't be surprised but that the vigilance committee should have sent some one with him, even if he is a Senior.

"Buddo" Gephart is thinking of entering Drake next semester. He says it would be so much handier going to school so close to your field of operation. Who is she, "Buddo."

Emily Post should see John Wigal for some new pointers on table etiquette. All free. No charges.

The third floor has been ex-

ceptionally unactive here of late. The fire escapes haven't even been disturbed.

The letter league has not been functioning here of late. Too many fellows planning on the vacation. Haven't had time to compute their batting averages, but we will predict some startling changes in the standings in the next official percentages that are given out.

Dr. D. A. Richardson of Forest City, Iowa, was a recent house visitor. Checking up on his kid brother, "Ken", we guess.

ATLAS CLUB

Cherrio! Cherrio! The multitudes assembled, why should we concern ourselves? Anon, etcetera, and even so forth. Such and How were the songsters, merry, in excellent spirits chanting vociferously as the Still College representatives stormed, or perhaps we had better say holed into Kirksville. We must tell you that "Dr." John "George" Harvey and none other than Doc Ole were the only Still boys to greet the gregarious assemblage of Kirksville students who met the train at the Depot.

"Rusty" Wright believes he saw this sign in Kirksville—"Kirksville Girl Hung—her arms around a boy's neck." Other signs of activity were perceptible.

Harry Johnson was responsible for rounding up a few undecided Atlas boys by having the Kirksville Bus drive up to 2141 Grand. That's the old spirit, Harry.

Nossek informs us that the Atlas boys answered the "calls to arms" by tripping the light fantastic at the Gymnasium.

Utterback and Bryson spent Turkey Day at home.

Pledge Mike Caldwell "forded" home for Thanksgiving. Mike informs us that he saw his first Jack Rabbit—and just missed it by a "hare."

Bro. Stanley Evans is recovering from "occupational" neuritis.

Pledge Swartzbaugh claims that thieves stole several pictures from his studio, but they left the "proofs" behind.

We are pleased to announce that Mr. Hillman of the Sophomore Class has been pledged.

We have received letters from Doctors Damm, Doyle, and from Doctors Emmet and Lester Schaeffer. They all report that they are doing well.

Bro. Dr. John Voss, class of '25, was a guest of the house recently.

Bro. Willard Bankes has removed his "soup strainer."

We find that there are exactly four girls in Des Moines that Pledges Moore has not met (as yet).

"Cowboy" Hughes lost his watch in Kirksville. We must remind him not to play the "tag" dance too often.

Deep breathing, they say, kills germs, but Pledge Larry cannot figure out how to make the germs breathe that way.

The pledges agree that it's hard to recite the Greek Alphabet as it should be, but when one must reverse the usual method, one finds it Greek, indeed.

SIGMA CHI OMEGA

On the night of November 21, the members brought their wives and sweethearts or somebody else's to the meeting for the purpose of hearing Mr. Joe Lilly, who favored us with an excellent description of his hunt for big game in Africa. Much to our regret, however, we did not have the pleasure of seeing his trophies and pictures, but he assured us that some time in the future he would exhibit them in some place downtown. He has talked to so many organizations since he returned, that we consider ourselves very fortunate in having the opportunity of listening to his many interesting experiences.

After the talk by Mr. Lilly, the gang retired to another room and spent the rest of the evening dancing. Even Jack Nichols swung a mean wooden leg, with the flocks of ladies whom he brought. A number of Y.W.C.A. girls helped liven the evening, and one of them could certainly play a piano, and how.

One of the members slipped away recently and became a confirmed benedict on the Q. T. We cannot mention any names, but the groom received a beautiful marcel instead of the usual ride on the calf wagon. May his troubles all be little ones.

Are You Looking For a Location

Dear Editor:

It has been my intention to drop you a line in regards to locations in the state of Michigan.

Below you will find a list of towns, which I looked over hurriedly, in which I think there is a demand for Osteopaths. I believe that a good, live, wide awake D. O. could make a very good go of it, in a reasonably short length of time in:

Laylord, Michigan.
Cheyboygan, Michigan.
Mackinaw, Michigan.
Escanaba, Michigan.
Munising, Michigan.
Marquette, Michigan.
Ishpeming, Michigan.
Wakefield, Michigan.
Bessemer, Michigan.

Some of these towns may already have an Osteopath, but I know that most of them do not have, and think it would pay anyone looking for a place to locate, to look them over.

Trusting that D.M.S.C.O. will have the most successful year in its history, I remain

Sincerely yours,

DR. C. MASON CONN.

YOU SAY IT

If a Hottentot tot taught a Hottentot tot to talk ere the tot could totter, ought the Hottentot tot be taught to say aught or naught, or what ought to be taught her?

If to hoot and toot a Hottentot tot be taught by a Hottentot tutor, should the tutor get hot if the oHttentot tot hoot and toot at the Hottentot tutor?—(Out-look.)

DIAGNOSIS AND TREATMENT OF WHAT IS COMMONLY KNOWN AS 'FLAT FEET'

(Continued from last issue)

Diagnosis

Diagnosis is made from objective and subjective symptoms and the pathology found, using palpation to determine the exact condition of all structures. In making diagnosis, I pay very little attention to the height of the arch. It is a known fact that some people have a much higher arch than others, normally. The main thing to be considered is as to whether or not all bones are in their proper relationship to each other, or, in other words, does each bone articulate with its neighbor on the normal articular surface when under weight-bearing. If they do, a low arch will not give as much trouble as a high one.

Prognosis

Prognosis is good if the proper diagnosis is made of the condition and the contributing factors are all taken into account and proper treatment used. Before going into the treatment, I will take up the weakened foot and flattened foot, rigid and non-rigid.

Weak Foot

Weak foot or weak arch is just the strained foot condition advanced to a more serious and painful stage.

In the weak foot you will have the same objective and subjective symptoms as well as the same pathology and etiology, except that the symptoms will be a little more pronounced. There is slightly more pathology. There will be a subluxation or twisting of the cuboid with a dropping of the Cuneiforms and possibly of one or more of the metatarsal bones. There may be a slight rotation of the Oskalsis, probably due to a contracted tendachilles. There is always tenderness or palpation under these subluxated bones on the planter surface and sometimes on the dorsal surface. This is caused by the strain placed on the attached muscles and ligaments, more particularly the ligaments, and by the congestion of circulation in and around the joints. The condition may be Traumatic, which would include over-strain, displacing the bones slightly, or to a general or constitutional condition, weakening in the muscle and ligaments allowing the arch to sag.

In the strained foot condition there is no perceptible lowering of the arch either when relaxed or on weight-bearing. In the weak foot condition the arch may appear normal when no weight is placed on it, but will show a slight sagging when under weight bearing the Oskalsis may be slightly rotated and a slight ankle volgus. You may also notice that the scaphoid is slightly more prominent.

Flat Foot

In the flattened foot you have the same symptoms, Pathology and etiology as in the others, but it is more severe. The arch does not regain its normal contour because of the stretched muscles and ligaments allowing them to remain in this position. Poor cir-

ulation, poor digestion, improper metabolism, constipation, pelvic and mental disorders and Focal Infection may play an important part in this ankylosis.

Treatment

Treatment of these cases is based on the Etiology, as all treatments should be. In the strained foot, if it is found to be due to Trauma or over-strain, all that is necessary is to manipulate all joints thoroughly. Stretch and massage all strained muscles, and give specific correction to any subluxated bones (method given later).

If in your examination you find the condition to be caused by and one or more of the general constitutional conditions, they must be searched out and corrected, if they are still present. If they have subsided or have been cured under treatment, specific foot treatment will give a permanent cure, unless the same or other conditions develop.

In treating the weak foot, about the same method is used as in the strained foot, except that it is more extensive. This is also true of the flat foot, flexible and rigid. My treatment for these cases is as follows:

First I take a position on the right side of the patient with their feet elevated about to my waist. I then grasp the right foot in my right hand, with the palm of my hand on the planter surface of the foot, fingers extending around the outer side to the Dorsal surface. I then grasp the leg just below the ankle with my left hand, and rotate the foot at the ankle joint to its extreme extent of motion, in all directions. After giving it several rotary movements, I drop my hand down over the ankle and immobilize the heel as much as possible, putting the anterior portion of the foot through the same motion. This is to loosen and relax the tarsal joints. Then, with the patient standing on one foot, I place the other on the padded foot rest of my chair, with the metatarsal portion extending over the edge so that the edge of the foot rest strikes above the metatarsal Cuboid articulation and the internal cuneiform metatarsal articulation. I then immobilize the heel as much as possible and use direct upward and downward pressure on the tarsal bones, putting them thru their full extent of passive motion. I use great force in this part of the treatment, at least all the patient can stand. It is very essential that the patient relax the foot that is being worked upon; then with the patient sitting and the foot well elevated, I grasp the right heel with the fingers of the right hand and place my thumb on the rotated cuboid bone. I then grasp the tarsal bones with the left hand and give a quick downward thrust and at the same time force up on the cuboid with the thumb of the right hand, at the same time pulling with the fingers of the right hand on the heel. This should be done with a

quick thrusting movement. If this does not give the movement desired, have the patient lie on a flat table, face down. Grasp the foot in both hands, locking the fingers under the dorsal surface of the metatarsals. Then place the thumbs on the subluxated bones, one on top of the other. Flex the leg and get complete relaxation. Bring the leg and foot down with a quick jerk, tilting the foot with the fingers and forcing down with the thumbs. This will put pressure on the dorsal of the metatarsals and on the planter surface of the subluxated bones, forcing them into place, not only because of the pressure, but because this movement spreads the joints, however, if motion and correction are not secured in this manner, have the patient remain on his face and place the dorsal side of the foot against the muscular part of your thigh, then place the Distal Carpal of the index finger directly over the subluxated bone. Close the right hand tight and strike the end of your finger of the left hand, which is over the subluxated bone, a sharp blow with fleshy outer border of your fist. This more severe treatment is seldom necessary, except where there is great contraction of ligaments and muscles, or where there is a slight ankylosis.

In treating the rigid type of flat feet, the same method of treatment is used, except that it must be more severe and it is often necessary to use Diathermy or a foot backer to soften the tissues. If it is a severe case, I use a muslin figurate bandage, padded with cotton, to support the relaxed tissues. The cotton prevents the stoppage of the circulation. I also give a slight massage to all relaxed or stretched muscles. It is also beneficial to stretch and massage any contracted muscles. The muscles that need particular attention are the leg muscles, as the foot muscles, themselves, have very little function as far as support of the arch is concerned.

I always give a very light massage afterwards to stimulate circulation and relieve any pain or soreness which the treatment may have caused. I have never had any complaint of pain or soreness in the arch, due to the treatment, if a light massage is given following it. The only exceptions would be where there is a rheumatic or Arthritic condition present. The patients, after these treatments, have immediate relief and the cure is effected in a short time, providing the treatment has been carried out properly and weakfoot exercises given to the patient. I seldom find a support necessary in the treatment of longitudinal arch trouble, however, if the case is very severe and the bones and joints have been mal-formed, complete correction is not possible by any method of treatment. It is then sometimes necessary to use a support to hold whatever beneficial results that may have been gained by the treatment.

This is my theory of the cause of longitudinal arch trouble. This is a treatment which I have worked out to overcome these

WHAT IS SUCCESS?

(Continued from page 1)

world to see the value of a life of service. To assist them to see the things which are worth while, and know the joy which comes in serving others.

If we consult the dictionaries, they will give us the etymology of the word as being derived from the French and Latin, and generally speaking, as meaning—"The prosperous termination of any enterprise" or "The accomplishment of a purpose."

Success to all men does not mean the same. One type of man has a different idea of success than another. As for instance, a laborer's conception differs from that of a writer. Oftentimes we have heard of successful bootleggers, gamblers, and many others, but there is no success that disregards the laws of God and man.

To have the success which leaves your wealth in the hearts of your fellowmen—that it might live on down through the ages and cause good to come to others because of the good that you have done—we must begin the conflict with a high purpose, ever keeping in mind the characters and principles of the noble men who have succeeded.

The first condition of success in every vocation is earnest devotion to that call. As Carlyle has said: "The secret of success is to do one thing only and do it well." You must make your calling the one life purpose to which every other, save the development of character, must be subordinate.

Success cannot be made unless we have faith in ourselves that we can and are succeeding. It is as old Admiral Farragut—he of true heart and iron will—said to another officer of the Navy: "Dupont, do you know why you didn't get into Charlestown with your ironclads?"

"Oh, because the channel was so crooked!"

"No, it was not that."

"Well, the rebel fire was perfectly horrible."

"Yes, but it wasn't that."

"What was it, then?"

"It was because you did not believe you could go in."

We don't believe we can succeed—and, of course, often we fail.

conditions. I do not expect everyone to agree with me, but if I have given you a new idea and caused you to think and develop yourself in any way, I will feel well repaid for the effort I have put forth in preparing this article. Read it over, take what you think is worth while, and disregard that which you think is of no value, and I will be satisfied.

GREAT GOBS

"A woman was in a restaurant eating a pineapple sundae when a man entered and ordered a chocolate soda. How did she know he was a sailor?"

"I don't know. How?"

"Because he had a sailor suit on."—(Tid-Bits).

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 5

DECEMBER 15th, 1927

Number 11

A Merry Christmas To All!

Assemblies

At the Assembly on December 2nd, Dean Schwartz talked at length about the attitude of the student toward his work and his school. He spoke of the sacrifices that were made by some of the pioneer members in the field. He stressed particularly the opinion that the public is apt to assume in regard to the school from the actions of some of its students and stated that it is his belief that the students could co-operate in many ways to the advantage and benefit of the college and the practice as a whole.

Larry St. Amant, of the Freshman Class, spoke of the "old clothing drive" for the Piney Woods School, that is to be one of the activities of the Freshman Class. Go to it, Freshmen, you do not have as much use for old clothes as the other classes—yet!

A vote was taken by secret ballot on the following proposals:—

- 1.—That all Athletics be abolished.
- 2.—That Football only be abolished.
- 3.—That Basketball be the major sport at Still College.

The result is as yet unknown. This action marked the close of the Assembly.



The Profession's School

We are nearing the close of the first semester spirit in our new building, and now we are looking forward to the next semester. Indications are that there will be a record-breaking enrollment for a mid-year class, and why not? Osteopathy presents a wonderful opportunity to those who are looking for a worthy profession, and it is not overcrowded.

Our new school building is attractive and up-to-date, absolutely fireproof throughout, and it has presented a new atmosphere and tone to our college. It is situated in a downtown district, which makes it possible for those that must work, to get to and from their work with the minimum loss of time. This central location also adds to the clinic possibilities, as it on a main street car line and easily reached from any part of the city.

Des Moines is a city of approximately 150,000 population. This is large enough to present a great variety of clinical cases, both obstetrical and general, and yet it is not so large but what the student may take advantage of cases in any part of the city without traveling too great a distance. Des Moines, as a city, is very friendly toward students and those wishing work should find it without any difficulty.

The faculty of Still College is made up of men who are specialists in their respective lines. No more about them need be said. You field men will not make a mistake in recommending Des Moines Still College to the prospective student.

Matriculation for the next semester starts January 21, 1928. Several new students have already matriculated and others have specified their intentions to do so. Osteopathy needs more representatives in the field. Let's everyone send in a new student and make this a year for more and better Osteopathy.

Aphorism of industry: The less you need a boss, the less you hate one.

Vacant lots attract rubbish—so do vacant minds.

Galli-Curci

The college is in receipt of a note of appreciation from Amelita Galli-Curci for the floral tribute sent her by the College on her concert appearance at the Shrine Auditorium, on Tuesday evening, December 6th.

We are proud to own Galli-Curci as a friend of Osteopathy.

Support Endowment

Cherokee, Iowa, Nov. 11, 1927
D. M. S. C. O.,
Des Moines, Iowa,

Dear Sirs:—

At the Fifth District Convention held at the Elks Club, Sioux City, Iowa, the following motion was passed:

Dr. Ray Gilmore moves that the convention go on record as supporting the Des Moines Still college of Osteopathy and Surgery Endowment and that the secretary write the college of the action.

Second by Dr. Myron Runions.
Motion Carried.

Yours very truly,

LEO C. HARRISON,
Secretary.

New Locations

Dr. Earl F. Pearsons, class of 1927, has located in Rutland, Vt. His address is Badlam Block, 39½ Center Street, Rutland Vermont.

Dr. Pearsons would like to hear from his friends still in college and also his classmates in the field.

Osteopathy can neither be presented nor defended by ignorance.—(A. T. STILL.)

*Yesterdays preparation some times accounts for todays luck.

TEN YEARS AGO

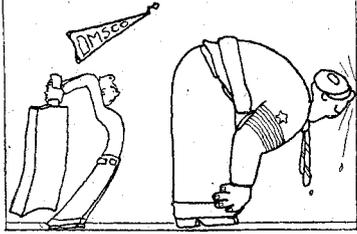
The Twelfth of December, 1917, is a date to be remembered by all of us. It marked the passing of the Father of Osteopathy. After a little more than eighty-nine years of intensive and productive living, our first teacher and leader left us with a most important heritage.

This is a time that we should hesitate for the minute and consider the things that he stood for and accomplished during his span of life. From an idea which was the result of profound thought and the attempt to analyze experiences there developed with him a science. The result of these observations put into practice has erected schools, hospitals, sanitariums and health centers in all parts of the country, based on the findings of this one man.

Do you, as a practitioner, realize that what you are you owe to the "Old Doctor"? Do you as a student of Osteopathy realize that the opportunities before you would not be possible without the early investigations of Dr. A. T. Still?

It is fitting and proper that in our mad rush of every-day life that we should pause for contemplation of these truths. The memory of his early struggles should be the incentive for greater effort on our part to carry on the science he gave.

FRATERNITY NOTES



SIGMA CHI OMEGA

It has been officially announced in the newspapers that Gail Smith did take unto himself a better half. It is noticeable that he is beginning to study considerably. A lot of others should have some such inspiration.

Dr. M. E. Bachman, otherwise known as "Daddy" to some of the older students, gave us some very interesting case reports at the last meeting. He gave a complete outline of the treatment, including the diet used in each case. He also initiated a number of members into the methods of taking blood-pressure and what pathological conditions to search for in the variations of pressure. "Daddy" puts out a lot of Osteopathy, and we want to see more of him, for it seems that a goodly share of us are losing sight of the fundamental principles of our profession.

Frank Wilson has moved away from the protection of his future mother-in-law's wing. He and Bill Wasner are now together and are already wearing each other's sox and ties, or rather Frank is wearing Bill's sox, for Bill declines to wear Frank's, because he cannot tell which end to put them on, and furthermore, he never did like to wear stirrups.

PHI SIGMA GAMMA

It isn't very hard to diagnose that a vacation is forthcoming from the appearance of time tables and road maps about the house. A recent census revealed that four Brothers are intending to remain and take care of their "practices" over the holidays and receive the boxes of chicken and cake. Lowell Morgan seems to fulfill the requirements best for the position of Santa Claus and has been so appointed.

"Sleu-foot" Auseon reports that after much consideration and deep meditation, he has come to the conclusion that Bro. Smith is not the party responsible for the continued eating of peanuts in the dormitory.

Under the able guidance of "Red" Granberg and the Family Theatre, pledge Patterson will soon be a full-fledged cowboy. His latest achievement is shooting from a swinging holster. Marvelous how Massachusetts turns out these "hip" shooters, as we all remember Jack Cavanaugh.

Pledge "Whoops" Gauger says he will wear a suit of "amour" on his next O. B. case.

Pres Howe should be a musical boy, as he wrapped up his laundry in Bob's sheet music.

The girls at home are going to

get a big treat before long, says Pledge Reeves.

Pledge Thomas says he can tell the boys of something in the way of a "big" date now, and added that a bale of hay would look like a shredded wheat biscuit to her. Jimmy (Ames) Shaeffer is getting his practice, and sometimes his lessons.

Mothers, watch your daughters—"Handsome" Scatterday is in town.

"Salesman Jen" spent the week end in Waterloo; big candy sale next week!

Pledge King swallowed a watch the other day, and now he's taking cascascars to pass the time away.

"Pinkie" Rip came back from home all attired in red flannels. Said he had a big rabbit hunt and that the "dear" proposition was favorable.

ATLAS CLUB

Dr. Doyle of Ackley, Eskimo-clad, drove in to the Atlas premises Friday. All members gave the "Ole Grad" one grand reception. Dr. Doyle claims he will be back for the Formal, which by the way, is going on record as being one of the big times of the Club. The date is December 16th.

"Rusty" sometime ago was undecided as to whether he should make the Kirksville trip or get his "Galloping Ghost" readjusted. He did both—and now more books for sale!

"Piney Woods" St. Amant. The boys of the Club thought I'd be afraid to title myself as such. Toot! Toot! All aboard for Piney Woods. Leave your old clothes.

Dave McKeon must have been traveling in that direction last night. We found him hanging on to the curtain. He thought he was riding the blinds to Piney Woods.

"Cowboy" Faus has decided to attend the Formal. Ten suits—(Tux)—were ordered to be paid for after Santa arrives.

Rev. Dr. Rashe was the speaker at the Practical Meeting, on Monday night. Suffice it to say, the Rev. Dr. has added several new admirers to his already large list.

These new flames seem to be hot after Duke at the 12 o'clock line-up. Duke was conspicuously absent. Marriage licenses will appear in the next issue.

IOTA TAU SIGMA

There is much excitement at 2007 of late; on Thursday, Dec. 15th, we journey to the Commodore Hotel to enjoy the Xmas formal. The entertainment committee has been working hard. The "soup and fish" outfits have once again been mobilized and now await only the appointed hour.

Side Lites About the House: Our own "Tooter" Shaw the "King of the Sax" is plainly not "King of the Hunt." His alibies seemed little better than his trusty musket. Needless to say, his batting average is .000.

"Lute" Drabing, our high scorer in hard luck, has again coralled a bumper crop of furuncles. At this time he is being hard

pressed by his Freshman roommate, "Step and a Half" Cook. Even Fleishmann's may help.

Holly Morrow, "The Answer to the Lady's Prayer" has reformed. He was even tardy for dinner Sunday—"on account of going to Church"—we wonder whether he was given this as an excuse for his own sake of cause and effect, or whether he is lining up for Santa Claus and his box of candy?

The countenance of "Lily" Peterson has given his inner thoughts away many times. His heart and soul is centered at Malta, Illinois. Rumor has it that a "Swedish brass band" will be on hand to greet our hero. More power to you, Lily. With his great "understanding", Santa Claus will have a task filling up "Lily's" sox.

We have long wondered where our silverware has disappeared to. "Noisy" Herrick has confessed—he used our spoons in his extensive practice.

Several of the members and pledges have been perfecting their cribbage game. Many lay claim to the championship of the house, but a tournament is a thing of the future.

"Nick" Gill relinquishes the lead in the letter league. He seems to be striking out with the bases loaded. "Nick" is a little bashful about leaving the house on these frigid mornings, but he has taken this unfortunate circumstance in the proper spirit, and unlike some of the big shots, he rides the hoof, rather than the Yellow Cabs. It is healthier, isn't it, "Nick"?

"Buddo" Gephart continues to be a source of worry to all post office employes between here and Marietta, Ohio. Don't you realize, "Buddo", that this time of year is plenty tough on these "agents of courtship"—Go easy, "Buddo"—go easy!

In conclusion, we wish to extend our wishes for a very Merry Christmas and a Happy New Year to the faculty, students and others in Osteopathy and Still College.

Epigrams of the "Old Doctor"

"I fought this fight for God when he didn't have a friend on earth but Sam Jones and Me."

* * *

"Life is the force sent forth by Diety to vivify all nature."

* * *

"The medical world disguises its inability to cure by talk, talk, talk."

* * *

"The great Inventor of the Universe, by the union of mind and matter, has constructed the most wonderful of all machines—man—and Osteopathy demonstrates fully that he is capable of running without the aid of whiskey, drugs or other kindred poisons."

* * *

"All medical writings fight effects, not causes."

The fellow who borrows trouble doesn't have to pay it back, but he pays heavy interest on the loan.



Around Our Merry Campus

ODDS IN FAVOR

Patient—Do you think I'll get well, doctor?

Doctor—You have a very good chance. Nine out of every ten cases of this kind die. You're my tenth case. I've had nine others, and they all died.

A man rushed down the aisle of a Pullman shouting: "Whiskey! Whiskey, quick! A woman has fainted."

A dozen flasks were tendered him. Seizing one, he took a deep draught and sighed with relief.

"Thanks, so much! Seeing a woman faint always makes me sick!"

Dr. Johnny Woods informed his classes Monday that having had two babies over the weekend, he must be excused for any "wooziness" evidenced during the day.

"Doctor," asked the invalid, "don't you think a change to a warmer climate would do me lots of good?"

"Heavens, man!" replied the doctor, "that's just what I'm trying to save you from."

"Why didn't Noah smoke more when he was on the Ark?"

"Because he only had two 'Camels.'"

A little girl was once told that polite people did not talk about their ailments in company or outside the family. So when a visitor asked her if she was well she said: "Well, in the family I have a stomach ache, but in company I'm quite well, thank you."

The boat was sinking. The skipper rushed up to a crowd of scared passengers.

"Who among you can pray?" he asked them.

"I can," answered the minister. "Then pray, mister," ordered the skipper. "The rest of you put on life preservers. We're short just one."

Went—Got my golf socks on today.

Worth—How's that?

Went—Eighteen holes.

A young man consulted a physician about "tobacco heart," which he thought he had contracted by excessive smoking.

"Doctor," said he, "do you believe that the use of tobacco tends to shorten a man's days?"

"Do 1," exclaimed the doctor, "I know it does. I tried to stop once, and the days were ninety hours long!"

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

PHILOSOPHY

(How to Learn to be a Great Thinker)

Now I will make a philosopher of you if you will obey and follow the rules I give you, if you have the germs of reason with average culture.

Rule first is the machinery of the object; then the duty each part is to perform. Now I will take as an example to explore or know what this machine is designed for, a hog for our subject of explorations. For conclusion as to the design nature had in its construction. Now the first order I give, you must obey, or fail. Look at the hog's snout. I mean snout and nothing else. Now let the tail alone, I said snout; not foot, but snout. You have nothing to do with the hog's foot. I told you to look at the snout. What do you see about the snout? Look and get its form and let its uses alone. I want you to know a snout first. Its form is all I want you to look for. Now you see the snout do you? You must not think of anything about which end of the hog the snout is on, or its use or attachments. You cannot succeed as an investigator if you leave that snout before you get the form in your mind. Now you are master of the form of the snout; you can look how it is attached to the end of something by this time. You see a plow to turn over the ground. Now go from your discovered plow to attachment to head, which is fast to neck, neck to body—till hog is complete.

Moral: When you wish to learn anything take some part to study and stick to it until you master a part at a time, until you know all parts. Then put them together in their places any your work is done. Nature does the rest as is indicated by all forms of animal life. Learn the parts and places and they will show their uses; if not, you have failed to use your reason and are lost; time spent and you are none the wiser. Study the snout or you will forever fail—(A. T. STILL).

EASIER TO CHOOSE

Shop Girl—A pair of silk stockings, sir? Certainly. We have them in every fashionable shade. Do you prefer beige, pale fawn, champagne, pearl blush, atmosphere, froth, grain, sawdust, melon, straw, oyster, moonlight, bleached mauve, shadow or gunmetal?

Young Man—I never thought of that. Perhaps I'd better buy her a bracelet, instead.

Osteopathic Clinic Opens In New Home

New quarters of the Marietta Osteopathic Clinic which Dr. H. L. Benedict and his associates have founded at 304 Putnam St. are completed and thrown open to the public, and afford the city an institution that ranks with the best of its kind to be found in the country.

Associated with Dr. Benedict in this venture are Dr. L. M. Bell, Dr. J. E. Wiemers and Dr. J. D. Sheets. They have founded a 22-room clinic, equipped on modern lines. It is designed and fitted to afford a new service to Marietta and the surrounding country.

The building that has been occupied by Dr. Benedict and Dr. Bell, and in recent months by Dr. Sheets as well, has been modernized and enlarged. Dr. Wiemers has joined with them in making it a complete Osteopathic Clinic. The four owners will share the work of the clinic, dividing the responsibilities and each follow a special service.

The main entrance is from Putnam street, leading directly into an attractive suite of reception rooms and offices, with a corridor leading to the offices and consultation rooms. The new quarters at the left of the corridor are given over to physiotherapy department, over which Dr. Wiemers will preside. This department is fully electrically equipped along modern lines.

Dr. Bell, who is the eye, ear, nose and throat specialist, is quartered across the corridor at the rear of the reception rooms, while the offices of Dr. Wiemers, Dr. Sheets and Dr. Benedict are grouped about the rear of the corridor, all having outside offices.

Dr. Benedict will have charge of diagnosis and will specialize in handling gastro-intestinal cases. Dr. Wiemers will handle diseases of children, and Dr. Sheets in addition to general practice, will be in charge of X-ray and laboratory work.

The second floor affords space for operating rooms, nurses' quarters, and for the nine beds that will be used for clinic patients. Dr. Sheets will live in the clinic and will be the night physician in charge. There are club quarters, porches and sun rooms for patients on the second floor.

The basement of the building provides the X-ray rooms, the laboratories and treating rooms. For certain classes of diseases, and are as elaborately equipped as are other departments.

Modern heating, lighting and ventilating systems have been installed and the whole building is of neat appearance and convenient arrangement.

The men who are associated in this clinic have devoted a number of years of effort and much expense in bringing it to its completed state, and feel that they are contributing in no small way to the comfort and well being of the public.

Five Years Ago

Dr. A. T. Still was the "Father of Osteopathy." Another Still trained in the science of Osteopathy was born later to demonstrate to the world the value of that science in surgical work. We pause again in reverence to the memory of Dr. George A. Still, son of the founder of Still College and at the time of his death, President of the A. S. O. and Surgeon-in-Chief of its hospital. Only those who have worked intimately with the man can appreciate the true character and worth of such an artist. The passing of George Still on November 23rd, 1922, marked the end of a brilliant career. One that contributed more than his share to a great science.

Gambrusia

Gambrusia, the little fish that befriends man by devouring mosquito "wigglers," is finding many things even more to his liking in the ponds and ditches of Italy than in his native American home, according to reports received from Rome. Carried first to Spain and thence to Italy to combat the malarial mosquitoes, this hungry little minnow has multiplied enormously throughout the region around the mouth of the Tiber, where it was first introduced, and has also been transplanted into shallow waters throughout the peninsula and along the Dalmatian coast.

More favorable food and other environmental conditions, and probably the absence of natural enemies that take toll of its numbers in America, are credited with the gratifying abnormal rate of increase.

A young wife of Bristol said to her husband one night: "My dear, there is a gentleman in the parlor. He wants to speak to you."

"Who is it, do you know?" the husband asked.

"Dear," said the wife, "you must forgive me, but that cough has bothered you very much of late; and though spring is coming on, it still clings to you. Oh! if you knew how worried I've been about you," and she threw her arms around his neck. "What would I do if I were to lose you, dear?" she moaned.

"Come, come!" said the young man, patting her shoulder tenderly; "men don't die of a slight cold. So you have called in the doctor, eh? Well, I'll see him, gladly, if it will make you feel easier. Which one is it, Squills?"

"It isn't the doctor, dear," was the answer; "it's the life insurance agent."

They who make the best out of their time have none to spare.

Girls who have no diamonds say that it is vulgar to wear them.

See Him Today

Jack and Jim were school boys
In a little country town,
Shared their troubles and their joys,
Freckled kids, both sunburned brown.

Went a-swimming in the summer,
Went out nutting in the fall,
Shared their skates and sleds in winter,
In the springtime played baseball.

Grew from boys to youth and manhood,
Side by side and heart to heart,
And in every little plan stood
In close union taking part.

Came the time when to the city
Jack and Jim were called away,
Severed ties, and, more's the pity,
Separated more each day.

Jack became a leading power,
Lived in luxury and style,
Built a castle with a tower,
Growing richer all the while.

Hard Jim worked from dawn to sunset,
Striving cheerfully to float,
Daily wage was all he could get,
In life's game he was the goat.

Jack and Jim ne'er met each other,
Each one knew the other's state,
Just around the corner, brother,
Neither passed the other's gate.

Came the day when Jim was broken,
Fever wrecked his sturdy frame,
Nature then put in her token;
Called in death and closed the game.

Jack, too late, saw Jim there lying
Calm and peacefully at rest;
Chums they had been, no denying,
Which, think you, was greater blest?

Don't put off until tomorrow
Meet the chums you love so well,
Negligence brings death and sorrow,
Friends may need you, who can tell?
—(Selected)

Contented Cows

There is an odor of lotus in the air—a feeling of complacent self-satisfaction pervades the room. The lecturer is presenting material that is of interest and of use—but to no avail. One or two individuals in each back corner of the room, and at least two on the front row are openly communing with Morpheus—several others are flirting with him. "What does it matter?" is easily read on most every face. There is the atmosphere of calm, bovine contentment of mediocre workmen vacuously viewing a crucial task poorly done.

Where is this? Senior class. When? Most any time.—(Osteopathic Digest.)

Mass. Board, Nov. 1927

Diagnosis and Therapeutics

1. What would you take to bedside of a child to make a diagnosis and give treatment on a call to the house—told that the child "has a temperature, headache, sore throat and regurgitates fluid thru nose on drinking"?

2.—What information do you derive from:

1. Diastolic B. P.
2. Sp. Gr. of Urine.
3. Sp. Gr. of Ascitic fluid.
3. Give diff. diagnosis of: Simple Angina from Coronary Thrombosis.
4. What is Pulses Alternans? How do you detect? What is its significance?
5. Leave detailed instructions to R. N. in cases of (a) Amoebic Dysentery, (b) Tetanus.
6. Give cause and treatment of Uncinariasis.
7. Diff. Variola from Vari-cella.
8. Diff. Psoriasis and Pityriasis Rosea.
9. Give 5 early symptoms of Pulmonary T. B.
10. Name the secondary lesions of Pulmonary T. B.

Surgery

1. What would you consider sufficient evidence of pyloric obstruction to indicate surgery? Give procedure.
2. What is Meckel's Diverticulum? Name surgical conditions it gives rise to.
3. Give Etiology, Diagnosis and treatment for Lung abscess.
4. Etiology, signs, symptoms and treatment for fracture of patella.
5. Give contraindications for the various anesthetics. What would be your alternative in each.
6. Discuss treatment of epitheloma of the lower lip.
7. Do you favor the surgical treatment for duodenal ulcer? Tell reasons for your answer.
8. What are the Surgical complications of typhoid fever.
9. Define: Paraphymosis, Enterostomy, compound fracture, Sebaceous Apt. Anuria.

STATE BOARD EXAM DATES

- IOWA—January 25, 26, 27.....Capitol Building
 MICHIGAN—January 24, 25, 26.....Battle Creek
 PENNSYLVANIA—February 6, 7, 8, 9.....Harrisburg
 MISSOURI—January 16, 17, 18.....Kirksville

A STORY WITHOUT WORDS---



10. Practical—Diagnose and give treatment for condition you find on X-ray plate.

* * *

Anatomy

1. Give borders and contents of the Popliteal fossa.
2. Give the histological divisions of the skin layers from within outward and name characteristic cells of each.
3. Name entire venous drainage of the brain.
4. Draw a cross-section of the spinal chord at the mid-dorsal area. Label the tracts and nerve connections.
5. Name muscles rotating the thigh.
6. Give origin, course and termination of the vertebral artery.
7. Locate and describe the bladder in the male.
8. Locate the lymph vessels and nodes of the lower extremity.
9. Describe the Mandible.
10. Describe the Diaphragm. Locate, give blood and nerve supply.

* * *

Pathology, Bact. and Biology

1. Give normal red cell count. Give normal white cell count. Give normal amount of blood sugar.
- Give normal amount of non-protean.
- Give normal amount of non-protean nitrogenous elements in blood.
2. Name the pathological conditions causing jaundice.
3. Give the gross pathology of Banti's disease.
4. Give causes of uterine bleeding after menopause.
5. Give all the conditions causing a mechanical acute intestinal obstruction.
6. Discuss pathological conditions associated with Bacillus aerogenes capsulatus. How do you determine the presence of this bacillus?
7. Give the gross pathology in Hodgkins disease.
8. What is Courvoisiers Law?
- 9 and 10. Practical—2 gross path. specimens and 2 path. slides to diagnose. Questions on "Physiology, Hygiene, Physics and Toxicology" are missing.



A Christmas Thought

Can you think of a better Christmas present than additional life insurance, sufficient to provide an adequate income for wife and children?

Can you think of a better insurance proposal than a unit or two in the Still College Group Endowment Fund under the special copyrighted policy issued by the Royal Union Life Insurance Company?

Let us briefly review a few outstanding features of our Endowment Policy:

1. It is a special contract prepared only for Osteopaths, Students of Osteopathy and immediate family members.
2. Each unit gives \$1200 protection—\$1000 to your principal beneficiary (wife or children)—and \$200 to Still College.
3. Because it is a group contract written without the services of agents, the rate for a \$1200 unit is about the rate you pay for an ordinary \$1000 contract.
4. It is easy to get if you are a standard risk. No red tape. You can secure up to \$2400 without the inconvenience of a physical examination.
5. It enables you to participate in the creation of an Endowment Fund for one of the profession's foremost schools—without any burden to your pocketbook.
6. It increases your personal estate. Adequate life insurance makes today's happiness last forever.
7. By request you can secure a December 24th or December 25th dating for your contract—if you act now!
8. A Christmas policy for your wife and children, in the Still College group, will be an enduring gift—the greatest gift love and money can buy!



A

**CHRISTMAS
GIFT
For All
The Family**



PLEDGE

I agree to fill out, sign and return as directed, the necessary blanks (to be mailed me later), and attach hereto Five Dollars as partial payment of first annual premium on \$..... policy, as outlined for the Still College Group Endowment Fund.

My Name in Full.....

(Write plain or Print)

Mailing Address: St. No..... City..... State.....

Date of Birth..... Place Born.....
 Month — Day — Year County or State

Name in Full of Primary Beneficiary.....

Mail above Coupon to Still College of Osteopathy, Des Moines, Iowa, or Royal Union Life Insurance Company, Des Moines, Iowa.

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

THE LOG BOOK

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

PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 5

JANUARY 1st, 1928

Number 12

A Happy New Year!



DR. C. W. JOHNSON,
President

It is with a great deal of pleasure that as president, I can express the gratitude of the organization as a whole for the very fine support we have had from the field. Our work this last year has been very heavy, due to the change from the old to the new building, but we have been spurred on to greater things by the many fine letters of commendation received and other forms of evidence shown by the profession.

May we extend to you all every good wish for the coming year. That you may continue in good health, merit a more extensive practice and thoroughly enjoy your moments of recreation.

Fraternally yours,
C. W. JOHNSON, D. O.
Pres. D. M. S. C. O.

Olive Weir, Class of May, 1928, Dies at Seattle

We are saddened by the news of the death of Mrs. Olive Linhart Weir, the wife of Dr. Donald Weir, Class of May, 1926, of Seattle, Wash., on December 29. The cause of her death was pneumonia.

Olive, as she was known to her classmates and friends, was a student at Still College in the class of May, 1928, but left with Dr. Weir after his graduation, for Seattle.

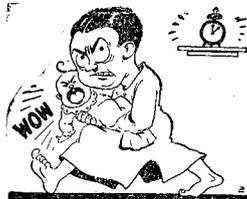
The Log Book joins with her hosts of friends in offering sympathy and condolence to Dr. Donald and Olive's family.



K. M. ROBINSON,
Secretary

1927 has been a very happy year for us. I hope that all of you have similar memories of the year. We are now starting on a page of our history which we hope will bring us all greater things in an Osteopathic way. I want to thank the many in the field who have been so kind as to write us their words of encouragement, and hope that all of you will enjoy another year of prosperity and health.

Yours very truly,
K. M. ROBINSON,
Secretary, D. M. S. C. O.



Born to Dr. and Mrs. Noble Atterberry, 528 Empire Building, Denver, Colo., a daughter, Joann, November 23.

Born to Drs. Dora S. and R. L. Morgan, 309 1/2 Water Street, Decorah, Iowa, a daughter, Oct. 24.

Of Interest

We are informed that Dr. Calvin H. Granger, of Hattiesburg, Mississippi, has returned to Biloxi, Mississippi, for his fourth season's practice at that popular resort. Dr. Granger will appreciate any referred patients who intend spending the winter in Biloxi or on the Mississippi coast.



E. E. STEFFEN, D. O.,
Treasurer

The year just closing has shown definitely the supreme value of co-operation in the management of our institution. We are indeed very grateful to be in the fine building we now occupy and to realize that our affairs are being conducted on a much better business basis. 1927 brought us much. We anticipate more in the way of expansion along all lines during the year to come. We realize this; that these changes would not have been made unless we knew we merited the support of the profession. This you have already shown in a number of ways. Thru your continued support you are gradually erecting an indestructible monument to the Science of Osteopathy that you may well be proud of now—and will take greater pride of in the future.

Those of us more intimately connected with the detail work of the organization, express our sincere thanks to you and wish for you a very happy and prosperous New Year.

Your fraternally,
E. E. STEFFEN,
Treasurer, D.M.S.C.O.

Faculty and Board Member Honored

Dr. Mary E. Golden has been selected to represent the Des Moines Chamber of Commerce as its member on the Community Service Award jury. Notice of her unanimous selection was received today from Joel Tuttle, secretary of the Chamber of Commerce.



J. P. SCHWARTZ, D. O.
Dean

In looking back, I have derived a great deal of satisfaction from the conduct of the student body and the greater efficiency shown by the faculty. Our move into a new home made a great change in the morale of every individual associated with the college. When school closed last Spring we were in doubt. That has all been swept away and we are seeing the better side of many things that were not visible before.

This next year means much to us. We will know for a certainty how we stand in your estimation. Many of you have already shown your approval of our efforts. I wish to thank all of you, students, faculty and field, for the many expressions of good will you have shown. The year 1928 offers you 366 days of opportunity. May you remain in good health, so that each of the days will strengthen your work and lengthen your life.

Fraternally yours,
J. P. SCHWARTZ, D. O.
Dean, D.M.S.C.O.

Some Record

Perhaps some of us do not remember that Dr. Brewington, one of the vice presidents of the American Osteopathic Ass'n, has in the past ten years at Albuquerque, New Mexico, had 823 deliveries, only 21 of them being forcep cases—no infection, only three babies lost and no loss of mothers—17 pairs of twins and two sets of triplets, which is not so bad for the first ten years.

The Milestone

One year ago we were in our old building. Today we are in our new home. One year ago we had but little thought that today we would be housed in a five-story, fireproof building, adequate for every need and fitted with every convenience. This past year is truly a date to be engraved in bold faced figures in our history. For many years we have been promised a new building. It was from all appearances only a promise. But, the idea must be born first, and as the constant dripping of water wears away the stone, so the continuous pounding of the idea finally lifted the curtain and our eyes beheld the actual.

During the first three months of 1927 we constantly repeated the old, worn slogan, "We must have a new building." About the first of April a weak hint of the seemingly impossible filtered through. Two or three locations were available. Which would serve us best in the many ways we must be served? Which could be handled without loss? Which would mean greater and assured success? All of these things must be thought of, and plans were considered and reconsidered until the minds of those intimately associated with the administration of the affairs of the college were almost blank from planning. Nothing definite could be given out even at the close of the school year, but by the first of July all the various papers had been signed, blue prints of floor plans had been O K'd and the actual work of moving had begun.

1927!!! We, the Alumni, the Corporate Board, the Trustees, the Faculty, the Student Body, and we hope the entire Osteopathic Profession, salute you. You brought us an opportunity. We grasped it. You have passed to us an obligation. If any one of us fail in the duties before us, let him be stricken from the roll. 1927, you have passed into real history.

Already the new year with new opportunities is before us. What will 1928 offer us and what will we offer 1928?

The Alumni. You can write us cheering letters. You can pass the good word along when chance offers. You can send us students to fill our new home. You can be proud of the advancement made by your college during the past year and take a greater pride in the support you give.

The Corporate Board. It is your good judgment in the selection of Trustees and in the forming of policies that will insure a continuation of the excellent management of our college.

The Trustees. You have done well in 1927. You are to be congratulated by the entire profession. 1928 offers you the opportunity for greater service and you must give it. Every move you make must be deliberated with the single objective of a greater Still College.

The Faculty. We are proud of our faculty. A chain is no stronger than its weakest link. Your

work this last year has offered little for criticism. If you have been weak, strengthen your link in the chain and during 1928 extend your influence for the good of Still College and Osteopathy.

The Student Body. Your return to a new home in September, 1927, made a great difference in your individual attitude towards the college. May you expand this enthusiasm to cover friends that you will interest either in the study of our science or in treatment and may you stand firmly behind the better things for the profession.

The Osteopathic Profession. Another year dawns. Take an inventory of your work in 1927. Did you support, in the several ways that you can, our osteopathic institutions in the manner that you should? If so, you have every reason to be proud of your past year. If not, then you have another chance. We ask that you continue to work for the good of our science. Exert whatever influence you may have to secure new students, better legislation, and make for greater opportunities for Osteopathy. If we deserve a part of this support, we are thankful and will feel that our work has not been in vain.

May we extend, to all our wishes that everything good may come to you during our new year 1928.

Class of May, 1926—Notice!

A number of the class have suggested that a "Round Robin" be started with the idea in mind of keeping a sort of tab on the locations of the members and a bit of line on how things go generally. It's up to YOU!!

Send your name and address to
A. E. SMITH, D. O.,
622 Dollar Bank Bldg.,
Youngstown, Ohio

The weaker sex
Is that portion
Of the human race
Who goes down-town
In zero weather
In a half-masted lace waist
And pumps
To buy a muffler
And woolen socks
For her husband
So he can go to work.

A Big Year Ahead!

Nineteen twenty-eight will be a stirring year. A presidential campaign; a national business and financial situation that will be watched with keen interest; foreign affairs; aviation; sports; the Olympic games; radio; fashions; science—all these fields will engross the attention of every practicing Osteopath.

In looking forward eagerly and anxiously into the New Year, it is a wholesome thing to give a thought to the achievements of the past year. 1927 was a good year for Osteopathy. The profession continues to make progress apace, aided by an ever increasing appreciation on the part of the public.

As we look back and in marshalling forth the high points in the year's work, we are forcibly drawn to the introduction of the Still College Endowment movement. Undoubtedly the Still College Endowment project is an item of great moment in the history of Osteopathy. In the plan offered by the Royal Union Life Insurance Company, if it is carefully analyzed and weighed strictly on its merits, there is the germ of the financial independence of one of the profession's foremost schools.

Repeatedly in past issues of the Log Book it has been our privilege to review with you, various features of our unique Endowment Plan. The project is a copyrighted plan for Osteopaths and members of their family, for students of Osteopathy and members of their family. In such States as permit, the policies are issued without the inconvenience of a physical examination. Remember, too, that the Endowment is incidental to a life insurance policy. For instance one unit is \$1200 of life insurance. It pays to your wife or family or estate in case of death, the sum of \$1000.00 and Still College receives a minimum of \$200.00.

All this at age 30 calls for an annual premium deposit of only \$25.91—just about what you pay for a policy in any old line company.

Every Osteopath owes it to himself and to the profession to lend some financial support to our schools. The Still College

Endowment plan enables us to secure conveniently, additional life insurance protection for our families and at the same time every unit of insurance taken in the Endowment Group materially helps Still College.

In looking forward to the New Year, let us suggest that every Osteopath should give earnest consideration to the Endowment Plan. Your support of this worthy movement will enable you to discharge an inherent duty to the profession without any apparent sacrifice on your part. Write today for a questionnaire and more detailed information.

Christmas Party

The Assembly Thursday morning, December 22nd, was in the form of a Christmas party, as usual. Earlier in the week, each student drew the name of some other student and purchased for him, or her, a gift, the cost of which was not to exceed a dime.

As his name was called out by the master of ceremonies, the inimitable Larry St. Amant, each student went to the front of the hall, received his gift, and was required to open it before the audience. A great many laughs were evoked by some of the gifts, and some embarrassment caused some of the recipients. It was all in fun and was so taken by all.

The greatest laugh of all was created when the first student called was requested by Larry to sit down on a previously prepared chair to open his gift. Much to this student's horror, astonishment and embarrassment, the chair collapsed, letting him down none to gently, on the floor.

After all of the gifts had been given out, Dr. Johnson, on behalf of the Board and Faculty, wished all "A very Merry Christmas and a Happy New Year." With these words, the Christmas holidays began.

Makes Good Record

Dr. Turman O. Lashlee, Odd Fellows Building, Humboldt Tennessee, sends his interesting and encouraging experience in connection with a local football team. Dr. Turman, who is a June, 1927, graduate of Osteopathy, went to Humboldt to take over the office of the late Dr. C. A. Rose.

A few days after arriving, Dr. Turman was asked to consider coaching the high school football team. He gave an affirmative answer, the line men were turned over to him at once, and he soon had the whole team in charge. Nine games were played, of which only one was lost. The Humboldt team ended their season with a spectacular victory over the Hickman, Kentucky, team 106 to 0. There was only one player out of the team through the season. He was away two weeks. The injuries handled by Dr. Turman included scalp wounds, Charley horses, fractured ribs, torn internal lateral ligaments of the knee, etc. Athletic coaches from adjoining towns have asked the doctor to examine their men, so he is making a reputation for osteate.

BASKETBALL SCHEDULE

(Incomplete)

Central College—January 6.....	There
Graceland—January 9	There
Buena Vista—January 12.....	There
Trinity—January 13	There
Kirksville—January 16 and 17.....	There
Western Union—January 23.....	Here
Lenox—January 28	Here
Buena Vista—February 2.....	Here
Parsons—February 2	There
Kirksville—February 2 and 3.....	Here

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

Projectoscopes Are Here

The Projectoscope drive is over and the machines are here, paid for by the faculty, doctors about town, students, and others. In particular, thanks are due the Standard Chemical Company, of this City, who topped the list with forty or fifty dollars cash in addition to the discount of their legitimate profit. We hope that their returns from this venture warrant their expenditure.

The class presidents along with Fred Martin and Jack Nichols, are to be congratulated upon their handling of the executive end of the deal. Additional gratefulness will be shown them in the extensive use to which the paraphernalia will be put.

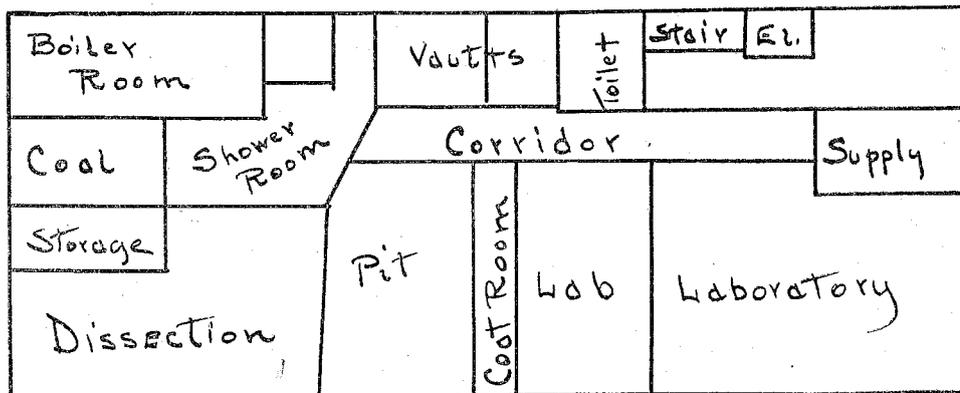
This new equipment is a Bausch & Lomb product, and consists of a Micro-projectoscope with a six volt Mazda illumination transformer; a Macro-projectoscope with similar illumination; and two screens, a six foot silvered one and a three-foot, framed, translucent one. The Micro outfit accommodates all types of microscopic slides, using the six-foot screen in connection. The Macro outfit handles lantern slides and reflects from opaque illustrations, as cuts in books. It is used in connection with the translucent screen and renders the image in a readable form, to the class, from the far side of the screen. All of the above equipment is portable and may easily be carried to the classroom and set up for any class.

Two students from each class and some of the Faculty members, are to receive competent instruction in the manipulation and care of the instruments. These students are to handle the machines for lectures in their respective classes, thereby facilitating smooth and snappy instruction, and thus relieving the lecturer of undue distraction. Of course the student operators of the incoming classes will receive their instruction from the present operators. Mrs. Innes, the technician, is keeping the apparatus in her department when not in use. Without doubt the machines are to be well guarded and cared for as befits their value.

While the value of the micro-projections in histology, bacteriology, and pathology is apparent, some of the uses of the opaque scope are not so obvious.

The chief value of this device will probably be found when used for review and summarization of every week's or two weeks' class work. If the instructor is sys-

WHAT'S DOING ON THE FIRST FLOOR



The room in the southeast corner of the building, which is the domain of Mrs. Innes, our Laboratory Director, is a busy place these days. At almost any hour of the day senior students may be found performing laboratory technique for diagnosis. This

room, which is fully equipped, is one of the most popular.

The Biology room now houses the new Projectoscope which has been purchased by the students for the school. This bids fair to equal the Chem. Lab. in popularity.

The Pit is always busy, being used by Drs. Bachman, Woods, and J. P. Schwartz.

And last, but far from least, comes the Dissection room, with its associations. It has received its christening, and is now a full-fledged morgue.

tematic, and we think they all are, he has a list of the outstanding features covered. So that in review he can, personally or by proxy, collect the certain books, pictures or slides which emphasize these subjects in their due rank and importance. Thus the student is better enabled to visualize and organize an unruly mass of facts in an interesting way, and more efficiently.

The comparative study of the normal and abnormal structures under the instructors guidance, adds another value not to be reckoned lightly.

Illustrated lectures of timely and desirable topics are to be started as a night class as soon as the students return from the Holidays. Of course there are innumerable other uses which could be listed with these mentioned.

Granted systematic and competent instructors and students, these projectoscopes can and will add fifty per cent to the interest and efficiency of our student body.

"Let's go and use 'em plenty!"

Mid-Year Prospects

As we go to press, the prospects for the Mid-Year class look bright. Mrs. Robinson and Miss Crawford have been busy with mail from prospective students.

And best of all, there have been two students, both from "away down East in Maine," matriculated already—more than three weeks early.

This augurs well for Still College, and shows that others are finding out what we have long known, that Still College is the Profession's College.

"You're rather a young man to be left in charge of a drug-shop," said the fussy old gentleman. "Have you any diploma?"

"Why—er—no," replied the shopman; "but we have a preparation of our own that's just as good."

Some State Board Questions

- 1—Give classification of reflexes with brief explanation of each.
- 2.—Explain abolition and exaggeration of reflexes.
- 3.—Discuss function of the autonomic system.
- 4.—What is pain and what is its purpose? What is referred pain?
- 5—Discuss function of ear drums and eustachian tube and their relation.
- 6—Give function of various parts of the eyeball.
- 7—Discuss adrenalin.
- 8—What is the action and function of large intestine?
- 9—Discuss the why of changes in body temperature.
- 10—Describe the development and character of the spermatozoa
- 11—Write about five hundred words on the activity of the vasomotor center.
- 12—To insure normal functioning of an organ, what principal factors must be considered?
- 13—Describe mechanism and function of the prostate gland.

More Foot Study

Whatever you do, don't overlook the feet. From governors to policemen, from floor ladies to society leaders, all are interested in the asset or liability of good feet.

Sound feet make for success in business, professional and social life. Feet determine very largely one's course in life. You can't think happily or clearly if your feet hurt.

The doctor who can fix feet and make people happy on them is becoming more and more a vital factor in the community.—Osteopathic Magazine.

Student (holding test tube up to his ear): "The chemistry says, 'Introduce ferrous sulphate, then slowly add sulphuric acid and note the ring.' Blamed if I can hear a sound."

From the Faculty

You pitch them. We catch them. Happy New Year.

R. B. Bachman, D. O.

* *

May you keep a spastic superior half of your orbicularis oris and retain a greater flexibility and strength of your spinal column.

H. V. Halladay, D. O.

* *

A very happy and prosperous New Year to all.

Bertha Crum, D. O.

* *

Happy New Year. Keep the athletic department in mind.

Coach Sutton.

* *

May all good things come to you during the New Year.

C. F. Spring, D. O.

* *

May you have less trouble in 1928.

Judge Utterback.

* *

To all, a joyous and prosperous New Year.

Mary Golden, D. O.

* *

My best wishes to all for the New Year.

J. M. Woods, D. O.

* *

May the light shine where there was darkness and your path be brighter this New Year.

Ava L. Johnson.

* *

The season's greetings in the superlative.

B. L. Cash, D. O.

* *

May all your actions and reactions be successful this New Year.

Z. A. Innes.

* *

A very happy New Year to all.

H. J. Marshall, D. O.

* *

With best wishes for the New Year.

I. C. Gordon.

* *

May you all have a happy and prosperous New Year.

Dr. W. J. Nowlin.

SCHEDULE OF CLASSES

FIRST YEAR

First Semester	
Anatomy—Descriptive.....	Dr. H. V. Halladay
Chemistry—Organic.....	Prof. Frank Sutton
Histology.....	Ava L. Johnson
Biology.....	Dr. W. J. Nowlin
Bacteriology.....	Ava L. Johnson
Embryology.....	Dr. W. J. Nowlin
Physics.....	Prof. I. C. Gordon

Second Semester	
Anatomy—Descriptive.....	Dr. H. V. Halladay
Physiology I.....	Ava L. Johnson
Chemistry—Organic.....	Prof. Frank Sutton
Histology.....	Ava L. Johnson
Bacteriology.....	Ava L. Johnson
Embryology.....	Dr. W. J. Nowlin
Physics.....	Prof. I. C. Gordon

SECOND YEAR

First Semester	
Chemistry—Physiological.....	Prof. I. C. Gordon
Theory of Osteopathy.....	Dr. C. F. Spring
Pathology I.....	Dr. E. E. Steffen
Physiology II.....	Ava L. Johnson
Anatomy—Descriptive.....	Dr. H. V. Halladay

Second Semester	
Symptomatology.....	Dr. C. F. Spring
Pathology II.....	Dr. E. E. Steffen
Principles of Osteopathy.....	Dr. C. F. Spring
Anatomy—Descriptive.....	Dr. J. M. Woods
Nervous Physiology.....	Dr. C. W. Johnson

THIRD YEAR

First Semester	
Pathology III.....	Dr. E. E. Steffen
Anatomy—Applied Osteopathy.....	Dr. H. V. Halladay
Laboratory Diagnosis.....	Dr. J. M. Woods
Technic—Osteopathic.....	Dr. J. M. Woods
Physical Diagnosis.....	Dr. H. V. Halladay

Second Semester	
Obstetrics.....	Dr. R. B. Bachman
Gynecology.....	Dr. C. W. Johnson
Nervous and Mental.....	Dr. C. W. Johnson
Osteopathic Therapeutics.....	Dr. E. E. Steffen
Orthopedics.....	Dr. H. V. Halladay
Comparative Therapeutics.....	Dr. W. J. Nowlin
Clinics.....	

FOURTH YEAR

First Semester	
Pediatrics.....	Dr. M. E. Golden
Obstetrics.....	Dr. R. B. Bachman
Nervous and Mental.....	Dr. C. W. Johnson
Osteopathic Therapeutics.....	Dr. E. E. Steffen
Surgery.....	Dr. J. P. Schwartz
Eye, Ear, Nose and Throat.....	Dr. H. J. Marshall
Clinics.....	

Second Semester	
Diatetics.....	Ava L. Johnson
Applied Osteopathy.....	Dr. J. M. Woods
Psychiatry.....	Dr. C. W. Johnson
Proctology and Urology.....	Dr. J. P. Schwartz
Surgery.....	Dr. J. P. Schwartz
Eye, Ear, Nose and Throat.....	Dr. H. J. Marshall
Medical Jurisprudence.....	Judge Hubert Utterback
X-Ray and Electro-Therapy.....	Dr. B. L. Cash
Clinics.....	

Z. A. Innis

Laboratory Director

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

* * *

1928 CALENDAR

REGISTRATION	JANUARY 20 - 21
CLASS WORK BEGINS.....	JANUARY 23
GRADUATION	MAY 24

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

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

PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 5

JANUARY 15th, 1928

Number 13

Basketball

(By Harold Davis)

Still 25—Central 22

Coach Sutton's men opened the season January 6, winning from Central College, 25-22. The team played basketball as a unit, each man playing his part well, and as a result, the baskets were evenly distributed, with Friend and Davis leading the attack scoring three each and Hubbard close behind with two.

However, our team has plenty of room for improvement, but the Central game brought out the fact that our boys are co-operating better, which means that our offense is not going to be held up because one man is not hitting them.

With the offense we have working successfully, we seem destined to turn in a majority of victories for Coach Sutton, as Captain "Red" Smith, aided by Weldon and Lang, are taking care of the back court in big league style and opposing forwards are in for anything but a social hour when they try to squeeze thru.

Still 25—Des Moines U. 26

The second game of the season found Still against Des Moines U. January 7, losing by a one-point margin.

Our defeat can only be attributed to ourselves and not to the superiority of the Des Moines U. team, although they played good basketball and have a well coached team.

We did not at any time during the game play like a Still College team, and by correcting the mistakes of this game, we will be working smoothly for our next encounter.

The forwards simply could not find each other, and as a result, had to resort to long shots, but managed to keep within a few points of the lead, and with the score tied at 25 all, a foul by Weldon gave Ullrich two throws, missing the first but winning the game on his second attempt.

Our defense functioned better than our offense, but we could not keep their score small enough to allow us to win.

Still 38—Graceland 20

Monday, January 9th, Coach Sutton took his team to Lamoni to display some basketball technique to the Graceland boys. The team duplicated its first night's performance, passing accurately and playing a strong defensive game to hold a 17-14 lead at the half.

The boys came back even more
(Continued on page 3)

Put the Young Doctors on the Job With You

This is something for our older and well established physicians and surgeons to consider—for three reasons: To save themselves for longer and finer service to their community; to help train these young graduates and give them the benefit of their skill and experience; and because they owe it to their practice and the community to provide that enough skilled osteopathic physicians shall be kept on the job for ministrations in time of need.

The physician who is in a position to do these things and does not is shortsighted, selfish and unfair. When his skilled hands, with their years of experience, stop for a rest, who will continue to care for his friends, his neighbors, his own family, and even himself?

There is plenty of work for every one in every community, if the profession in that community will cooperate in a friendly, educational way for the largest interests of that center. This is not theory. We can name many centers where it is working out satisfactorily, with everybody busy and happy and the community growing osteopathically stronger each year.

It is our competitive spirit, our own selfish selves who get in the way. We must sow if we hope to reap. We must give largely if we expect to receive largely. This is a law of life, a law of the universe—the law of compensation which we may obey and in obeying succeed.

Our young doctors need more experience in acute practice. Even a year's internship does not fully suffice. Let them go to the bedside with you in hospital or home. Dr. Cabot declares that

(Continued on page 2)

Announcement



Dr. Charles Baker, Class of May, 1926, who is interning at Delaware Springs Sanatorium, announces his marriage to Miss Harriet Young of Mt. Gilead, O., on Friday, December 9, 1927.

Dr. Baker's internship expires in June, 1928.

Obstetrical Clinic Growing

Have our Clinics been growing? Just place your name on the obstetrical list for a few days and much to your surprise, the stork will keep you up most of the nights, taking care of the visits he makes.

The past month of December was probably one of the busiest in the last few years of history of the Obstetrical Clinic. Among the many cases were two of special interest, the first one being a breech presentation which gave the students an opportunity to see an actual demonstration of a breech extraction. The second case was a forceps delivery. The one great ambition of every student in school is to witness a forceps delivery before completing his obstetrical career in Still College.

During the month of December there were twenty-three deliveries with thirteen of these during the Christmas holidays. On each case three students assisted the Accoucheur, which gave everyone a great scope of experience.

The Clinic has been increasing in size rapidly and at the present rate of increase each student will have the opportunity to deliver three cases and assist on eight cases, in addition. With the present enthusiasm and good work, the Obstetrical Clinic should grow to be the greatest in the history of Still College, if not the greatest in the history of any Osteopathic College.

OSCAR DuBOIS,
Ass't. Obstetrician.

An Appreciation

Piney Woods, Miss.,
Dec. 23, 1927.

Still College,
Des Moines, Iowa,
Dear Friends:

The box of clothing you sent has reached us in good condition and from your experience with Piney Woods folks, you know they were needed and appreciated. In fact, from the large number of students this fall, we need more clothing than ever.

Thanks for thinking of Piney Woods when you had these things to spare, and we hope that each one of you will get a little idea of the genuine good and pleasure these bring to us.

In the joy of spraying a human orchard—

LAURENCE C. JONES,
Principal.
The Piney Woods Country Life School, Piney Woods, Miss.

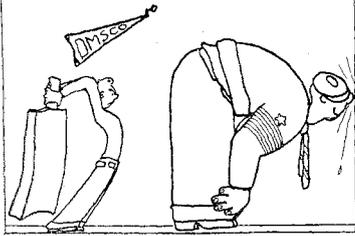
A Large or Small School?

The choice between a small and a large school is an age-old one. There are arguments on both sides and there are times when the large school seems to have won. These are cases, however, in which standardization of schools of the same type is difficult or impossible. To have removed the argument of greater standing and better professorship from the discussion in favor of a large school is to have weakened its contentions decidedly.

Thru the activities of the Bureau of Colleges, the Osteopathic colleges are approaching an era of standardization not bettered in the schools of any other profession. An Osteopathic school which is recognized is a school of certain sound standing both as to reputation and to material offered. There is no question of attending larger schools for greater standing in this profession.

What, then, are the reasons for smaller schools? Outstandingly the advantage in a small group is a personal one. The contacts in a school of two to three hundred cannot be impersonal. They are bound to be the individual reactions of personality against personality. This applies between student and student and between student and instructor. That the latter combination shall be an advantage to the student presupposes a distinction of personality in the professorial staff. All schools may not attain this, but any sincere board of trustees will strive for it. A student entering a school of smaller enrollment may feel assured some sincere attempt has been made to select for HIS benefit and satisfaction a group of men and women sufficiently equipped in training and experience to build into his life. Such a standard is set for the selection of any instructing staff, but it is only in the intimate associations of the smaller classes that the student reaps the full benefits of such care on the part of the board. Given a curriculum of standard requirements in every line; a faculty meeting all requirements of preparations; equipment which is requisite for understanding work; a sincere interest and faith in the profession and the student, who, in addition to all this, comes to know his fellow students and faculty not just as associates but as friends, cannot but gain thereby. Having
(Continued on page 3)

FRATERNITY NOTES



PHI SIGMA GAMMA

As the semester closes it brings to an end the activities of the Class of January, 1928. Four Brothers will bid us "good-bye" and go out to take their places in the field in practice of Osteopathy. These Brothers are: Lowell R. Morgan, Stuart Greiner, Preston Howe and J. Hayward Friend. We are sorry to see them leave, but congratulate them on having reached the first step in the attainment of their ambitions in Osteopathy, and we wish them all possible success in their further endeavors.

A Farewell Dance was held in honor of the graduating Seniors at the Chapter House, Saturday evening, January 14. The house was neatly decorated in the Fraternity colors and music was furnished by the Imps. Dr. J. M. Woods and Dr. H. J. Marshall, and their wives, were chaperones.

The semi-annual Stag Banquet, in honor of the graduating members was held at the House on Tuesday evening, January 10th. The alumni were represented by Doctors C. W. Johnson and C. W. McCutcheon.

"Heart-Breaker" Shaffer still increases his practice daily. Marvelous, we call it! Marvelous! Salesman Jen must have gone into bankruptcy, judging from the appearance of his candy store.

"Whoops" Gauger says that besides leaking, his pen won't write.

"Chuck" Auseon was heard the other day saying, "I'll be so busy next semester treating my patients," etc.

SIGMA CHI OMEGA

At our last regular meeting Dr. Rash gave us an interesting talk on Hawaii and the Leper Colonies.

Election of new officers was also held, with the following results:

Frank Wilson	President
Selmar Dahl	Vice-President
Clarence Liebum	Secretary
P. W. Wasner	Treasurer
Jack Nichols	Program Chm.
Victor Reeder	Social Chm.

Gail Smith returned after a hectic vacation and is still able to smile.

Get ready to stick out your hand to Frank Wilson for the cigars, for it won't be long now until he steps forth in 'Smitty's' footsteps.

SIGMA SIGMA PHI

On the night of December 13, the Honorary Fraternity of Still College added three new members to its ranks by applying the solemn obligation of the order to Raymond Kale, Raymond Mc-

Farland and Roy Lypps. This adds three more big stones in our upward trail to success and service.

The Chapter was honored by the attendance of two Faculty Members, Doctors John Woods and H. V. Halladay.

We also renewed our efforts in putting out the Still College Endowment Insurance Policies, so beware from now on. Be Sure You Are Insured!

We are glad to have Edgar Hubbel back with us again, after his seige at the Des Moines General Hospital.

IOTA TAU SIGMA

The Christmas holidays are a thing of the past and all the Brothers are finally back. "Bud-do" Gephart arrived just in time for the second Semester. The dozen that stayed here will always claim, however, that this isn't such a bad place after all and that they have Christmas in town as well as in the country.

Side Lites about the house: "Deak" Jones announced his marriage to Miss Isabelle Deal, "God's Masterpiece," which took place last summer. Our congratulations are in order as soon as we see the cigars.

We are not just certain yet how many of the boys marched down the aisle during the vacation. But we have our suspicions, however. Sigourney and one or two other towns have been referred to the vigilance committee for investigation.

Shaw, Smith and DuBois are unanimous in claiming that "Nick" Gill is the best cook in Polk County. He can do it like Mother used to.

"Peel" Loghry had his tonsils removed during vacation and is now fully recovered. In a way it was a tough break for him.

Anyone desiring pointers on duck hunting, see "Nick" Gill.

"Noisy" Rorrick says that one semester at Ohio University completely ruined the home town girl as far as he was concerned.

As a vacation fireman "Yuntzie" Sluss could have gone to Florida on a honeymoon trip and never been missed.

"Tods" DuBois reports a wonderful vacation. He was back (from the Coffee Shop) in time for the first class.

We wonder where "Grandma" Drabing spent his vacation. We wonder.

The Freshmen are all right up on their toes. It isn't hard to guess why!

ATLAS CLUB

Rick, Dorny and Musselman returned from their own dear old Ohio, the beauty parlor of the world. However, the beautiful scenery of the intervening states attracted or distracted their attention to the extent that the Ohioans arrived just in time for the first class—Friday morning.

Ole Nicholson left in a hurry and returned likewise. He says it has been darn cold in Minnesota.

Bob Bryson went home and returned before vacation was over. However, Bob went back—but not alone! Meet the folks!

Roy Trimble also moved his corporeal presence to his paternal residence.

In fact, the majority of the boys felt the call and flew back to their homes.

Those remaining had a touch of home-like atmosphere when they cooked the 12-pound Ham donated to the Atlas Club by Bill Norton.

Choice Xmas boxes containing delicious morsels of nutritious ingredients were received by the faithful custodians of the Club. Thanks to the kind and thoughtful folks at home.

Pledge Lathrop was struck by Cupid's bow, on his recent visit to Decatur, Ill. His mustache made a hit with the girl friend.

Pledge Larry gave an entertainment at the "Y" Men's Club during the Holidays.

Pledge Caldwell reports everything okay down home. He says that the stock is going up. Elevators were installed in the barn.

The Semi-Annual Banquet will be held at Younkers Tearoom on Wednesday night, January 16th.

Ken Ward is mysteriously interested in someone. It must be wonderful to be in love. Absence makes the heart grow fonder—they say—like onions makes the breath grow stronger. But don't breathe it to a soul.

Put the Young Doctor on the Job With You

(Continued from page 1)

after years of experience and considerable opposition in the earlier days they have determined that not alone in the interests of the new or younger doctors, but in the interests of patients and in the further interests of the physician in charge, this method of taking the young graduate into the hospital and to the bedside works. The physician in charge will do much better work, he declares, be more careful in the little details, where these younger confreres are observing. The patient gets better service and the young doctor is getting a first-hand contact and training that cannot be duplicated elsewhere. It is this intimate contact with one or two at the bedside or by the table, closely watching the skilled, experienced physician and surgeon at work, that makes for keener work and more success.

Give young doctors a chance—the best chance possible.—Osteopathic Magazine.

OLD MAN KNEW HIS SYMPTOMS

Nearly every young doctor has had experience with patients like the old fellow of sixty who had been a grumbler all his life and had made a practice of changing doctors on the slightest provocation. Recently he called in a young physician who had gained considerable reputation.

He was telling the doctor just what he thought was the matter with him when the doctor ventured to disagree.

"I beg your pardon," said the patient, with a haughty shrug: "It isn't for a young man like you to disagree with an old and experienced invalid like me."



Appropos of This Weather

My vacation? Did I? I'll say I did. It was just marvelous—you'll perish with envy when I tell you. Talk about your wov of a time!

Well, here's the dirt. We took the boat for Duluth and I had no sooner touched foot to the gang plank when I saw two dresses exactly like that little blue frock that I had purchased especially for the ride. Well, there was another good piece of stitching gone wrong. And, my dear, would you weather it?—there wasn't a man on the boat under 50. We were bored to tears.

We did manage to egg out a dance or two in the evening. One old Romeo, especially—whose wife left him for a bridge game—took rather a fancy to me. And do you know, I thought I never would ditch him. My dear, after the first dance with him my dogs started to bark in protest. And as for silly chatter—I know his mind would have left him long ago if it hadn't been too weak to travel.

Well, the boat trip was a total loss as far as Romance was concerned—if you get what I mean.

At the resort there were just oodles of trees, mosquitoes and bugs. The mosquitoes simply devoured us alive. I know I didn't sleep a wink the entire time.

The first day on the beach we acquired such a sunburn that we were in agony.

However, it rained the rest of the week, so it didn't matter so much. It just slays me to think that I was unable to wear my new imported bathing costume more than once.

Of course, one can't have all the comforts of home at a summer resort. I mean, of course, that shower baths and maids are utterly impossible, but I DO adore roughing it.

"You-all reminds me of one o' dem aery-o-planes."

"How come? 'Cause I's sech a high flyeh?"

"No; 'cause you ain't no good on earth."

Flapper (in car and to traffic cop)—Are my dimmers on?

Cop (blushing)—Madam, I wasn't even looking.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

Looking Forward

Any ambitious young man looking for a career naturally wishes to know whether, should he choose to follow a given profession, it will, in the days to come, give the largest scope and opportunity for the service he is prepared to render. He should like to be a part of a movement that keeps pace with the ever changing needs of the world—a movement that keeps abreast of, if it does not initiate, the progress of the world in a given field.

To devote one's youth to preparation and then find the time, energy and money wasted, because in the meantime the world has advanced, is to make a failure of life at its very outset. Time is a most relentless thing and tarries not at all. And in no life may time be profitably lost in pursuit of an unworthy objective.

Long before Plato, men realized that only in devotion to great ideals is there happiness, and only in service to mankind is there hope of immortality.

Perhaps in no field of individual endeavor are opportunities greater than those which come to the physician of scientific training and pro-social tendencies. And among physicians, none are so fortunately placed as are those with the newer and broader perspective of Osteopathy—a contribution of the modern world to the science and practice of healing.

Osteopathy has everything to offer that may be found in medicine, and very much which medicine has thus far signally failed to either grasp or utilize. To Osteopathy falls the credit for recognizing the determining role which structural integrity plays in the maintenance of bodily function and of devising ways of applying this knowledge to the exigency of disease.

There was a young couple named Slightem,
Who were afraid that disease germs would bite 'em.
They ate an apple a day
To keep the doctor away.
But he came and brought twins
just to spite 'em!
—Exchange.

Hobson—Why do you call your house a bungalow?
Dobson—Well, the job was a bungle and I still owe for it.

"How about some nice horse-radish?" said the grocer to the bride.

"Oh, no, indeed! We keep a car."—(Forward).

Penn. State Board Questions

Anatomy

(Answer Fifteen Questions)

1. Discuss the maturation and fertilization of the ovum.
2. Describe in detail the origin, supply and distribution of vessels and nerves in the bone.
3. Describe in minutia the variations in the articulating surfaces of the vertebrae throughout the spinal column.
4. Name the bones of the face, the foramina and canals they contain and the vessels and nerves that are transmitted through these openings.
5. Describe the pubic symphysis, also naming the ligaments of this articulation.
6. With what bones does the humerus articulate? The radius?
7. Give origin and branches of the vertebral artery, stating why it is of primary importance to the Osteopathic physician.
8. Give the characteristic differences of arteries and veins, structurally and functionally.
9. Discuss, not in detail, neither too briefly, the lymphatics of the abdomen and pelvis.
10. Make a diagram of the principal fasciculi of the spinal cord.
11. Describe the large intestine, its position, length, structure, function.
12. Locate on the cerebral cortex the motor area, speech center, visual center.
13. Why does an aortic aneurism give rise to a peculiar cough?
14. Name nerves giving motor supply and special and common sensation to the tongue.
16. Locate the celiac and hypogastric plexuses.

* * *

Chemistry and Toxicology

1. What is the principal end product of the salivary digestion of starch? How would you represent this change? Why do the enzymes of salivary digestion cease to function shortly after the food reaches the stomach?
2. (a) Differentiate between the aliphatic alcohols, aromatic alcohols and phenols. Give an example of each by name and graphic formula. (b) State the meaning of primary, secondary and tertiary alcohols.
3. Name and describe two (2) tests for the detection of blood in feces.
4. Name and give the chemical formula for the chief nitrogenous end product of protein metabolism to be found in urine. What special form of diet increases the amount of this end product?
5. (a) Give the chemical name and formula for (1)

- (2) vinegar; (3) epsom salts; (b) Give the chemical name for (1) H₃BO₃; (2) Na₂SO₄; (3) C₁₂ H₂₂O₁₁; (4) Na₂B₄O₇; (5) C₂H₅NO₃; (c) Give graphic formulae of the following and state where found: (1) tartaric acid, (2) citric acid, (3) oxalic acid, (4) malic acid, (5) lactic acid.
6. Discuss the symptoms and treatment of ptomain poisoning. What course would you pursue in a case of poisoning where the cause was unknown.

* * *

Physiology

(Answer Fifteen Questions)

1. Define what is meant by "muscular strain" and explain the direct or local and the remote or related effects of muscular strain.
2. Discuss the phenomenon of the conduction of impulses set in motion by stimulation or irritation of various tissues.
3. Discuss the function of afferent and efferent nerve fibers. How and where are impulses initiated in each?
4. Give a detailed discussion of the effects of the removal of the spinal cord.
5. What experiments have been made and what incidents have occurred from which has been determined the localization of functions in the cerebrum.
6. Name three types of visual abnormality. State the cause of each and its remedy.
7. Discuss the physiology of the cochlea.

(Continued on page 4)

A Large or Small School?

(Continued from page 1)

chosen Osteopathy as his profession, he simultaneously has thrown his lot with people. There is only one way to know them; that is live with them, be both of and in the group; experience the stimulation of mental give and take with those about one; learn to see other minds and ideas than one's own; recognize personality other than that which grows in one's family; live with people not superficially but deeply—with that sincerity which leads to understanding.

All of these things a successful physician must accomplish. How can he do it better than thru the opportunities of an association which includes the personal equation? — (Ava L. Johnson.)

Basketball

(Continued from page 1)

determined after the intermission and held Graceland to six points, scoring 21 points themselves.

With "Red" Smith doing all that can be asked of a guard in the way of defensive basketball, it seems up to the front line to turn in the victories. "Mac" Friend, who has been known for his great all around play, is going "hotter" than ever, and still has his eye for the ones that count. DuBois, King, Hubbard and Kendall are dependable players and can be sent into the game at any time to relieve the veterans.

Coach Sutton is spending lots of time with each man this year and before the season is ended, should present the greatest team in the history of the school.

* * *

Still 36—Omaha U. 34

Playing the second home game of the season against Omaha U., Wednesday evening, January 11, Still found its opponents playing a slow deliberate type of basketball, and with Freddie Benz in the lineup, it was not until the last minute that the game was pulled out of the fire. Still won by a two-point margin.

With Freddie Benz starting his first game for Still, Coach Sutton's men started off with a bang, scoring a basket on the tip-off, but the lead did not last long, as Schneider, the cool-headed Omaha center, directed his team into scoring position for two easy shots, and Omaha kept the lead until the last minute, excepting two even counts at 24 all and 28 all.

With Smith and Benz starting the driving attack, Still usually had several shots at the hoop before the apple was recovered by Omaha, but the boys just couldn't "hit 'em" and as a result, trailed the Omaha team 17-11 at the half.

The second half brought Benz up to center, giving Still control of the tip-off and strengthening a weak defensive spot, forcing Omaha to shoot from mid-court, with the result that Still kept within two or three points of the lead and tied the score on several occasions, due mostly to the bullet passes of Benz to the forward under the basket, for easy shots, and finally with the count even at 34 all, with less than a minute to go, Benz decided the game in Still's favor by cleverly sidestepping a fast-charging Omaha guard and then dropping the ball through the basket for two points as the gun sounded.

Benz gave a great account of himself in his first appearance for Still, and with such men as Friend, Davis, Smith and Weldon to co-operate with him, Coach Sutton has about all he can ask for in the way of material, and with the student body behind their team, they are going to be hard to stop.

BASKETBALL SCHEDULE

(Incomplete)

Kirksville—January 16 and 17.....	There
Western Union—January 23.....	Here
Lenox—January 27	Here
Buena Vista—February 2.....	Here
Parsons—February 11	There
Dana—February 24	Here
Kirksville—March 2 and 3	Here

Penn. State Board Questions

(Continued from page 3)

8. Give three functions of leucocytes.

9. Explain the variations in the velocity of circulation in the different parts of the system.

10. Trace the efferent nerve fibres of inhibition and acceleration of the heart.

11. Discuss intrapulmonic and intrathoracic pressure.

12. Explain fully the nervous control of the intestinal movements.

13-14. Given a meal of beef-steak and buttered bread; describe the digestive changes through which this food passes, stating where and by what enzymes it is acted upon and in what manner.

15. Discuss the functions of the pancreas in relation to health.

16. Give a detailed discussion of the relation of the ovaries to menstruation, including an account of experimentations through operations upon animals and women.

* * *

Obstetrics

Answer Seven Questions

(Osteopathic procedure, whenever indicated, will be required in the answers).

1. Define the following terms: (a) ballottment; (b) quickening; (c) uterine bruit; (d) Hagar's sign; (e) Crede's method.

2. Describe the structure and the function of the fully developed umbilical cord.

3. What is meant by the trimesters of pregnancy? Give the signs and symptoms of each.

4. Describe fully your management of a normal pregnancy that would prepare the patient to successfully meet the coming ordeal. (This answer must consist of, at least, one hundred words.)

5. State the indications of the use of forceps and discuss three applications.

6. Describe the management of the third stage of labor. If the placenta has not been expressed within a reasonable length of time, how would you proceed?

7. Discuss the history of cesarean section. Name three conditions that would indicate its use. What is meant by the term symphysiotomy? What is its effect upon the pelvis?

8. Give causes, symptoms and treatment of extra-uterine pregnancy. What would be the results if you failed in your diagnosis of this condition?

* * *

Surgery

(Answer Five Questions)

1. (a) Describe the causes of postoperative pneumonia; (b) of postoperative nephritis. (c) Give details of treatment which in practically all cases where used prevents the development of either of these conditions.

2. (a) Define shock, mentioning causes. (b) Name major symptoms. (c) How may operative or surgical shock be prevented or lessened?

3. (a) Describe the full pro-

cedure in tonsillectomy under general anesthesia. (c) What governs the selection of g. a. or l. a. for this operation?

4. (a) Define dislocation. (b) Classify dislocations as to cause. (c) as to degree; (d) as to time. (e) Give four major symptoms of dislocation. (f) Name the types of shoulder dislocations.

5. (a) Define fracture. (b) What is the most frequent fracture of the carpus? (c) Briefly describe method of reducing Colle's fracture, the position of the hand in splinting, and subsequent treatment.

6. Describe the operation for talipes equinovarus when the deformity is pronounced.

* * *

Pathology

(Answer Twelve Questions)

1. Name ten predisposing causes of disease.

2. Discuss the etiological relationship of bacteria to disease and give Koch's four laws which must be conformed with before the etiological role of a bacterium can be admitted.

3. Define infection, contagion, epidemic, endemic, pandemic.

4. Define a fever and state what causes the elevation of temperature. May a fever have beneficial effects. Explain.

5. State the several forms of necrosis and name the etiological groupings under which all classes of cellular death may be brought.

6. Simply name the various types of inflammation and explain or discuss the several localized types of suppurative inflammation of the skin and subcutaneous tissues.

7. Define saprophytes and parasites and the meaning of "obligate" and "facultative" in relation to each. Discuss the influence of heat and light upon bacteria.

8. Differentiate physiological and pathological regeneration of tissue.

9. Define immunity, classify the immunities and give the theories of immunity.

10. Describe the Widal Reaction and give its value in relation to the disease in which it is used.

11. Give etiology, pathologic anatomy and pathologic physiology of gastric ulcer.

12. Discuss "Cocci" as causative factors of disease.

13. Discuss nephritis, its varieties, etiology and pathologic anatomy.

* * *

Diagnosis

(Answer Twelve Questions)

1. (a) Define an Osteopathic articular lesion. (b) Describe a compensating lesion. (c) What is a secondary lesion?

2. (a) Differentiate between infection and intoxication. (b) Name and define the chief types of infections.

3. (a) Define and describe erysipelas. (b) State the commonest site of the eruption, and the manner of its spread.

4. (a) Fully define acidosis. (b) How do you diagnose acidosis? (c) With what diseases or con-

ditional conditions is it most frequently a concomitant?

5. Have you a definite system of examination of all office patients? If so, outline your procedure including ALL of the diagnostic measures you employ.

6. In what respects are Osteopathic and medical examination and diagnosis similar, and where-in do they radically differ?

7. (a) What conditions and symptoms, local and general, necessitate tonsillectomy? (b) When are conservative measures justified?

8. (a) How do you differentiate in the early stages between acute follicular tonsillitis and diphtheria? (b) Describe the course of a typical case of the former.

9. (a) Describe the appearance of a child together with symptoms presented that would lead you to suspect adenoids. (b) How would you verify such diagnosis?

10. Describe (a) acute pharyngitis; (b) chronic pharyngitis; (c) acute suppurative tonsillitis; (d) retro-pharyngeal abscess.

11. Discuss with reference to cause and prognosis the following disturbances of rate and rhythm of the heart; (a) tachycardia; (b) bradycardia; (c) extra systole (premature contraction); (d) auricular fibrillation.

12. (a) Give the symptoms of myocardial hypertrophy. (b) How do you diagnose and prognose dilation?

12. Tell what you can of angina pectoris — symptoms, diagnosis, prognosis.

* * *

Gynecology

(Answer Seven Questions)

1. Name five conditions in which amenorrhea occurs without apparent change or abnormality of the genital organs.

2. (a) What is meant by "the Acute Abdomen"? (b) To what are the predominant symptoms due?

3. (a) Describe some abnormal conditions which may occur during the menopause. (b) How are these accounted for from an Osteopathic viewpoint? (c) What treatment would you use?

4. What disturbances other than disorders of the pelvic organs may be caused by sacral and coccygeal lesions? Through what nerves?

5. Define menstruation, pseudocyesis, leucorrhoea, dysmenorrhoea, hemotalsalpinx.

6. Give the nerve and blood supply of the uterus and mention lesions which may affect it through disturbance of its nerve and blood supply.

7. Of what importance in the pregnant state are lesions affecting the pelvic plexuses of nerves and why?

8. Name five symptoms and physical signs which falsely suggest a fibroid of the uterus.

* * *

Principles and Practice

(Answer Fifteen Questions)

1. What motive prompted you to become an Osteopathic Physician?

2. Give etiological concept of Osteopathy. Make a comparison with other branches of the heal-

ing art and their various methods: (a) drugs; (b) serums; (c) mental methods; (d) electrical; (e) E.R.A.

3. State fully your procedure in conducting a case of acute parenchymatous nephritis. Lesions, methods of correction, diet, hygienic care and prognosis.

4. In cerebral hemorrhage, state fully all details of conduct of case. Lesions, how you would correct? In what posture would you place the patient? Prognosis?

5. Describe how the lesion operates to produce disease. Examples— (a) pneumonia; (b) nephritis; (c) tonsillitis.

6. Name five cardinal points in determining a vertebral lesion.

7. Are muscular ligamentous lesions usually primary or secondary?

8. What positional changes occur in a rib lesion— vertebral end, shaft, and sternal end? Examples of types.

9. Vasomotors: (a) arm; (b) portal system; (c) generative organs; (d) constrictors of head; (e) lungs?

10. Sensory centers: (a) intestines; (b) cardiac end of stomach; (c) heart; (d) kidneys; (e) pylorus?

11. Would you attempt to correct an ankylosed vertebrae?

12. If a case of hip joint disease presented itself, how would you proceed in handling it. What amount of direct treatment and movement would you give joint? Lesions, complications and prognosis?

13. What general types of motion are used to correct cervical, dorsal and lumbar lesions? Why?

14. Give an example of a quarantinable disease, and your procedure in fully protecting the public health.

15. State in detail your method of procedure in handling a case of chronic endocarditis. The lesions, and how you would correct? Possible contributing causes and prognosis?

16. Do initial or focal spinal lesions tend to involve contiguous structures? If so, how? Would you adjust compensatory or focal lesions first?

Hygiene and Foods

(Answer Seven Questions)

1. Name four standard methods of sanitary analysis of water. Give a brief description of each.

2. Differentiate food infection and food toxemia.

3. (a) Name at least four diseases spread largely through the alvine discharges. (b) Name at least eight diseases spread largely through discharges of the mouth and nose.

4. Give cause, symptoms and hygienic treatment of relapsing fever.

5. Give the technical distinction between quarantine and isolation. Give example of the use of each.

6. Describe a satisfactory method for the collection and disposal of refuse.

7. Give the hygienic and dietary factors in the prevention and treatment of rickets.

8. Tell in full detail of what a balanced diet should consist.

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

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Volume 5

FEBRUARY 1st, 1928

Number 14

Basketball

(By Harold Davis)

Still 43—Buena Vista 40

Still found Buena Vista a tough team to beat and it required two overtime periods to win. Hubbard coming thru with two baskets in the second overtime period, did it.

Still started the scoring first but Buena Vista came right back and took the lead for most of the first half, while Benz kept Still in the running by executing accurate passes and getting more than his share of the baskets, the half ending 23 to 22 in Still's favor—largely because of the great work of Benz at center for Still.

Coach Sutton made some shifts at the half and his men enjoyed a ten-point lead, which was cut to seven near the end of the game and finally evened up as the gun sounded.

At the beginning of the first overtime period, Benz was ejected because of fouls and the game seemed lost, but due to the fighting spirit of the team and their will to win, Hubbard put the game on ice by dropping two thru the loop to end the contest.

Still 50—Trinity 34

Against Trinity, Benz again played the stellar part in the one-sided victory at Sioux City. His bullet-like passes being converted into baskets, and his defensive opposition proved too great for the opposition, and their attempts to get around him turned out to be a complete failure.

At the half, the Still boys held only a one-point lead, but they came back with new life and played the victory march on Trinity's basket to gain a sixteen-point decision.

Still 40—Western Union 43

A week's rest did not seem to help Still in their battle against Western Union, as the boys displayed some listless basketball, forgetting they were ever instructed in defensive tactics, and as a result, lost by a three-point margin.

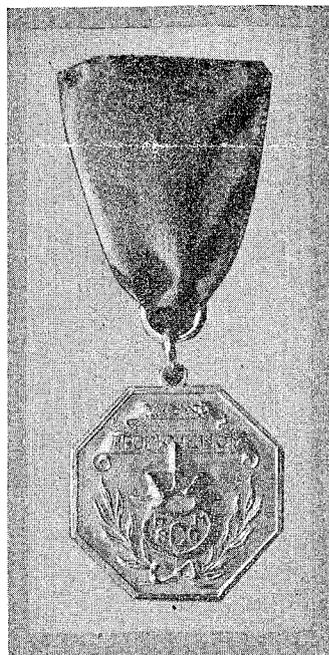
Benz, however, played great basketball, scoring 14 baskets, but the other men expected too much from him, seemingly satisfied to let him do the scoring, and 43 points was just a little too big for him to hurdle. As a result, our moral victory wasn't even encouraging.

With the defense perfected to co-operate with the offense—Coach Sutton is going to present one of the strongest teams in the state.

SIGMA SIGMA PHI MEDAL AWARDS



FOR SERVICE
Dr. Arthur W. Lyddon



FOR PROFICIENCY
Dr. Forest E. Schaeffer

Massachusetts Osteopathic Hospital

The cornerstone of the Massachusetts Osteopathic Hospital, Boston, Mass., was laid on Nov. 12, 1927, by Lieut-Gov. Frank G. Allen, with Mrs. Alvin T. Fuller, wife of Governor Fuller and Mrs. Martha Halsey, the Governor's sister, and many other distinguished people in attendance.

The cornerstone program was an inspiration to all present and the incident marks the beginning of a new era for Osteopathy in New England. The Lieutenant-Governor in his remarks paid a tribute to Dr. Andrew Taylor Still, the Founder of Osteopathy. Other speakers on this occasion were Dr. Geo. M. Laughlin, Kirksville, Mo., President of Kirksville Osteopathic College, which has the largest number of students of any medical college in the world, and Dr. Geo. V. Webster, President of the American Osteopathic Association.

Fully one thousand persons were present at the exercises, including many physicians from Boston and New England. City Treasurer Frank L. Brier was present, representing the City at the exercises. Rev. A. Z. Conrad

(Continued on page 3)

The Still College Endowment Contract

A plan by which Still College may be financed without depreciating the assets of the donors. Every Osteopath, rich or in moderate circumstances, under this plan is able to make a bequest, in proportion to his means, to Still College and at the same time increase his own estate by doing so.

The Plan

The Still College Endowment Contract is written in units of \$1200. Still College's share of this unit is a minimum of \$200, which is paid to it at the end of twenty years, or at the prior death of the unit holder, or investor. The bequest to Still College having been satisfied at the twentieth year, the investor has complete interest in the contract thereafter.

The plan is restricted to Osteopaths, students of Osteopathy, and immediate family members. If you are in good health and a standard risk, you can receive up to two units (\$2400), in such States as permit, without the inconvenience of a physical examination.

Where a physical examination

(Continued on page 3)

Commencement

DES MOINES STILL COLLEGE OF OSTEOPATHY

Class of January, 1928

Program

Processional March
.....Gladys Monroe Stribling
Invocation.....Dr. M. E. Bachman
Selection.....Daisy A. Johnson
"Hills"—By Frank LaForge
Address.....
.....Rev. Harold N. Geistweit
Selection.....Daisy A. Johnson
"Lovely Night"—By Ronald
Presentation of Class.....
.....Dr. J. P. Schwartz
Conferring of Degrees.....
.....Pres. C. W. Johnson
Awarding of Honor Medals.....
.....Dr. J. P. Schwartz

Finale.

Accompanist—Gladys Monroe Stribling

Class of January 19, 1928

Harold Wayne Devine, Luther Drabing, Stanley Evans, J. Hayward Friend, G. Stuart Greiner, William Preston Howe, Cecil MacKenzie Jones, Harm H. Kramer, Floyd L. Lindbloom, Lawrence Howard Loghry, Arthur William Lyddon, Charlotte MacDougall, Miles W. Maxfield, Lowell R. Morgan, Sherwood Jarvis Nye, Francis D. Rustad, Merrill Eugene Severeid and Forest Eugene Schaeffer.

Class of May, 1927

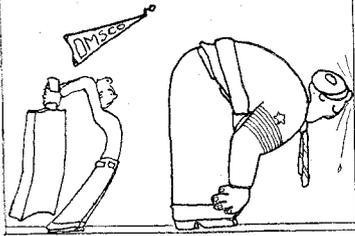
Manley Richard Office.

Hospitals Opened to All Practitioners

On the ground that the order of the board of county commissioners, allowing all licenced practitioners to practice in the Twin Falls county general hospital, is not illegal, the Idaho supreme court affirmed the action of the Twin Falls district court in removing restrictions against the use of the hospital by osteopaths and chiropractors.

Twin Falls county commissioners adopted resolutions "restricting membership of the hospital staff to the 'regular' school of physicians and surgeons and excluded the so-called 'irregulars,' chiefly the osteopaths and chiropractors." Later the board rescinded the order and removed the restrictions. The trial court, however, vacated the first order of the commissioners.—(Idaho Free Press, Jan. 11.)

FRATERNITY NOTES



SIGMA SIGMA PHI

At the regular mid-year election of officers, Beta Chapter named the following:

President.....G. O. Smith
Vice President.....C. C. DeLong
Secretary..... Frank Dornbush
Treasurer.....Raymond Kale

Other officers of more or less minor importance were also chosen. The retiring officers who served the fraternity during the past, after making their parting remarks, were permitted to retire from their positions.

On January 17th a banquet in honor of the departing brothers was held at the Kirkwood Hotel. On this solemn occasion Brothers Lyddon, Devine, Kramer and Lindbloom were the guests. It seems that Brother Mac bore the brunt of the remarks made during the evening, about table and otherwise. We don't know exactly why, except that he put away quite a lot of food. We had with us, and it was indeed a pleasure, Drs. Woods, Halladay and Parks.

The Sigma Sigma Phi medals for Proficiency and Service were awarded as usual to the two men who most deserved them. The medal for Proficiency was given to Forest Schaeffer; the one for Service to Arthur W. Lyddon. It seemed that the extra awards crowded conditions and his ex-graduating exercises meant more than the sheepskins—to the audience as well as the graduates. Evidently the diploma didn't mean so much after all.

IOTA TAU SIGMA

Drs. Jones and Lohry have departed for greener pastures to pluck the fruits of their labors. They will, no doubt, find that they had the easiest time of their lives during their stay at college. However, we wish them all of the success in the world, and are sure sorry to see them leave the old chapter halls.

Dr. Drabing has decided to remain with us several months yet and increase his limited knowledge of Osteopathy. Glad to have you with us, "Lute." "Iss nicht vaar."

If you would know the proper origination of the expression "Blue Monday"—ask any of our Freshmen—not an overworked housewife. It is truly a period of great mental depression.

After a semester's absence Brother Steninger has returned to resume his study of—saxophone. No rest for the wicked. Anyhow, welcome home, "Pee Wee."

"Jimmie" Sluss bought a round of cigars (five center's) for some of the boys. We extend our congratulations—if they are in order. The cigars are gone, but the memory lingers on.

We see so little of "Tooter"

Shaw nowadays that it's hard to get any "dirt" on him. Albeit we will, though.

"Hap" Nowlin is now singing that popular ballad—"Broken Hearted." It is a true example of his ol' Pal stealing his ol' Gal. We extend our heartfelt sympathies, and have a gun on the shelf, which you are welcome to use at any time.

We're rather short on "newsy notes" at this time; haven't had time to get a line on all the boys—as yet.

Bad news about Dr. I. J. Nowlin, interning at the Polyclinic Hospital. Just before going to press we were informed, from a reliable source, that he is contemplating marriage.

"Red" Smith, due to overcrowded conditions and his extreme carelessness in throwing about his clothes, was forced to vacate his quarters—in Room 208. He has located in our "Ladies" room for the present. We trust he will be comfortable and not suffer from the cold any more.

We wonder what took place when "Buddo" Gephart was home for the Xmas holidays? It must have been something unusual, because he has refrained from "stepping out" of late. We hear rumors!

Brothers Rohde and Smith exhibited an excellent street cleaning squad on the Grand Avenue hill. We wonder where these Brothers got their experience? Anyhow, "Fruit" DuBois realizes that Des Moines is no "one-horse town!"

PHI SIGMA GAMMA

Phi Sigma Gamma takes great pleasure in announcing the pledging of Frank Shaffer.

We're mighty glad to have Micky Westberg back, and the Minnesota aggregation (Jennings) welcomes more support.

"Hot Shot" Reeves says the only thing good for biting finger nails is sharp teeth.

Pledge Thomas may lead in the lovers' mail, "Rock" Stone get the most professional literature, and Salesman Jennings be most popular with the mail man on the first of the month—but when it comes to real quantity—try to beat Pledge Scatterday.

Pledge Groff initiates another into the mystic order of Eskimos.

We're wondering what will happen when Walt Cuff opens a letter and doesn't say: "Not a dime—not a dime."

For synchronizing harmony, just listen to Bob and Roy "do it" on Mississippi Mud.

All Jim Shaffer lacks to step into Moc Elsea's shoes is bigger feet.

It won't be long now, till Red Granberg will be singing: "The more we are together, the happier we will be."

ATLAS CLUB

We welcome Mr. Paul Wynn, former student of Chicago College of Osteopathy. Paul claims the Windy City is hard enough on one's eyes—but holy smoke—Des Moines!!!!

The Semi-Annual Banquet was held on the 5th floor in Younkers Tearoom—and as Mike Caldwell

would say—if it were the 50th floor, it would have been worth the climbing, for it was one grand reunion of all members. Everyone wore a smile—and even yet, some are still smiling at Dr. Evans' jokes.

We take our hats off to Dr. Marshall, who went over in fine style as the toastmaster. Dr. Campbell furnished a good deal of smile and laugh provokers.

We shall not soon forget the splendid words of Dr. Halladay and Dr. Schwartz. Then came the heartfelt talk of Dr. Forrest Schaeffer—we certainly appreciate his sincere love for the Club. Dr. Lindbloom's speech—short but to the point—shall never be forgotten. Dr. Evans—well, as he said himself—his speech was like an old-fashioned hoop skirt—covered everything and touched on nothing in particular. We all agree, Stan, and more power to you and yours!

It may be well to say at this time that we regret the loss of these three members. We are sorry that they must leave us—and yet, we are glad that they have reached their goal—glad that we have three more worthy Doctors out in the world. We bid them Godspeed.

January 23, on our practical meeting night, Dr. Woods favored us with a very practical talk, after which he sat around with the boys like one of us. We will welcome him always, in fact, he promised to see us again, and if we're not mistaken, some of the boys did see him the following morning.

Roy Trimble was chosen to succeed Duke Wire as Noble Scull. Congratulations, Roy.

Some other changes in which the Pledges were interested, was the appointment of John Hormey and Ole Nicholson as Pledge Masters—and How! Already yet they have commenced to get hot!

Dr. Halladay, by the way, wore his new brown shoes at the Semi-Annual Banquet.

Pledge Swartz made good use of the finger bath tubs, and Pledge St. Amant is a naughty boy—that's what the waitress claims.

Pledge Lathrop has removed his soup strainer, at the request of many—and the demand of a few.

SIGMA CHI OMEGA

At the last meeting, Miss Johnson gave a very interesting talk on Criminal Psychology. She had considerable information from the Des Moines paper, which proves the psychic influence of the paper increases crime. Miss Johnson has done much along this line for the good of the college.

Frank Wilson has at last taken the great step. Where are the cigars, Frank?

Hensch and Myers have given Dahl and Perry full charge of their nobility.

Wasner calls his mustache the "Sahara" because it resembles camels hair. Jack Martin is running a close second.

Vic Reader, our bouncing cowboy, is keeping his cerebellum balanced by the growing of sash weights on either side.



CURED!

He had just hung out his shingle. That morning a stranger entered. The doctor asked to be excused as he hurried to the phone.

Taking down the receiver, he said: "Yes this is Dr. Whoosit. Yes, I will be ready for you at two-ten this afternoon. But you will please be prompt, for I am very busy. Two hundred dollars? Yes, that was the estimate I gave you."

Hanging up the receiver, he turned to the stranger and, rubbing his hands, asked: "Now, sir, what can I do for you?"

"Nothing," replied the stranger, quietly. "I only came in to connect up the telephone."

Sarcastic surgeon, after removing his barber's tonsils under local anesthesia: "And, now, my good Sir, how about a little trimming of the adenoids or straightening of your nasal septum? And you had better use some of my nasal tonic to keep from losing the hairs in your nostrils."

Patient—Look here, Doctor, what's the idea of charging me \$400? The last time I had pneumonia, you charged me only \$200!

Doctor—Quite right, my dear fellow; but this time you had double pneumonia.

ENOUGH SAID

Doctor, signing the first death certificate presented to him:—"Shall I make affidavit to the fact that he is dead?"

"No, merely state that you had treated him."

Doctor to Small Boy—Sit down, Sonny. You have shown good manners long enough.

Small Boy—It isn't good manners, Doctor. It's the boil.

An old farmer was trying hard to fill out a railway company claim sheet for a cow that had been killed on the track. He came down to the last item, asking "Disposition of the carcass?" After puzzling over the question for a time he wrote: "Kind and Gentle."

"So Jack has been injured and is coming home from college?"
"Yes, he sprained his ukulele finger."

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President C. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

Where Are the Doctors?

Instead of the old inquiry, "What becomes of all the pins?" it would seem that one might well ask the ultimate fate of all the doctors. Year after year a cry for medical help comes from every rural community because of the lack of physicians. The old-time doctor whose faithful old Dobbin drew the buggy or the cutter thru the country roads at all hours of the day or night, and who was ever ready to respond to the call of the suffering, has vanished completely from the world. In his place is the physician living in a comfortable home in the nearby village, whose office hours are set rigidly, and who is more likely to prescribe over the telephone than to risk his automobile in the highways covered with snow.

Yet in spite of the increasing demand for doctors in the rural districts and apparent short crop of medical graduates, there appears to be no falling-off in the number of young men who are always ready to matriculate in the medical departments of the universities.

There are today no fewer than 80 medical schools in the country—the graduates from which are permitted to practice the healing art in any state wherein they may choose to locate. During the last college year the aggregate number of students enrolled in these colleges of medicine was 18,690 men and 964 women, and enrollments have steadily increased since the closing of the war.

It is safe to estimate that with a total student body of 20,000 the annual crop of doctors is not fewer than 25 per cent of that number, or 5,000 each year, and as the medical profession is not classed as especially hazardous, most of them probably live to the average age allotted to man. What, then, becomes of the doctors, and why is the shortage so acute in the rural districts.—(Washington Post.)

A priest offered twenty-five cents to the boy who could tell him who was the greatest man in history.

"Christopher Columbus," said the Italian boy.

"George Washington," answered the American boy.

"St. Patrick," shouted the Jewish boy.

"The quarter is yours," said the priest, "but why did you say St. Patrick?"

"Right down in my heart I knew it was Moses," said the boy, "but business is business!"

The Nasal Turbinates

The function of the turbinate bones in the nose is that of air filter, lubricator, and warm air radiator.

Because these three finger-like structures are composed of a form of erectile tissue, capable of varying in size with heat, cold and other stimuli, they were formerly often thought of as a growth in the nose and frequently operated. Today their function and necessity to health is recognized and respected.

One either side of the septum there are three structures about the size and appearance of a child's little finger. These are the turbinates, sometimes called the "swell bodies" or air filters. They filter the foreign particles from the warm air we breathe, thereby protecting the lungs.

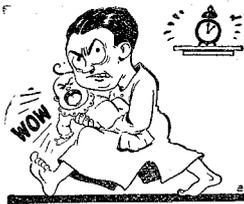
If too much of the turbinate is removed there is not sufficient air radiation surface left to protect the lungs or prevent a hot, harsh, dry and scaly feeling in the nose. Because of the usefulness of the bodies we have learned to look elsewhere when possible for a correction of trouble in the nasal passages.

Disease of the turbinate is usually caused by a "deviated," that is crooked or deformed, septum pressing against the turbinates and irritating them to grow and remain enlarged to the extent of causing sinus trouble or catarrhal dripping.

The correction for this is the removal of the septum by skillfully slipping it out of its enclosing membrane. This is a tedious operation but one of the least distressing of the nose operations. When the irritation is removed, the turbinates will return to their normal size and function.

While an occasional turbinate operation is necessary, it is seldom that the turbinate itself is the primary cause of disease. Narrowed noses with frequent head colds may give rise to a permanent turbinate obstruction, necessitating removal of one of the turbinate structures to afford normal breathing and drainage, even though the septum is straight and normal.

Whatever the cause of obstructed nasal breathing, a correction is imperative because of the serious consequence to the body from lowered vitality thru insufficient oxygen supply.



Here's the Date—1-7-28
And Here's the Weight—7 Lbs.
And Here's the Baby's Name—
Ralph Manning Pearsons
And the Happy Parents
To Whom the Baby Came—
Dr. and Mrs. E. F. Pearsons,
41 So. Main St.
Rutland, Vt.

Therapeutic Nuggets

The mouth when not clean is a most perfect place of culture for germs and second only to a filthy colon.

Many eye and ear troubles are due to want of care of the teeth. Root abscesses are a real menace to health.

Teeth not properly cared for and decayed may be a contributing cause of cancer in the stomach.

Faulty positions weaken the important abdominal muscles, and lessen chest expansion, induce constipation and bring on flat foot.

Good posture means a well balanced body.

Many cases of facial neuralgia are due to the teeth.

Faulty positions of standing and sitting cause sagging of the vital organs which is called ptosis.

With bad teeth the food cannot be properly masticated and proper mastication is an important and safeguard to health.

The man who masticates carefully soon loses all desire for highly seasoned or rich foods.

Breast milk is nature's food, but even this form of nourishment can be spoiled if the baby is allowed to nurse whenever he cries.

Feed the baby by the clock and wake him regularly in the daytime to take nourishment.

Fruit juices should be given to bottle babies once a day after the third month, and may be given to breast-fed children by the second half of the first year.

The Still College Endowment Contract

(Continued from page 1)

is required, such examination is to be made by an Osteopathic physician.

The contract is issued as a group proposition, by mail, without the service of agents.

The rate at age 30 is \$25.91 per year—which is less than 50c a week—just about what you pay for a \$1,000 policy in any old line company.

All that is good in life insurance is combined in this Endowment contract. It carries cash values, paid-up insurance values and automatic extended insurance values. It provides for a dividend at the end of the first five years and at the end of each five-year period thereafter.

The contract, therefore, is not an expense, but an investment. The investor of one or more units is not only contributing to an endowment fund for one of the best schools in the profession, but is also depositing each year on the best investment that it is possible to make.

The contract is absolutely guaranteed by the Royal Union Life Insurance Company of Des Moines, Iowa, a company with more than twenty-four million dollars of assets further secured under the famous Iowa compulsory deposit law. This law requires that every dollar of the cash value of a contract must be

Massachusetts Osteopathic Hospital

(Continued from page 1)

of the Park St. Church gave the invocation, while the benediction was pronounced by the Rev. Herbert Magoon of Cambridge. The building will be ready for occupancy about Feb. 1, 1928.

One of the most interesting features at the laying of the cornerstone of the Hospital was the presence of the Color Bearers of the Veterans of Foreign Wars bearing the State and National colors. A group of twenty-five Camp-fire girls marshalled together for the purpose of singing "America The Beautiful," which added to the impressive setting furnished by the massing of the colors.

Stations WNAC and WEEI broadcasted the day's proceedings and every daily newspaper in Boston gave an unprecedented amount of space to the day's activities.

A great celebration of the event took place at the Copley-Plaza in the evening when about 850 osteopathic physicians and their friends enjoyed a mammoth banquet which was followed by speaking and dancing.

Dr. Frank M. Vaughan, Vice-President of the Hospital and Secretary of the Mass. State Board of Registration in Medicine, presided. Among the speakers were J. Weston Allen, former Attorney-General of Mass., who spoke on the contribution the Osteopathic Hospital was going to represent to the community welfare. Dr. C. D. Balbirnie of Philadelphia, told those present how he succeeded in raising one million dollars for the Philadelphia Osteopathic Hospital. Other speakers were Dr. Geo. M. Laughlin, Dr. Geo. V. Webster, and Dr. Geo. W. Riley, Ex-President of the A. O. A.

The hospital will ever stand as a fitting memorial to the discoveries of Dr. Still and to the splendid work of the New England profession and will enable the osteopathic physicians of Greater Boston to give greater service than heretofore to the under-privileged, as it is planned to establish a large clinic as soon as the hospital is ready for use. It will also enable the profession of New England to look after the surgical needs of their patients and provide hospital care to all patients in need of it.—(Bessie J. Hebard, Sec'y.)

Condolences

We join with the student body in expressing our sympathy and condolences for Clyde Reed of the Senior A Class, who was called home Thursday, January 19, due to the death of his father.

invested in approved securities and deposited with the State of Iowa. The State, therefore, acts as Trustee in behalf of the unit holders.

Write today to the College for further information about this remarkable endowment contract.

Four of the Pirate Cagers--



DAVIS



BASKETBALL SCHEDULE	
(Incomplete)	
Buena Vista—February 2.....	Here
Parsons—February 11	There
Dana—February 24	Here
Kirksville—March 2 and 3	Here



LANG



CAPT. SMITH



WELDON

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 5

FEBRUARY 15th, 1928

Number 15

Celebrates Twenty-Fifth Anniversary

Dr. J. A. Nowlin of Farmer City, Ill., is this year celebrating his twenty-fifth anniversary in the practice of Osteopathy in that city.

Dr. Nowlin says, in part:—"Twenty-five years ago Osteopathy was practically in its infancy here. Well do I remember when in conversation with former mayor F. P. Sangster and Col. Dan Hollowell (the Colonel then owned the Commercial Hotel), they said: 'We are glad to have you locate here, but it is such a small town, we fear it will be impossible for you to make a living.'

"My first rooms were in the Commercial Hotel, as no one would rent me an office for they thought I would only be here a few months and starve out. I am free to admit that for several months it did look like 'slow starvation' but 'I stayed with the ship' and what Osteopathy is here today and what I have, I owe to Osteopathy and my many friends who realize and are free to discuss what Osteopathy has done for them.

"I have been prosecuted and 'persecuted' but my friends stood by me and we won out, and today it is a pleasure to be able to relieve suffering humanity of many of their ills.

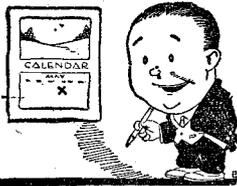
"Twelve students from this vicinity have taken up Osteopathy as a profession and others plan on attending Osteopathic colleges soon.

"Today we are established in our own all-modern office building—Osteopathy Building—covering one thousand square feet of floor space, with a laboratory in the basement, equipped for both chemical and microscopical laboratory work.

"Our practice and our equipment for diagnosis and our electrical equipment is second to none in this vicinity; we have strived to give the best to our practice and hope within the next few years to add more equipment and more members to our staff who have specialized along various lines of medical training, and plan on making this a better clinic for the benefit of suffering humanity in this vicinity.

"Our motto is: 'Osteopathy, first, last and always.' We also have up-to-date hospital size equipment in Diathermy, Quartz light (Ultra-Violet Ray) Therapeutic Lamps, Violet Ray and
(Continued on page 2)

Our Next Issue



The blue envelope that you have been receiving the Log Book in, is to be discarded for the conventional white. There are reasons. The main one is that your address is not plainly seen on the darker color. This has in the past caused the loss of a considerable number and if the stamping machine does not strike firmly, the imprint is too dim to be read.

We realize that habit is hard to break, but ask you to change your habit of looking for the blue envelope every two weeks and in the future, save the white one. It will be the same size and will have the same imprint in the upper left corner. This is to be printed in royal purple, which with the white, will display our college colors.

Look for the white envelope—not blue. We hope its contents will be read—not red.

NOTICE!

Of late, we have been the recipients of returned Log Books, for the reason "Moved." We also have received some notices of Change of Address. Some of these Addresses have been written in two or more times requesting change of address. In reply, we might say that at times the envelopes are made up for several months in advance. The Editor wishes to express his regrets for the inconvenience caused some of the readers and to assure them that this matter is being taken care of.

If there are others whose Log Books are being forwarded from an old address, or who are not receiving their copies at all, please drop us a line and we will be glad to rectify the mistake.

The Log Book is sent without charge to Practitioners, Hospitals, Organizations and to prospective students, and it is hoped that each copy may contain something of value, or something of interest to each and all of its readers.

Let us have any suggestions you may have—The Editor.

News of Recent Grads

Dr. Leroy Skidmore, Class of May, 1927, who is interning at the Detroit Osteopathic Hospital, writes in to say that he is not only enjoying his work there, but learning a great deal which will be of great value to him in his work when he opens his office.

Doctors F. E. Schaeffer, Stanley Evans, J. Hayward Friend and L. R. Morgan of the Class of January, 1928, were successful in passing the Iowa State Board of Examinations held last month. The others have not been heard from as yet. We will look forward to hearing from them at their earliest convenience.



Announcement

Dr. W. C. Holloway of Thomasville, Ga., announces his marriage to Miss Kathryn Davidson of Menlo, Iowa, on January 17, 1928.

Dr. Holloway states that Georgia is a wonderful state for Osteopaths, that the Examining Board is very fair and that there are many good towns and cities having no Osteopaths at all, and that there are many others having only one or two, which need more. He wishes that anyone desiring to know about the law, board, and anything pertaining to Osteopathy in that state would write him. Also he would like to hear from his friends in and out of college.

* * *

It has just been discovered that Dr. L. H. Loghry, Class of January, 1928, is married and has been since November 10, 1925. Dr. Loghry deserves a medal for keeping a secret.

We offer our congratulations to him and his bride, whose name we are anxious to know.

Of Interest

Dr. R. R. Peckham, Professor of Anatomy at the Chicago College of Osteopathy, was a recent visitor at D.M.S.C.O. Dr. Peckham was shown about the building by Dr. Halladay, and left with an excellent opinion of our College.

Expelled

At the end of the mid-year term, one of our colleges expelled three students. And for good reasons. This action on the part of the college deserves our attention. It has been known for many years that undesirable students are attending our colleges, and yet, as all know who are associated in this work, it takes a great deal of will power and determination to call a student into your office and tell him that he will not be accepted after a certain date. These things must be done. It is but one step in the making of a profession of which we wish to be proud, even to each individual member.

These same three students presented themselves at another college for matriculation. They were not admitted. This is another step in the elimination of a type. Would you not have more confidence in the students of these two colleges in the future? The loss of three students does not mean much financially, or in numbers, but in a case of this kind it means something that is greater than anything we can express mathematically.

These two colleges are to be congratulated.

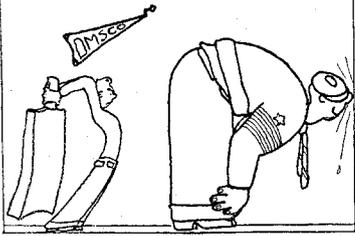
YOUR PICTURE

A Grand and Glorious Feeling it would be if you could look at your picture as you will be ten or twenty years from now. Especially if this picture could show your professional standing, your social and financial standing, and last, but not least, your physical condition. Wouldn't that be wonderful—but wait a minute—it might be a shock or a chill, instead of a "Grand and Glorious Feeling" and a thrill.

Maybe after all, it's just as well we can't see ourselves, ten or twenty years from now, but anyway, that ought not keep us from "Dreaming" of what we want to be, or how we will put in our time "when we can retire." Dreaming is the finest thing in the world, so long as we "Strive" incessantly to make our dreams come true. And of course, you know, we each of us have to make 'em "come true, else they just burst like a bubble" and no one suffers but us, individually—(of course, including the wife and kiddies and our other dependents.)

You were helped one way and another in getting your education as an Osteopath. You are now working in a great Life
(Continued on page 3)

FRATERNITY NOTES



PHI SIGMA GAMMA

Phi Sigma Gamma announces with pleasure the pledging of George Purdie.

The Pan-Hellenic meeting was held at the house on February 7, and Dr. Adkins gave the boys quite a talk on venereal diseases.

Red Granberg was noticeable around school last Monday, mostly by his absence. Must have been showing his wife the town. Groff's "galloping ghost" has slowed down considerable of late, due to a pathological lumbar lesion.

Bro. Westberg is slowly developing occupational neurosis from writing so much on exams—and that one letter a day to "the only girl."

We've been wondering how "Dusty" does it. The chief operator says that if he can't do it any other way, he'll have to beat 'em off the telephone with a club.

Bro. Ripley must have taken Dr. Adkins' talk to heart, as he has been staying at home lately and is getting acquainted with the gang.

We thought Pledge Madson was from the great open spaces. If he is, why did it take him so long to get back from the dance at the Golf and Country Club?

Wanted: Someone to give Cuff lessons in "broncho busting." He finally "hog tied" his bed after it had thrown him three consecutive times.

Pledge (Cowboy) Patterson has acquired a new hobby—collecting wild west pictures for his gallery.

We hear that Rocky is next on the chief operator's calling list for all those long drawn out calls to Valley. You can't even equal that boy!

Let's have some fun" Smith says, for a good time try going down to the Princess at 2 a. m. with the "Comedy and Drama Success Boys."

Jim Shaffer is thinking of installing a taxi meter on his big black car. The other morning when he went down to the garage, he had difficulty in finding his car, for the crowd.

Bro. Clark was "Over the Hills for a Frolic" again last week-end. Jennings and Auseon are going to start a bureau of investigation to determine whether or not there is a minister in Hampton, and if there is—!

Chuck Auseon and Pledge Scatterday had quite a discussion a couple days ago as to what kind of treatment the Monroe Doctrine referred to.

IOTA TAU SIGMA

Did you know that:
There's a reason for everything?
A cause for every effect?

The smallest "pony" invariably throws the rider?

"Donkey" has made a fool out of better men than Gunga Din? When you co-operate with others you add strength to your own effort?

Two men working together are much stronger than two men working apart?

We are punished By our sins as well as For them?

Wise people insure their future by industrious, painstaking conduct today?

"Nick" Gill is an authority on Hereford cattle breeding?

"Dewy" DuBois is the son of a druggist?

"Vociferous" Hughes is a hemophilic?

Doctor Drabing and "Jimmie" Sluss are almost unbeatable at bridge?

"Sweet-breads" Cudden has an angelic countenance?

"Speedo" Gephart receives, on an average, four letters a day?

Some people only get mail on the first of every month?

"Hap" Nowlin has a dozen aliases?

We wonder why?

"Holly" Morrow is a ladies man?

"Tudor" Shaw is temperamental To the jester, Life's a joke?

"Noisy" Herrick has a competitor in one "Clamorous" Hughes?

"Pete" Peterson is just a mere lad?

To the preacher, Life's a sermon? One smile is worth a hundred frowns?

Tomorrow is another day? Things could always be worse?

To the doctor, Life's a pain? You will not find Health in a bottle?

This is the end?

ATLAS CLUB

The Atlas Valentine Dance will be held at the house on Friday night, February 17th.

The Pledges will dance all nite—and for the following week. Ain't it Hell Week for the Atlas Pledges?

Doctor Wright's practice has increased by leaps and bounds—leaping here and bounding there—Rusty Wright's most everywhere!

Harry Skinner has taken a very special course at Ames.

Wynn, alias "College," is successfully acquainted here and there—mostly there.

Two of the old Grads paid us a visit. Yes, you've guessed it—Dr. LeRoy Doyle was one of 'em and Dr. Bernard Jones the other. Both seemed happy and appeared more or less experienced.

Ole Nicholson surprised most everybody by getting up Saturday morn at seven o'clock sharp.

Doctor Lester Schaeffer of Detroit wishes to be remembered to all.

SIGMA CHI OMEGA

Just a year ago the Eleventh of February, a group of fellows from the college agreed that a non-fraternity organization was needed in our school, got together and organized the Sigma Chi Omegas, or as more commonly known, the SCO club. The object of this club is to promote pro-

fessional training. College Spirit, and good fellowship. We all feel that the time given this organization has been well worth our while.

In commemoration of this event, the club had a theatre party at the Princess Theatre last Saturday night. The play, "Spooks", given by the Ralph Bellamy players was very interesting and everyone had a good time, including Frank Wilson, who couldn't retain his childish impulse to pop a bolloon as the "spooks" appeared. Never mind, Frank, the sea will get smoother after awhile.

Paul Thistlewaite continues to hold his high social standing in Des Moines by entering into the frivolities at the Policemens' Ball, which was evidenced by a severe hang-over Friday a. m.

Celebrates Twenty-fifth Anniversary

(Continued from page 1)

Day Light Sun Ray. (The latter is used for the removal of cancers, moles and warts.)

"Again thanking our many patients and friends for their assistance in building our practice and assuring you we will appreciate your continued co-operation."

We think that Dr. Nowlin and his associates have done exceedingly well and are to be congratulated upon their success. This shows what may be attained by perseverance and that old "Stick-to-itiveness."

Radio Virge

According to Dr. H. V. Halladay, the Forum is an extremely efficient broadcasting medium. Our inquiring reporter glanced over in the corner where Virg claims he has a solid mahogany desk with a brass rail around it and he was busily engaged in classifying some several letters received from all parts of the continent. So far, he does not seem to be in such a bad humor, so there must be a few scattered over the country that have opinions similar to his.

Maybe we can get him to express a few truths for the readers of the Log Book. Virg says he had no idea so many of the profession could read and write. That was a dirty dig and we hesitate to pass it on.

Fingers Insured

Los Angeles and San Francisco papers tell of the clinics for the deaf held in those cities by Dr. Curtis H. Muncie of Brooklyn, and report the improvement or restoration of hearing in numbers of cases by his method of "finger surgery."

With the index finger of the right hand, Dr. Munsie works to restore to normal prolapsed or clogged eustachian tubes that go from the throat to the middle ear. This finger and the index finger of the left hand and the fourth finger of each hand are insured for the sum of \$100,000 each, or a total of \$400,000.



Inside Information

A little negro schoolgirl, down in Florida, in answer to the question, "What is anatomy?" wrote the following:

"Anatomy is a human body. It is divided into three parts—the haid, the chest, and the stummick. The haid holds the brains, if there is any; the chest holds the liver and lites, and the stummick holds the entrails and the vowels, which are a, e, i, o, u—and sometimes w and y."

Wife (teasingly) — Do you know, George, you looked awfully foolish when you proposed to me. George—Well, very likely I was.

A physician's small daughter was sent to bed supperless just before her father's return from his calls. Hearing him enter, some time later, the young Miss called down:

"Mamma, I want to see Daddy." There was no response from below. A moment later:

"Mamma, please let Daddy get me a drink of water."

When that, too, failed, a small white figure came to the head of the stairs and said sternly:

"Mrs. Mathews, I am a very sick woman. I must see my doctor at once."

Needless to say, the doctor went up.

"Is this a healthy town?" the stranger asked a native of a certain benighted region of the West.

"It sure is," replied the native. "When I came here I couldn't utter a word. I had scarcely any hair on my head. I hadn't the strength to walk across the room, and had to be lifted from my bed."

"That is wonderful," exclaimed the stranger. "How long have you been here?"

"I was born here."

Father (looking at son's report card—"Don't you know that George Washington was at the head of his class when he was your age?")

Son—"Yes, but he was President of the United States when he was your age, Pop."

Even the quiet dresser can make a lot of fuss when he loses his collar button.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

Pternalgia—Painful Heel

By C. I. GROFF, D. S. C.
Professor Foot Orthopedics,
D. M. S. C. O.

Part 1

Pain in the heel is a condition which those treating feet commonly meet. It is due to several causes, or is of several types; the common ones being due to (1) injury to trauma; (2) spurs; (3) neuralgic or toxic, (4) Tendo Achilles bursitis.

Those conditions of trauma, spurs and neuralgia must be differentiated from each other. Pain due to Tendo Achilles bursitis being rapidly recognized.

Spurs:—Pathology. There is a very definite and sometimes surprisingly large exostosis present. It may be located at any point on the calcaneus bone, but usually is directly on the plantar surface at the attachment of the tendon of the gastrocnemius and soleus muscles. The exostosis is usually sharp and pointed, and usually curved forward, forcing its way into the dense fibrous heel pad in that area.

Symptoms: Excruciating pain when weight is borne on the heel, usually relieved when the weight is removed. The onset is usually gradual, but may appear spontaneously with the changing of shoes. (By the previous statement I mean changing from an old shoe with a hollow or cupped heel, to one that is flat).

Diagnosis: This condition is easily diagnosed by taking a lead pencil and pressing the rubber of it against the heel at different points until the painful area is located. When that area is located, it will be found to be no larger than the end of the pencil and the least variation in the location of the point of pressure will show either pain, or no pain, depending upon whether or not the pressure is being applied directly to the end of the spur. When symptoms such as these are encountered, an X-ray should ALWAYS be made to confirm the diagnosis and to note the amount of pathology present and also to note whether or not there is other extensive pathology present.

Etiology: The cause of such a condition is not definitely known, however, it sometimes follows direct injury to the heel, strain of the Tendo Achilles at its attachment; gonorrhoea is sometimes blamed for the onset.

Treatment: (1) Palliative. Relief may be had by strapping or

padding. A pad may be made by taking ¼-inch mixed wool and cotton chirobody felt of sufficient width to cover the inside of the heel of the shoe and long enough to extend forward almost to the cuboid bone, and then cutting out a depression at point of the spur to prevent it from forcing its way farther into the soft tissues. The same results may be had with adhesive tape. Tape four inches wide is used and of sufficient length to pass from a point slightly posterior to the base of the 5th metatarsal, back of the heel and thence anterior to the scaphoid area on the inner aspect of the foot. The tape is extended up on the posterior part of the heel about two inches, leaving about two inches of the width unattached. You can see now that you have a U formed by the adhesive around the heel, with a free edge. Now take your scissors and at a point midway between the anterior end of the adhesive and the center of the U, cut at an angle, so that the tape will be cut up and back to the posterior lateral aspect of the heel, where it is adhered to the foot. Repeat the process on the inner side. The two cuts extend about half way thru the tape and come within one inch of meeting. To complete the strapping, be sure the tape now in contact with the foot is well adhered, grasp with one hand the free edge of one of the side flaps and pull it firmly across the plantar surface of the heel. Do the same with the opposite side. (It will overlap the one from the opposite side). Grasp the remaining free flap which hangs from the posterior border of the heel and bring it firmly forward over the two previous flaps. A considerable amount of tension should be used in drawing the flaps of adhesive across the heel. The tape on the sides and back of the heel can be prevented from pulling loose while fastening the others by grasping the heel in the free hand.

It should be understood that this is only a palliative treatment to be used only until such time as to be convenient for the patient to have the spur removed.

(2) Surgical Treatment: An incision is made on the lateral or medial border of the heel, medial preferred, unless the spur is near the outside, and the tissues resected from the heel to the point where the spur is located. A bone forceps or a chisel is then used to remove the spur, care being taken to remove it smooth with the bone. The spur, when severed from the calcaneus, is then retrieved and the incision closed. Recovery is quite rapid and re-occurrence is almost unknown.

It is advisable to make the incision on the side of the heel, rather than the plantar surface, in order to avoid having a scar where pressure is applied to the heel.

Injury or Trauma: This condition may arise from striking the heel a severe blow or by constant walking or standing; cer-

tain occupations predisposing to it. If the condition should arise from striking the heel a sudden blow, as in falling, etc., the history will be an indication of the nature of the pathology.

Etiology: Trauma, long standing or walking in conjunction with poor circulation or a general debilitated condition, uneven tread surface in the heel of the shoe.

Pathology: If due to direct injury, the heel will be sore to pressure. The soreness is deep, seeming to involve the periosteum of the bone. The soreness will cover a considerable area of the heel. There may or may not be perceptible swelling.

In the chronic type the dense heel pad has lost its firmness and seems to be forced to the sides, bringing the heel bone (calcaneus) into too close opposition to the shoe. There is a general soreness over the entire heel, which is sometimes associated with a burning or tingling sensation.

Diagnosis: Diagnosis is made from the history and clinical finding, as history of injury, condition of heel pad, and location and size of the sore or painful area.

Treatment: The treatment used is the same as for spur. The strapping given for that condition should be applied for from one to three weeks, or until the soreness is relieved, and then a pad made from chirobody felt ¼-inch, fitted to the heel. The pad should extend slightly anterior to the anterior margin of the calcaneus and a depression skived into it at the point where the prominence of the calcaneus rests. The strapping and pad have a tendency to replace the displaced fatty heel pad. The results are very satisfactory in the majority of cases. A shoe with a cupped heel should be advised at the completion of the treatment to avoid further occurrence.

(Continued next issue)

YOUR PICTURE

(Continued from page 1)

Work, striving to make your "Mark", get ahead, and do your bit toward raising the standard of your own work and that of your Profession. You have hopes and plans.

What are you doing to build up your profession? Many things individually perhaps, but you know collective efforts, (each member of a large profession doing a mite in a great concerted effort which would attract more attention to our profession), will react to the personal benefit of every member of the profession.

How can you help professional publicity and at the same time accumulate money for yourself, safeguard your family, guarantee yourself an income in old age and lay out a program for the future, which will make your dreams come true in twenty years, or sooner?

You can only do it on a fixed definite program. The only such program is included in the Still College Endowment and you can participate in this plan, because you are an Osteopath. It's for all Osteopaths, everywhere. It's perpetual. Can be built on from year to year, as your income increases. It will mean much to you and your family and profession, twenty years hence.

By returning the Pledge below, you will be able to get \$2,000 Life Insurance without examination, for yourself and family, which will help accomplish for you and your profession this program. You save agents' commissions and other selling expenses, because you get your insurance through Still College. You can add to your insurance each year, which means a retirement income to you in old age—(or an income to your family in event of premature death)—and Still College creates a perpetual Endowment that will be pointed to with pride by all Osteopaths.

Send in your pledge now while you can.

PLEDGE

I agree to fill out, sign and return as directed, the necessary blanks, (to be mailed me later), and attach hereto Five Dollars as partial payment of first annual premium on policy, as outlined for the Still College Group Endowment Fund.

My Name in Full.....
(Write Plainly or Print)

Mailing Address: St. No.....

City State

Date of Birth..... Place Born.....
(Mo—Day.—Yr). (County or State)

Name in Full of Primary Beneficiary.....

..... I desire..... Units.

(One unit is \$1,200 insurance, \$1,000 payable to the Primary Beneficiary which you name and \$200 to Still College). Mail the above Coupon to Still College of Osteopathy, Des Moines, Iowa, or Royal Union Life Insurance Company, Des Moines, Iowa.

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Number 16

Basketball

Still 30--Nebraska Wesleyan 33
Still fell under a concentrated attack of the determined Nebraska boys and lost a close game, after holding the lead several times during the game and never being behind more than a few points, finally losing by a close margin, due to the stalling tactics employed by the invaders, after getting a lead in the final two minutes of the game.

Still 30--Parsons 25

Still upset Parsons College, Iowa Conference Champions the last two years, by a 5-point margin. Playing without the services of Fred Benz, because of a protest by Coach Devine of Parsons, the Still boys understood their handicap, and from the first whistle played such defensive basketball that Parsons did not get one short basket during the game.

No individual efforts stood out as every man played his part well, with the team reaching its climax of the season.

Homer Friend, following in the footsteps of his brother, made good on three attempts out of four, and sunk one free throw in two attempts, and played like a veteran during his stay in the game.

Coach Sutton has several good first year men in Dubois, Friend, Gill, Hubbard and King, and if they properly develop, should form the nucleus of a great team next season.

Still 34--Platt 50

Platt College of St. Joe found Still College an easy prey to its fast driving and breaking offense, piling up a 11-point lead at the half and coming back strong after the intermission, to increase their lead.

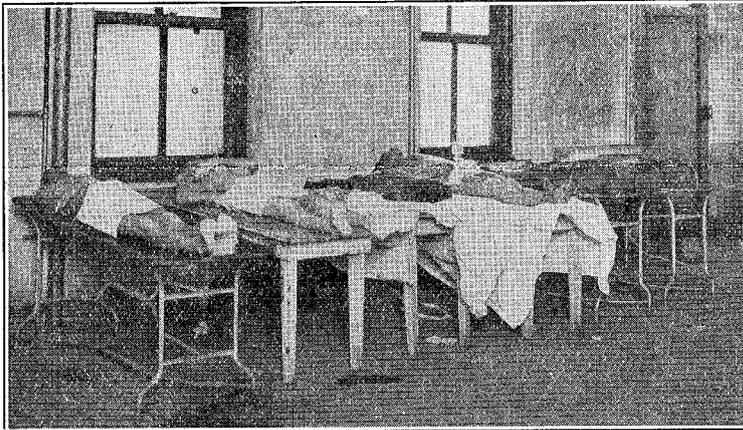
With Benz out of the lineup, due to a severe leg injury, the Still team found itself unable to concentrate its attack to any one direction and consequently had to be satisfied with shots far out into the court, and only connecting a few times, just managing to keep Still in the game and providing what seemed to be passive opposition for the invaders.

Still 50--Lenox 33

In a complete reversal of form, the Still boys swamped Lenox by a heavy score and were never in danger of losing the lead.

Captain Smith of Still, playing his first game at center, displayed fine ability in handling (Continued on page 3)

SEEING, (Not Smelling), IS BELIEVING



Something has happened. For some time we have been having a hard time trying to shake down the state board of health for the amount of dissection material we were entitled to. For some reason, the material has been coming in, figuratively speaking, in leaps and bounds. The spring class will be in full swing when this is published, and will be working on the specimens you see

laid out above. With the material on hand, we are assured of room for another class of the same size to be conducted during the summer, beginning immediately after graduation. Those who have not registered for the summer work had better get in soon. Dr. Halladay starts the work at seven A. M., doing double time each day, so that you can be home for your Fourth of July celebration.

Alphabet of Life

- Act promptly. Be courteous. Cut out worry. Deal squarely. Eat what is wholesome. Forgive and forget. Get religion. Hope always. Imitate the best. Judge generously. Knock nobody. Love somebody. Make friends. Never despair. Owe nobody. Play occasionally. Quote your mother. Read good books. Save something. Touch no liquor. Use discretion. Vote independently. Watch your step. X-ray yourself. Yield to superiors. Zealously live.

-Exchange.

* * * * *
A. O. A. CONVENTION
KIRKSVILLE - 1928
DES MOINES - 1929
* * * * *

Assemblies

At the assembly on Friday morning, February 17th, we were entertained by two Drake University students, who ably attracted and held our attention with several musical selections and readings.

Miss Wilma Raynor performed at the piano for many minutes before her appreciative audience would allow her partner to have his say. These readings, given by Mr. James Hooper, and in several dialects, were highly amusing and also appreciated. In fact, we always enjoy these programs put on by students from both Drake and Des Moines University. There are many very talented musicians and readers at both of these institutions. We will always welcome any of them at our assemblies, and hope to see more of them take advantage of our always open invitation.

The balance of this period was well taken care of by our own "Virg," who, at the behest of the Stillonian '28 staff delivered an ultimatum to the student body in general, to wit: All subscriptions to the 1928 Stillonian MUST be in and paid for not later than March 15th, if there is to be a Year Book this year. Big results are expected from this talk.

I Knew Him When--

This last week I received a card stating that Dr. John Deason was soon to retire from practice. Being of a selfish nature, I am not worrying about what will happen to you, but I would like to know what will happen to me when he retires. John has been occupying a large spot in my vision for quite a few years. I knew him when he was a student and tooted on a silver cornet leading the band as a side line to his many other activities at the school. I knew him as an instructor, and since his entrance into practice I have known him as a friend and co-worker in several things. I do not want to see him drop out. It is perfectly all right with me for him to retire. I wish that I could do the same thing. But John Deason has a lot more years ahead of him that I hope he will devote to the work he has been so vitally interested in for more than fifteen years, and that is Osteopathy. His future plans have not been announced. I shall not guess at them, but knowing him just a little, I imagine that he will spend part of the year hunting in the North. Another part of the year I am sure he will use in some way for the good of mankind. Where, what, or how, I dare not hazard.

May I close by quoting from the 1913 Osteoblast: Who leads our band with such dash and dare That drives away all blues and care? John Deason.

Who labels his jokes before they come And bids us laugh when they are done? John Deason.

Of whom should cats and dogs beware And think his pat a loving snare? John Deason.

Who is our friend when we are down And laughs at us when we ould frown? John Deason. -H. V. HALLADAY.

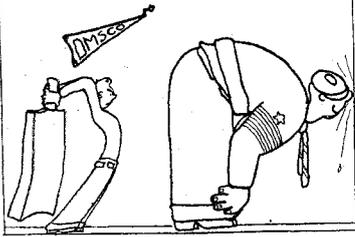
Prohibition

By Eldon L. Carlson A short time ago there was a cat in a home that I observed on several occasions.

It was a large, beautiful cat, seemingly most docile and gentle. The first time I saw it I felt certain it was a fine pet.

But one day, while I was visiting in the home, the little girl in the family came in from the (Continued on page 2)

FRATERNITY NOTES



IOTA TAU SIGMA

"The Three S's," namely: "Skill, Science and Sense" was the theme of Doctor Robert Bachman's short talk to us on Monday night, February 13th. The Doctor gave us some very helpful information, which we appreciated very much.

On Friday, February 17th, the Chapter held an informal Valentine dance. Every one had a good time, and all were sorry when the dance ended. The music was by "Stories Syncopaters," and oh, what hot numbers they could play!

"Buddy" Gephart used so much catsup that "Jimmie" Sluss was forced to thin it down with vinegar. Now "Buddy" says he doesn't care for any, when someone offers him the whole bottle.

"Pee Wee" Steninger should get big and strong from eating four rolls, and drinking three cups of coffee, each morning for breakfast. We can't understand how such a little man disposes of such big quantities.

"Tooter" Shaw would like to take lessons in backing, so that he will be able to back his car out of the drive each morning, without turning around on the lawn. Someone suggested that we buy a cover for the lawn so as to prevent "Tooter" from getting his tires muddy, and cutting up the lawn.

This being leap year, "Rus" Morgan has lost his pin already. Oh, "Rus" my boy, why do you leap with your eyes closed?

"Jimmie" Sluss has moved out of the house, and has assumed the role of HEAD MAN. We hope this proves as temporary as he says it is.

Dr. Drabing has left us. He will assume his duties as interne in the Los Angeles General County Hospital on April 2nd. We fear for the girls on the west coast! Good luck, "Lute"!

"Runt" Russell says: "Don't, fellows. I'm not strong—I'm afraid I'm on the verge of a nervous breakdown."

"Cousin Ambrose" Rorick has the rubber of his fountain pen eaten up by borrowed ink. He is now borrowing pens. No wear and tear on his own.

"Red" Smith is giving "Bob" Herrick a good run in the mustache race. "Bob has the advantage of a two-year start, though. May the best sprout win.

"Weary" Harry Kale enjoyed a nice cool plunge the other morning. It was an "eye-opener" not of his own choice, however.

"Left Waiting at the Gate" is the title of "Hap" Nowlin's new song. He forgave and forgot. And HOW!

SIGMA CHI OMEGA

At the last meeting, Dr. Ad-

kins gave the boys a review on medicine. He gave every one present a good hunk of common sense to chew on. It may be of interest to note that the Doctor has some research work which he is going to make public as soon as his tests are completed. The work so far has been very gratifying. We are very proud indeed to have Dr. Adkins in our organization.

"Camel's Hair" Smith is trying to darken the Sahara with a few fags.

Liebum's Leaping Lena is covering the miles these days with net and all. He will make an O. B. man sure.

We all admit that Wasner is in line for Mellon's office, as he is some money extortioner.

"Shake Hands" Jerry is sure a brute for punishment. We're with you, Old Boy.

We are all wondering, including Mrs. Innes, why our gallant Vic Reeder shaved off his mustache. It must not suit somebody.

Anyone desiring the latest dope on horse liniment, See Dr. Miller.

We sure can be proud of the Freshmen, as they are putting new life and vim into the gang.

Take It Seriously

An undeniable tendency exists among undergraduates to scoff at the student who takes his education seriously—who makes a conscientious effort to gain a thorough knowledge of the subjects he is studying, instead of devising means to "get by" with a minimum amount of effort.

The majority of students come to college with some idea, surely, of obtaining an education. Many, as soon as they arrive, try to dodge as much of it as possible. If a professor has not arrived at a class by two and a half minutes after the hour, the whole class departs precipitately, praying that they can get down the back stairs of the building before he can get up the front ones. If a few students evince a desire to wait until the entire three minutes required by university rulings have elapsed, they become the objects of scorn and derision.

If it is worth while to spend four years in pursuit of an education, surely it is worth the extra effort necessary to get the best of it, not a superficial smattering of miscellaneous information. The student who is covertly laughed at now for his conscientiousness is likely to have the last laugh in the years to come. —(Indiana Daily Student.)

Collegiate English

Students indulge in slang as if it were the standard of excellence. The process continues to the point of complete renunciation of the standard for the vernacular. That is when slang becomes boring and tiresome. Its charm, if there was any, has been lost by making it a rubber stamp. The same process makes some people positively undesirable in so far as speech relationship is

held with them. They seemingly are unable to go beyond elementary language, and leave the rest to slang. The time and the effort spent in gathering the slang and disseminating it for the delectation (presumably) of others, could just as well be turned to the more commendable task of learning to speak the conventional tongue with correctness and ease.

There is a literary language just as lively as the vernacular, and more pleasing, both in form and content. The "You're all wet" clan, the "cute" girls, and the "bull shooters" ought to go into the question sometime and find out that there is an English language with some 450,000 words.—(Ohio State Lantern.)

Prohibition

(Continued from page 1)
kitchen with a piece of raw meat in her hand. The gentle look of the cat turned into a wild glare, and the smooth, soft fur stood up on its back like bristles. The real nature of the cat was manifest.

It is at this time of year when our national political parties are drawing up their programs for the coming convention, that we are reading and hearing much about light wine and beer. How tempting and harmless they are made to appear! As I have listened and read I have wondered how many people are victimized by the benumbing logic, as they would not know until the "real nature of the cat was manifest." They have forgotten—if they ever knew—that before the art of modern distillation, empires fell because of drunken debauchery. It was beer and wine—not rum, ale or whiskey—that caused the orgies of the Romans, Alexander never saw whiskey, yet he died drunk.

I frequently called in the home where that cat belonged. One day while I was talking with the mother and grandmother of the little girl in the home, the child was stroking the pet. Suddenly it hissed and scratched her, and she cried out: "You damned cat!"

Her grandmother reprimanded her for using such language.

A few weeks afterwards I was in the home again. I was talking with the mother and grandmother while the child was stroking the cat. As the time before, the cat hissed and scratched her.

She looked cautiously at her grandmother, and it was apparent she remembered my former visit. And this time, with her index finger pointed at the cat, she said soberly: "You're the same cat."

We face the same poison that soaked Rome to death and killed Alexander. Wet newspapers and propaganda and misrepresentation are only language.

It is well that the "cat" hiss and scratch us sometimes that we are reminded what the liquor traffic is.

We face "the same cat."

"If a man smashed a clock—could he be convicted of killing time?"

"Not if the clock struck first."



HOW MANY KICKS

"Are there any questions?"
"Yes, sir; how do you calculate the horse-power in a donkey engine?"

DON'T TELL A SOUL

"Your father was a college man wasn't he?"

"Yes, but we never mention it. The college he went to had a rotten football team."—Boston Transcript.

A COMMON FUR

She—I just adore black bear coats. Have you got one?

He—Mine's threatbare."—Penn Punch Bowl.

"Why do you wear your glasses in bed?"

"I'm getting so short sighted I can't recognize the people I dream about."

A very religious man was to be operated on. As the nurse began to administer the ether, the patient sat up suddenly.

"Doctor," he said, "call a minister at once."

"Nonsense, man, we're about to operate on you," protested the surgeon.

"Oh, yes, I know; but won't you open with a prayer?"

NO DIFFERENCE

"Did you marry that girl of yours, or do you still cook your own breakfast and mend your own clothes?"

"Yes."—Judge.

NOT SO GOOD

Mother—What sort of a man is this fiance of yours?

Daughter—Well, mother, he says he has always wanted a good home—

Mother—I like the sound of that.

Daughter—And he likes our very much.

NO TIPPING

She—Why didn't he tip his hat?

He—Because he's Scotch.

THE AUTO AGE

Motorist (proposing)—Dearest, I adore you! Will you be my back-seat driver?—Life.

A tonic for some of those who are behind in their studies—ketchup!

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Osteopathy Without Limitation

Exposed At Last

If the medical trust is allowed to continue its law-making program, practically every right possessed by the citizens of this country in connection with the physical care of the body will be taken from them.

The allopathic doctors, through their societies, have built up one of the most powerful lobbies that has ever been known in the history of this country. One of the greatest evils that this age faces at this time is the constantly growing political influence of the commercial side of the doctoring profession.

Our best doctors do not need protection of this sort and they do not want it. We have nothing against doctors as individuals—regardless of the school they represent. Doctors are good, bad and indifferent, the same as other people. Many of them are wonderful men. They spend their lives benefiting humanity.

But those whose abilities have not enabled them to build up a financially lucrative practice are turning here, there and everywhere to increase their income. And they are backing all these legislative efforts to force people into their office. We look up to our medical men as health authorities. Their words are listened to by the general public. But, as an organized body, they have been tragically false to this public trust.—(From an editorial by Bernarr Macfadden.)

Hockey Trainer

(Ironwood, Mich.)

Dr. C. Mason Conn, local physician who has been a loyal member of the Ironwood Rangers—although he has not had a skate on for playing. Dr. Conn has made several trips with the team and has dressed and cared for the injuries during the season, and has acted as trainer from the opening game until the last.

Just another instance where athletic treatments while in college help the doctor when he gets into the field.

A good way to kill fleas is to swallow a teaspoonful of carbolic acid, run around the block and the perspiration will kill the flea.

* * * * *
* A. O. A. CONVENTION *
* KIRKSVILLE - 1928 *
* DES MOINES - 1929 *
* * * * *

Pternalgia — Painful Heel

Part 2

Neuralgic or Toxic Heel: This condition is peculiar in that the cause and the pathology can not always be definitely determined.

Etiology: not definitely known. It may be a nervous disturbance or it may be due to a focal infection located in some other point in the body.

Pathology: There is no definite pathology. There may be a slight swelling or hyperemia but they are usually absent.

Symptoms: The patient will complain of spasms of pain in the heel. It may occur when walking, standing or resting. The pain may shift from place to place. In palpating the heel you may find that pressure to a point will give pain and that pressure immediately applied a second time will not give a symptom of pain, while pressure at another point not previously painful, will be associated with a very sharp lacerating pain. The patient may give a history of considerable soreness immediately upon arising. Many variations of these symptoms will be met with.

Treatment: local treatment in true neuralgic or toxic heel seems of little or no avail. General treatment should be directed to the nervous system and to removal of any focal infection if such can be located. Elimination of waste products should be speeded up in any way possible. A diet not too high in proteins and other acid forming foods can be used to advantage. A large variety of fruits and vegetables are to be desired. Spinach is of particular value if there is a tendency to acidosis.

Tendo Achilles Bursitis: This is a condition of inflammation of the bursa between the Tendo Achilles and the calcaneus bone.

Pathology: Inflammation of the Tendo Achilles and calcaneus bone. The inflammation is usually quite severe and may extend along the tendon, giving tendo sinovitis. In the acute stage swelling is pronounced.

Etiology: Strain due to changing from high to low heel shoes. Strain due to exertion as, track men, especially sprinters. It may also be due to the pressure of the counter of the shoe, forcing the tendon into too close apposition to the calcaneus, impinging the bursa, thereby setting up the inflammation.

Symptoms: Severe pain on the posterior aspect of the heel with a highly inflamed swollen area. The pain is augmented with use. When recumbent the patient extends the foot on the ankle and flexes the knee on the thigh to relax the gastrachnemius and soleus muscles, one of which is attached above the knee and one below—both being inserted on the planter surface of the calcaneus by the tendo achilles. This has a tendency to relieve the tension on the tendon and also to increase the space between the tendon and posterior surface of the calcaneus, thereby relieving the pressure on the bursa. Press-

ure of palpation causes great pain.

Diagnosis: Diagnosis is easily made from location, swelling and pain.

Treatment: Rest if possible with ice packs. If the condition is not severe and it is desired to keep patient on the feet, treatment as follows may be used:

Increase height of heels ¼ inch and then strap with adhesive. The strapping is made by taking adhesive two inches wide and of sufficient length to reach from well forward on the planter surface of the heel to a point three or four inches below the knee on the posterior surface of the calf.

The tape is to relieve the tension on the tendon and it also has a tendency, due to the contour of the leg, to pull the tendon away from the affected bursa, thereby relieving the pressure on it.

The tape should be put on so that there is a moderate amount of tension on it when the patient is standing erect with the shoe on.

Several trials may be necessary in order to produce the correct amount of tension. When the tape is finally applied correctly it should be anchored with one inch strips at several points on the calf of the leg; also at the heel in such a manner that it will tend to pull the tendon away from the bursa. It should also be well anchored on the planter surface of the foot. The tape should be made of two thicknesses of adhesive stuck together, in all cases except small children, when one thickness will be sufficient to hold. Consideration should also be given to the counter of the shoe. If it seems to be placing undue pressure on the tendon it may be necessary to place chiropody felt ⅛ inch thick in the counter of the heel in such a manner as to place the pressure low down on the heel and relieve the pressure higher up.

There are other conditions which may cause pain in the heel but which are not commonly met with. The most common are T. B. and syphilis. One should always be on the lookout for such conditions and when in doubt use the X-ray.

C. I. GROFF, D. S. C.,
415 M. B. A. Bldg.,
Mason City, Iowa.

Basketball

(Continued from page 1)

his new post and seemed to be the big factor in Still's machine, both on offense and defence.

Still 33—Buena Vista 18

In the second game of the three-game series, Still had easy sailing and piled up such a lead that the second team finished the game, and continued to score on accurate passes and playing a defense that completely turned back the invaders attack.

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* A. O. A. CONVENTION *
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* * * * *

Advice to Fledglings

(By One Who Knows)

Don't write for information about locations or other matters, without enclosing a stamped, self-addressed envelope, otherwise, the recipient checks the inquirer as a moocher, a dead beat or wholly ignorant of business civilities, any or all of which does not cause the inquirer to vault in the estimation of strangers.

Don't try to open an office if you are "broke"—go back to the position you formerly held, till the wardrobe is replenished, the debts paid and a nice little credit in the bank.

Don't believe that "two can live cheaper than one" and rush into matrimony to prove it; no crying demand for domestic, dishwashing doctors, whether men or women.

Don't credit the fallacy that "folks give the married doctor preference." Sick folks are wanting skill, efficiency, results, and health, not hunting places to give charity, so the well groomed, detached doctor is called.

Don't be in a tearing hurry to start rearing a family; somebody may, in times agone, have hired a longshoreman because he was ragged and "had a wife and nine children." That plea never never caused anyone to employ a man as a physician.

Don't ask your colleague or the established physician to give you a loan after you choose your location. Take your financial problems to the pawn broker or the banker they Specialize in such matters.

Don't forget to call on all the established Osteopathic Physicians in the towns where you look for locations. Oh no, they are not a bit jealous of you or the least afraid. They know you for just what you are—a fledgling—trying his wings. If asked, they can give you a million helpful things. Every city or town has some third rate locations and buildings, (hoodooed), in which no newcomer can succeed. In certain sections of the United States, physicians can office successfully in their homes, in other locations the best doctor who ever lived would never receive a call if he tried to office in his residence. No beginner can afford to buck established customs and precedents—each locality has certain beliefs and customs that MUST be observed and respected. The established physicians will kindly point these out to the fledgling, if he will listen, and thereby save himself much time, heartache, and disappointment.

Don't forget to consult the established physician in the town you choose for your practice, concerning the best localities for your residence, your office, your announcements cards, your plans for advertising—in short, everything. Oh, yes, it takes his time and thought to thus advise you, but he would rather do it, than have you fail and thus hurt Osteopathy—your interests are Mutual, not individual.

(Continued on page 4)

Advice to Fledglings

(Continued from page 3)

Don't forget after you are located, to send your cards to all Osteopathic Physicians in a radius of one hundred miles—failure to do this will retard your business at least two years.

Don't neglect to join all your local professional organizations and attend every meeting, no matter if you do not like the freckles of some of them, or admire the voice of another; the community is taking their measure of you by your attitude toward those who have made your practice possible, the laity have their own ideas about these things.

When asked to talk before some P. T. A. or other organization, don't rise up and give some extemporaneous, puerile comments. Choose a good topic, then read, think, write, think, rewrite and think some more, put the best in you in that talk and every other talk you make before the public—do not do a single professional thing of which you are not justly proud.

Don't fail to keep case records of every patient you see. Start right, and continue on the same line.

Don't adversely criticize any religion, political party, other therapies or practices. Be positive about Osteopathy; that is the only thing you are paid to do—and in the ratio that you are positive about Osteopathy, your practice will grow. Above all things, never so far forget yourself as to make a disparaging remark about a colleague. He has his friends, and many acquaintances who are neutral, but who will straightway become positive for him if you make derogatory remarks. He is a taxpayer—a definite asset to the community any you hope to be.—(Journal of A.O.A. 1923. Dr. Roberta Wimer-Ford).

Modern Medicine

I went to a modern doctor to learn what it was wrong. I'd lately been off my fodder, and life was no more a song. He felt my pulse as they all do, he gazed at my outstretched tongue; He took off my coat and weskit and harked at each wheezing lung.

He fed me a small glass pen-stalk with figures on the side, and this was the final verdict—when all of my marks he spied. Do you eat fried eggs? Then quit it. You don't? Then hurry and eat 'em, along with some hay that was cut in May, there's no other food to beat 'em.

Do you walk? Then stop instant—er—for exercise will not do for people with whom it does not agree—and this is the rule for you; just quit whatever you do do, and begin whatever you don't; for what you don't do may agree with you—as whatever you do do don't.—(Selected).

No, my boy, we can't all be Lindberghs—just think what a mess the telephone directory would be!—Black & Blue Jay.

Wisconsin Basic Science Examination

Anatomy

1—(a) Name the muscles and their nerve supply, producing inversion (medial rotation) and eversion (lateral rotation) at Chopart's joint.

(b) What is the action and the nerve supply of the lumbrical and interosseous muscles of the hand?

2—(a) Name the vascular structures forming the Circle of Willis.

(b) What is the distribution of the coeliac artery?

3—Name the chief tributaries and the final discharge of the following veins: (a) Portal; (b) Jugular; (c) Azygos.

4—Name the structures and their relationship encountered in descending upon a femoral hernia.

5—Name and make a sketch of the layers of the skin.

6—(a) Name the bones comprising the wall of the orbit.

(b) Name the foramina through which the respective cranial nerves make their exit from the cranium.

7—Name and make a cross section drawing of the fiber tracts and nuclei found in a cross section of the spinal cord at the level of the first lumbar segment.

8—What is the exact origin and distribution of the following nerves: (a) Phrenic; (b) Glossopharyngeal; (c) Chorda Tympani.

9—Describe the origin, tributaries, and the course of the thoracic duct.

10—Define and give the significance of the following:

(a) Valve of Thebesius; (b) Aschoff bodies; (c) Schlemm's canal; (d) Islands of Langerhans; (e) Cartoid body; (f) Choroid plexus; (g) Cysterua chyli; (h) Ducts of Skene; (i) Glissons Capsule; (j) Ducts of Rivinus.

Pathology

1—Define: Pathology; Abscess; Phlegmon; Cyst; Atrophy; Carcinoma; Sarcoma; Infection; Necrosis; Degeneration.

2—Discuss the cause of fever.

3—What are the changes in the blood in the various kinds of general anaemia?

4—Name the symptoms or signs of inflammation and give the changes in the tissue that produce them.

5—What pathological changes may cause violent hemorrhage from the nose and mouth, i. e., hemoptysis, hematemesis?

6—What symptoms may result from a fracture of the skull, and discuss the pathological changes that produce them?

Physiology

1—(a) Name the chief constituents of bile; (b) What are the functions of bile?

2—(a) State the factors that are responsible for maintenance of arterial blood pressure. (b) What forces determine the return of venous blood to the heart?

3—(a) What are the chief functions of the kidney? (b)

Discuss briefly glomerular filtration.

4—What is lymph? Where is it formed? What are its functions?

5—Give a normal complete blood cell count; (b) State where each component is formed.

Diagnosis

1—Give the differential diagnosis between epilepsy and hysteria.

2—Differentiate between pleurisy with effusion and lobar pneumonia.

3—Give the chief diagnostic points of scarlet fever, diphtheria, measles, rubella, small pox and chicken pox.

4—Give the symptoms of influenza.

5—What is the Schick test? What is immunization?

6—Give the test of sputum for tuberculosis.

7—Differentiate between uræmia; typhoid fever.

Wisconsin State Board Questions

Anatomy

1—Give the course, relations and structure of the ureter. Note difference in male and female.

2—Mention and describe the salivary glands.

3—Describe the renal blood circulation.

4—(a) Describe and give the anatomical relation of the appendix veriformis; (b) Give location of the intercostal arteries; (c) Origin of the intercostal nerves.

5—Name ten principal muscles which keep the body erect.

6—Describe the sympathetic nervous system, naming and locating the principal ganglia.

7—Describe the bones of the ankle joint. Make diagram.

8—Give surgical anatomy of femoral hernia.

Eye, Ear, Nose and Throat

1—(a) Describe the eyeball and give its parts; (b) Give indications for removal of the hame, following a penetrating wound.

2—(a) Give indications for paracentesis of the ear drum; (b) The location of the cut and after treatment; (c) Briefly describe the eustachian tube and give functions.

3—Describe the olfactory apparatus. What part of the above is the seat of smell. What are the causes and results of mouth breathing.

4—Describe the esophagus; (a) Location; (b) Dimensions; (c) Arterial and nerve supply.

Chemistry

1—Describe Reinsch's Test for Arsenic.

2—Description of an extemporaneous antidote of Nitrate of Silver poisoning; How does it act?

3—Name a simple test for contents washed from the stomach in suspected Carbolic Acid poisoning.

Pathology

1—Discuss briefly the causes and construction of gall stones.

2—Define and discuss very

briefly hypertrophy. Discuss an organ the seat of hypertrophy.

3—What is meant by focal infection? Give illustrations of sites of occurrences and possible results.

4—What types of inflammation may the tubercle bacillus produce?

5—What visceral lesions found at autopsy signify old syphilis?

6—Describe the pathology of chronic myocardial degeneration? Explain its relation to arrhythmia.

7—Differential diagnosis of Carinoma and Sarcoma.

8—Brief description of liver and kidney: Autopsy of Eclampsia.

Physiology

1—Give the normal heart sounds and cause of each.

2—Where is the bile formed.

3—Give mechanism of respiration and how controlled.

4—Does pepsin suffer and change when acting?

5—What is the olivary body?

6—What is the function of the epiglottis in regard to sound?

7—Describe the formation of the ovule in the ovary.

8—In what way are the salivary glands, the pancreas and the liver developed?

Medical Jurisprudence

1—Give hypostatic lung test.

Dietetics

1—What are the characteristics of good butter?

2—Why is meat such an important article of food?

Obstetrics

(Write on 7)

1—Tell briefly but definitely the physiological evolution of the uterus during pregnancy.

2—What promises would you make the patient concerning involution after labor?

3—Give probable and presumptive signs of pregnancy.

4—Describe simulations of pregnancy.

5—Differentiate pregnancy nephrosis from chronic nephritis.

6—Give 10 danger signals of pregnancy.

7—Discuss masitis.

8—Why and when do you give anesthesia during labor. Explain synergistic analgesia in obstetrics.

(Continued next issue)

Humming

Humming is one of the grandest habits that can be acquired, especially for catarrhal trouble, as the bones of the nose and skull fairly tingle with vibration. Many people improve their catarrhal conditions very greatly by the simple method of causing the nasal bones to vibrate by daily humming through the nose. Sometimes the humming should be quite loud indeed. Try this and you will notice the increased circulation in the nasal and forehead bones. Bear in mind that one can never injure his voice by humming. If you are in doubt as to the ability of your local vocal teacher, this doubt may be wiped out if you hear him or her say that he believes in humming, and teaches it.—Health Bulletin.

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Volume 5

MARCH 15th, 1928

Number 17

Basketball

Coach Sutton's basket ball team clearly demonstrated its superiority over the Kirksville five, winning three of the four-game series played this season. They won the first of the two games played at Kirksville, and lost the second largely because of an injury to Fred Benz, which forced Coach Sutton to change his lineup. This proved too much of a handicap for his men to overcome, and they were beaten by a close margin.

During the two weeks of rest and the recovery of Benz, Coach Sutton outline an entirely different style of offense, and defense which proved its success in the last two Kirksville games.

The laurels of success, however, are not all bestowed upon our modest Coach Sutton, as our slim, titian-haired captain and center closed his Still College basketball career by playing one of the most brilliant passing and floor games ever played by a purple and white cager.

"Red's" playing will long be remembered in the history of Still College basketball, and his loss by graduation will be felt keenly by the team next year.

Another individual, in the person of Fred Benz, deserves more than ordinary credit, because of his playing determination on the floor, and versatility of handling any position assigned to him. Benz is regarded by many to be the greatest basketball player developed at Grinnell College, and will be a big asset to Coach Sutton in building up his team next year.

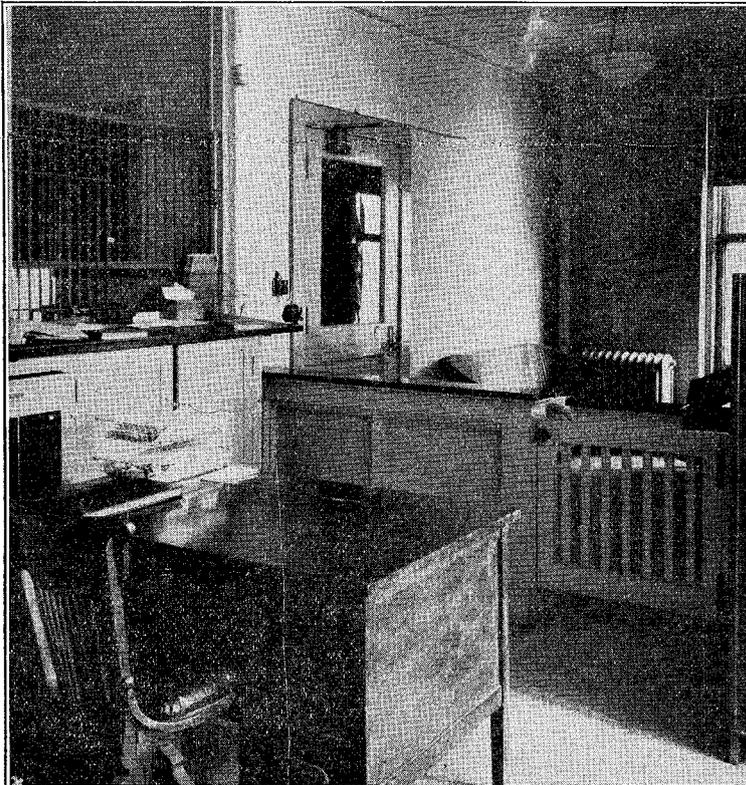
The spirit of Still College is evidenced in Coach Sutton, who has overcome the obstacles and handicaps which face him every year because of the lack of a gymnasium and athletic field, by his persistency and undying efforts to co-operate with his men.

Our school is fortunate in having such a man as its athletic head, and Coach Sutton's high character is carried out by the clean and sportsmanlike playing of his athletes.

As a word of praise to the Kirksville men, who deserve a lot of credit for their clean, hard playing we want them to know they have the hardest fighting team that played against our boys this year. In Bigsby, Joseph, Albus, Gearga, Beyers and Norman, Coach Meyers of Kirksville has a team of stars, and with a season of playing together behind them,

(Continued on page 4)

GENERAL OFFICE



We are showing here a picture of the general administration office and waiting room. Miss Crawford, the office secretary occupies the desk in the foreground.

The grating shown at the left

is the window at which receipts and treatment slips are issued. Miss Crawford also holds forth and in full sway at this point.

We hope to show you who have not seen the building some more "shots" of our new building in the near future.

Dr. H. V. Halladay To Visit East

Dr. H. V. Halladay left Saturday night for Philadelphia, where he is invited to talk to the students at the Osteopathic College in that city. The officials of the Philadelphia College have for some time past been trying to get Dr. Halladay there to talk before the student body, and at this time he will spend three days with them—Tuesday, Wednesday, and Thursday.

The subject of Dr. Halladay's lectures will be "Principles of Technique." On Wednesday night he will talk to the local association and their friends on "Principles of Osteopathy."

Immediately after this session, Dr. Halladay will leave for the Eastern States Osteopathic Association's annual convention at the Waldorf-Astoria Hotel. He is on the program both days of the meeting, Friday and Saturday. His subject at this time will be his two favorites, athletic work, and the Sacro-iliac. Athletic coaches will be present at a luncheon on the first day, to whom Dr. Halladay will speak on what Osteopathy does for athletics.

The Eastern States Association never fails to invite Dr. Virg, and insists upon his attendance at their meetings.

While he is gone, our temporary loss is their permanent gain.

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A. O. A. CONVENTION
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O. W. N. A.

The O. W. N. A. chapter of Des Moines has had a busy and prosperous year. At the regular luncheon and business meeting held the first Tuesday of each month at the Hotel Savery, there have not been as many of our members from over the state to join with us as we could hope for, but all who have come have been most heartily welcome.

The third Tuesday of each month seems to be the most convenient time for all the Osteopaths of the city to join with the women's organization for the social evening. These meetings have been held every month. In October was the clinic, a most successful day, fully appreciated by everybody and generally felt to be just a paving of the way for a number of other such programs.

In November the evening meeting was a housewarming at the new college, with a splendid supper, followed by a varied and interesting program.

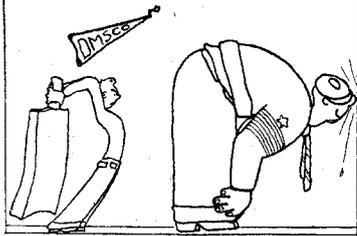
The December meeting date came into the busy holiday season, and so was postponed until January. On January 17, dinner was held at the Y. W. C. A. Following the dinner, Dr. Fred Campbell and Dr. J. P. Schwartz presented groups of case histories, their diagnosis, treatment and outcome. These talks were of extreme value and interest to members of the osteopathic profession.

The February social meeting fell on the twenty-first, and again dinner was enjoyed at the Y. W. C. A., followed by an Osteopathic program. Dr. D. W. Roberts spoke most entertainingly and instructively on "Observations After Twenty Years of Practice." Dr. C. I. Groff, a member of the Des Moines Still College faculty, spoke upon some painful foot conditions and what may be done to correct them. His talk included a very instructive demonstration of a heel strap of value in certain forms of painful heel.

Dr. A. W. Clow of Washington, Iowa, closed the evening's program with a pep talk on what the Iowa Bulletin can mean to the Osteopaths of this state, and a sprightly appeal for their support.

The March meeting will be held on the Twentieth, with dinner at the Y. W. C. A., followed by an Osteopathic round-table discussion. Every Osteopath is cordially invited to be there.

FRATERNITY NOTES



Phi Sigma Gamma

Brothers Madson and Stritmatter have found a new test for alcohol. Here it is: Drink it, and if you go blind it's good stuff.

Rip says he shaved his moustache off because it tickled him.

Brother Dorwart has turned the tables on us. He used to visit his girl, but now he pays us an occasional one.

Brother Smith uses salt water as toothpaste since he got those new sets of ivories.

"Fire Alarm" Jennings sure had enough little red trucks to play with the night he needed an electrician.

Anyone wishing to get in communication with Jim Shaffer or Bob Hubbard evenings had better look up night rate telephone calls to Ames.

Brother Westberg has started his monthly week-end trips up north to see "the girl of his dreams."

Rudy Gauger sure has developed an extensive night practice lately. We wonder if he is getting some of the "thrills on palpation" that Dr. Steffen talks about.

Brother Cuff has been getting same mail lately from the Bureau of Investigation, Washington, D. C. Can it be for social or professional reasons?

Rocky is recovering after a week's illness. "Fight 'em, Muscatine!"

Notice to all concerned: Brother Long is not responsible for any of these three A. M. telephone calls.

Iota Tau Sigma

On the week-end of March 10, Mr. Wm. E. Russell motored to Sigourney, where he spent an enjoyable two days at the home of his mother-in-law.

Mr. Mark J. Sluss, of South Bend, Ind., is enjoying his vacation in Des Moines to the fullest extent. Mr. Sluss remarked that for a City of Certainties Des Moines has its possibilities. He evinced his appreciation to the men who sent out his trunk to his new home.

On Sunday, March 11th, Mr. George Orlando Smith, of the Ohio Smyths, Mr. Lester A. Nowlin, Mr. Russell Morgan, and Dr. W. A. Nowlin, all of the Dennybrae G. & C. Club, added considerable color on the local links with their bright blazers and versatile language. It was rather a ripping day for golf.

Mr. Louise Hughes, the only man from Detroit who ever got religion, has been a regular attendant at one of our local churches. Mr. Hughes' attire at these morning services consists of striped gray trousers, black

cutaway coat, high silk hat, etc. He even wears a white flower in his buttonhole! He is meticulous to the height of perfection. It is indeed a pleasure to know a man of Mr. Hughes' high moral and religious caliber.

Mr. Gordan E. DuBois has been chosen, above all others, due, no doubt, to his kind, loving and gentle touch, for the position of Nurse Maid. Mr. DuBois, we are sure, will gladly interview any one interested in this noble profession.

An interesting talk was given by Father Donnahue at the last regular meeting of the Pan-Hellenic Council. His theme scintillated with many truths.

Mr. John Wigal cavorted about the Annex (the W. E. Coffee Shop) to his heart's content the other evening. His method of projecting is unique! He should be either a deck hand or a gunner in the Navy.

Mr. Russell Morgan and Mr. R. Kenneth Richardson are on the sick list. The former has been overcome by the Bacteria Neumosintes and the latter the result of a Tonsilectomy. Both are receiving the best of care from our house physicians.

Surgery License Issued

Dr. Marvin E. Green received by express last Friday morning a certificate from Dr. Henry Albert, State Commissioner of Health, licensing Dr. Green to practice Osteopathy and Surgery in the State of Iowa. The certificate was issued after an examination by the State Board of Osteopathy, and it recognizes the Doctor's diploma from Still College issued this year after post-graduate work at the college. Our most hearty congratulations to Dr. Green, and our best wishes for his future success, which we feel is assured.

Another Feather in Cap

Dr. Turman O. Lashlee, Class of May, 1927, of Humboldt, Tennessee, who has been doing splendid work for the players (and for Osteopathy) in connection with the Humboldt High School football team, got a pleasant surprise at the team banquet. He was presented with a leather wallet containing a \$100 bill, by the business men of the town.

This is not only a feather in the cap of Dr. Lashlee, but is just another instance and proof of the true value and worth to the student of the athletic treatments required of him during his treating periods. It speaks well of the College Clinic, as well as of Dr. Lashlee.

Felicitations

Born to Dr. and Mrs. Eugene Herzog, a son, on February 15th.

We offer our sincere congratulations to Dr. and Mrs. Herzog, and our best wishes to their son, who, we hope, will some day become an Osteopath.

A detour is defined as the longest distance between two points.

Football 1928

Coach Sutton informs us that the 1928 Football Schedule is full, with ten games, all but one of which are contracted for.

The coach believes that our prospects for a real team and a really successful season are exceptionally good. With some of last year's men as a nucleus, and with the football men who have announced their intentions of entering Still in the fall, our prospects do look bright.

The schedule will be found on page three. Peruse it and then see if it does or does not look like an easy one.

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NOTICE

Dr. J. Verne Hodgkin, McCook, Nebraska, would like to hear from members of his graduating class, May, 1925.

Announcement

Dr. Olaf H. Olsen, Class of January, 1926, announces the opening of his office in Suite 204-5 Monroe Building, South Bend, Indiana.

Dr. Olsen served his internship of one year at the Detroit Osteopathic hospital finishing in June, 1927. He started some post-graduate work at D. M. S. C. O. in September, 1927, but was called home due to the illness of his father before this work was quite completed.

We are glad to hear that he has opened his office and wish him the ultimate in success in his practice.

Of Interest

We learn that J. Clark Hovis, Class of May, 1928, has just received notice of appointment to an internship of one year at the Detroit Osteopathic hospital. Congratulations Clark!

This speaks well of the class of Doctors that Still College graduates as the great majority of appointments to internships at the Detroit hospital have been given to graduates of Des Moines Still College of Osteopathy.

Of Interest

Among recent visitors at the College was Dr. Rolla Hook. Dr. Hook was entertained by Dr. H. V. Halladay who took our visitor on a tour of the building, not even excepting the dissection laboratory where the work of dissecting is in full force.

We are always glad to receive these visits from Dr. Hook, as well as from any of the members of the profession, as we are proud of our new home.

A man from Aberdeen was playing golf on a strange course. When asked what he thought of the course he said: "Weel, it is a bit rough and I lost four ba's but it's no sae bad—I found six."



Mixed

A bride asked her husband to tune in and copy off a radio recipe she wanted.

He did his best, but got two stations at once, one broadcasting the morning exercise and the other the recipe. This is what he took down:

"Hands on hips, place one cup of flour on the shoulders, raise knees and depress toes and mix thoroughly in one-half cup of milk. Repeat six times. Inhale quickly one-half teaspoon baking powder, lower the legs and mash two hard-boiled eggs. Exhale, breath naturally, and shift into a bowl.—Clipped.

Risk Too Great

A well known eastern appendicitis expert has a dog of which he thinks a great deal, which has a lopsided walk. A friend asked the doctor on one occasion the cause of this.

"Why," was the reply, "he's got appendicitis."

"They why don't you operate on him?" queried the caller.

"What, operate on that dog! Why, that dog's worth a hundred dollars."—Sentin.

After a temperance lecture in Scotland, one of the audience tarted and greeted the anemic speaker as follows:

"Did I understand ye to say ye never took a drink in a' yer life?"

"Yes, sir, liquor has never passed my lips."

"Weel, sir, my old man now deid was a bit o' a drinker a' his life, an' three days after he deid he was a healthier looking mon than you are now."

Bald Headed Man—You say this is a good hair tonic?

Drug Clerk—Very fine; we have a customer who took the cork out of the bottle with his teeth and the next day he had a moustache!

Inspector—That new man will never make a detective.

Chief—How is that?

Inspector—There was a fifty-pound box of soap stolen from a railroad car, and the fool arrested a tramp.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

Vox Prof.

Dear Editor: In the last issue (Feb. 15th) I read with interest and approval your article entitled "Expelled." I think every college, especially of Osteopathy, should guard well the moral as well as the intellectual qualifications of its graduate, for one hesitates to associate professionally, in consultation or in associations (local) with disreputable confres. I have always been strong for discipline.

Fraternally,
T. G. Phelps, D. O.
Chillicothe, Mo.

Dear Editor: I don't know how you get that way changing the color of our envelopes, but then you know we are glad you have an eye for economy. We are always glad to get the Log Book, though it will lose a lot of interest for us when the boys we know have graduated.

Fraternally,
L. S. Schaeffer, D. O.
Detroit, Mich.

May we not hear from you if you have any words of praise, or of criticism. The Log Book is published for you and it is desired that it be of the type that will interest and entertain you; to help you to recall your days in college, wherever they were. Send 'em in, those criticisms. We wish to improve and grow.

Editor.

Applies Here As Well

All men have been placed in this world for a purpose. Our Maker did not create us just to fill a space in the air, but His object was infinitely more noble. Each of us has his place here on earth to do something for mankind. That is the gap that we are to fill, and that not only when we are graduated from school, but even while we are here at Dana College in her sacred halls and upon her campus. The call comes to us every day perhaps to do a good turn in some way for some one here at school, but do we heed the call? Have you ever been asked by anyone to lend a hand in some way, possibly in preparing for a banquet? Did you refuse? Perhaps you were justified in doing so, perhaps you were not.

Closely related to this matter of doing what you ought to do is the power which should impel you in the right direction, and that is School Spirit. School Spirit! It is a phantom, they tell us. It cannot be defined. In

(Continued on page 4)

Wisconsin State Board Questions

Gynecology (Write on 4)

- 1—How detect and treat Gonorrhoea in female?
- 2—Give the after coming results of Gonorrhoea and syphilis: to the female organism by approximate percentages of (1) abortions; (2) infantile mortality; (3) degeneratis; (4) sterility; (5) Gynecologic diseases; (6) blindness.
- 4—Tell your knowledge from training or experience of the removal of uterine Myomata explaining conditions, which call for a decision between total and sub-total hysterectomy.
- 4—Tell what you know of the relationship between the thyroid and ovarian glands.
- 5—Possibilities of a fluctuating mass in right lumbar region. Name at least ten and give brief reason for diagnosis.

Physical Diagnosis (Answer only 3)

- 1—Give the physical signs of Pleuritic effusion.
- 2—What are the physical signs of stenosis of the mitral valve?
- 3—What are the clinical features of Cerebrospinal Meningitis?
- 4—What are the diagnostic signs of Retropharyngeal abscess?

Neurology (Answer only 3)

- 1—What is the significance of the patellar reflex as a sign of disease?
- 2—Give the symptoms resulting from paralysis of the phrenic nerve.
- 3—Give causes, symptoms and prognosis of Bell's palsy.
- 4—Describe aphasia.

Hygiene (Answer both)

- 1—How should a thorough inspection of milk be conducted?
- 2—What rules in public health administration should be promulgated to prevent the spread of pulmonary tuberculosis?

Surgery (Answer any 8)

- 1—Given a case of diabetic-gangrene of the toe: (a) Give technique of amputation and your judgment of how and where to amputate; (b) Give postoperative treatment.
- 2—Differentiate: Carcinoma of Penoreas, Choletlithiasis and subphrenic abscess.
- 3—Give surgical treatment of advanced tuberculosis of the knee.
- 4—(a) What factors would you consider in a non-union of fracture of the femur? (b) Give a brief outline of treatment.
- 5—(a) How would you treat an ischiorectal abscess? (b) What are its causes and complications?
- 6—What are the symptoms and your basis for surgical procedure in a suspected case of ruptured ectopic?
- 7—How would you treat an empyema in a child 8 years old?
- 8—Differentiate between a direct and indirect inguinal her-

nia? Between an incarcerated and strangulated hernia?

- 9—How would you diagnose an early carcinoma of the breast? Outline your treatment for same.
- 10—Given a case of suspected stone in kidney or ureter. Give method of diagnosis and your treatment for nephrelithiasis.

Materia Medica

- 1—Mention three commonly used Miotics.
- 2—(a) Name five official preparations of Mercury; (b) Name four Alkaloids of Opium.
- 3—Name the official Bromides.
- 4—How do Strophanthus and Digitalis differ in physiologic action?
- 5—How is Amyl-Nitrate administered and for what purpose?
- 6—How is the action of Opium modified by (a) age; (b) sex; (c) habit; (d) Idoisyncrasy?
- 7—Define Hematics. Mention two principal Hematics.
- 8—What class of acids would you use to acidify alkaline urine?

Toxicology

- 1—Discuss the symptom of Cocain Poisoning.
- 2—What is the antidote of Strychnine?
- 3—Mention three drugs, the use of one of which may cause skin eruptions.

Principles and Practice of Osteopathy

- 1—Diagnosis prognosis and treatment of tuberculosis of hip joint in a child.
- 2—Give detailed treatment in a case of duodenal ulcer.
- 3—Give cause, differential diagnosis and treatment of acute lumbago.
- 4—Give symptoms, prognosis and treatment of toxic goiter.
- 5—State your procedure in a case of sacro iliac strain.
- 6—How would you handle a case of acute torticollis?
- 7—Give diagnosis and treatment of lobar pneumonia.

Principles and Practice of Medicine

- (Answer first four questions, and any three questions may be selected from remaining. 7 must be answered)
- 1—Outline symptoms, diagnosis and treatment of facial Erysipelas.
 - 2—State symptoms, differential diagnosis and treatment of Mitral Insufficiency.
 - 3—Differentiate: (a) Renal

Colic; (b) Gall Stone Colic; and (c) Acute Appendicitis.

- 4—Give differential diagnosis of left pleural effusion and Croupous Pneumonia involving left lower lobe, with outline of treatment of the former.
- 5—State symptoms and physical findings present in a case of advanced Chronic Interstitial Nephritis. Giving treatment for Uremia.
- 6—Outline symptoms, diagnosis and treatment of Influenza.
- 7—Differentiate Cerebral Hemorrhage from Alcoholism.
- 8—Discuss Arthritis Deformans, character of deformities, symptoms and treatment.
- 9—Give symptoms and differential diagnosis of Gastric Carcinoma and Gastric Ulcer.
- 10—Tabes Dorsalis; Discuss—(a) Etiology; (b) Symptoms and Course; (c) Treatment.

Pediatrics

- (Answer all 5 questions)
- 1—Whooping Cough: Discuss—(a) Etiology; (b) Symptoms and Course; (c) Complications and Sequelas; (d) Treatment.
 - 2—Discuss the period of Communicability of: Measles; Scarlet Fever; Mumps, Diphtheria, and Small Pox.
 - 3—Premature Infant: Discuss feeding and general care.
 - 4—Scurvy: Give Etiology, Symptoms and Prevention.
 - 5—What symptoms are produced by enlargement of thymus?

Take Your Pick

A case has been cited by Dr. C. E. Walton, a prominent homeopath, of a wealthy European whose attending physicians disagreed over his disease, whereupon he resolved to consult several doctors and to take their treatment, provided any course was agreed upon by three of them.

He consulted many, keeping an exact account of every consultation in a book for that purpose, resembling a ledger in large folio. However, he did not succeed in finding any two who agreed respecting his case and accordingly, did not follow any advice, but remained without treatment.

The number of doctors he consulted was 477, and the number of prescriptions received was 882, containing in all 1,097 remedies.—Take your pick, is right! —(Stilletto).

1928 Football Schedule

Sept. 28	Parsons College.....	Fairfield, Iowa
Oct. 5	Midland.....	Fremont Neb.
Oct. 13	Doane.....	Crete Neb.
Ocs. 20	Peru State Teachers.....	Des Moines
Oct. 26	Open (Trinity).....	Sioux City
Nov. 2	Western Union.....	Le Mars, Ia.
Nov. 10	Columbus (Sioux Falls, S. D.).....	Des Moines
Nov. 16	Buena Vista.....	Des Moines
Nov. 23	Iowa Wesleyan	Des Moines
Nov. 29	KIRKSVILLE.....	DES MOINES

Almost Osteopathy

The following item is an extract from an article which appeared in a French medical journal recently. The article was briefed and the following report published in the A. M. A. Journal. "Gastric Phenomena Connected With Vertebral Lesions"

"Zahradnicek describes four of his twenty-six cases in which gastrointestinal disturbances were connected with lesions of the vertebral column. Some of the patients presented stubborn diarrhea, others gastric atonia, pain in the stomach, and vomiting. In none of the patients did Roentgen-ray examinations or chemical tests reveal any changes in the stomach. On the other hand, there were always lesions in some of the vertebrae. Tuberculous spondylitis was the most frequent. This causes chemical and mechanical changes in the blood circulation which reflects on the ganglion cells of the sympathetic. Irritation of these cells increases the inhibiting action of the sympathetic on gastric motility. Atomy and reduction of gastric secretion result. On the other hand, the spinal lesion may occasion paralysis and suppression of the inhibiting action of the sympathetic on gastric motility. This enhances the activity of the parasympathetic, resulting in exaggerated intestinal peristalsis and diarrhea. The gastric phenomena disappeared as soon as the lesion of the spine had been improved."

It looks as though they were beginning to discover a few things which osteopaths have known for so long. Whether or not these few leads they have discovered will take them very far in the right direction is, of course, impossible to say. What osteopathy must do is to nail down our priority in these matters so that the public will not let the medical men push us aside. Hurry the work of the Research Institute and give it wide publicity.—H. E. L. in Journal of Osteopathy.

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Basketball

(Continued from page 1)

they are going to be hard to beat next year.

Other Still men who deserve credit are Dubois, Weldon, and Lang, who held down the guard positions in great shape. Dubois was developed from a forward into a guard, and turned out to be a big cog in the defense toward the season's close. Weldon and Lang also performed well in the back court, and Weldon's presence will also be missed by graduation next year. In the front court, Hubbard, Friend, Kendall, King, and Mungar are fast breaking forwards who have worked hard this year and should prove big factors in the team next year.

Applies Here As Well

(Continued from page 3)

two respects it may be likened to electricity. In the first place, we are fully aware of how each works, but we do not know what either is. In the second place, each possesses great potential powers, worthless unless brought into action. Electricity gives us light and motive power, school spirit keeps the school moving upward and onward, and it does not do when adverse conditions come in the way. "Per aspera, ad astra." School spirit is a subjective attitude toward your Alma Mater, manifesting itself in what you do for her. It does not consist in mere words, but involves constructive action. The student who tears down and fails to build up again is not pervaded by School Spirit, neither is he filling the gap, for the student who does what he ought to do always strives to build up.

In analyzing the situation on various campuses, we may say

that we have four kinds of students; namely, the Jerkers, the Shirkers, the Sleepers and the Workers. The Jerkers—who are they? The name implies their character. No matter what the students decide to do, the Jerker finds fault with it. He has nothing but cynical criticism to offer, seldom, if ever, permitting a constructive word to squeeze through his lips. His lips are turned down, his forehead frowns, and he sees no good in anything. Such students criticize for the sake of criticizing, it appears, and fortunately there are not many of them. They have neither school spirit, nor do they fill the gap.

The Shirkers are a class analogous to the Jerkers, in as much as they never do anything but talk. They do not have the Jerker's cynical attitude, but say many fine things. They talk about what they are going to do, but they never do it. They advocate, for instance, that the tennis courts be put into shape, but when the tennis committee seeks

their help, they shirk their duty by offering a volley of alibis. The Shirkers are willing in word, but in deed they are a "flat tire." They also fail to fill the gap.

The Sleepers can be dismissed with a word. They are altogether too numerous on our campus. Behold them waddle along, listless and without initiative. They neither do nor say anything. Wake up!

The Workers! Pray God for more of them. They are the salt of the school, and upon their continued willingness and untiring efforts depend, to a large extent, the success of the school. They see their field of duty not only in the sphere of outside activities, but feel it incumbent upon them to study as well, and thus help to maintain a good general scholastic standing. They act when they are asked to act, and do all within their power to help the school—to make her what she ought to be, to spread her name and fame. They have School Spirit and fill the gap."—(Dana College "Hermes.")

Results of 1928 Basketball Season

	F. G.	Foul G.	Total Points	Minutes Played	Games Played
Davis	106	53	265	770	20
Benz	63	39	165	455	13
Smith, G. O.	47	12	106	605	20
Hubbard	18	6	42	395	20
Friend, J. H.	11	5	27	175	6
Friend, H.	11	9	31	210	13
Lang	8	7	23	450	18
King	2	3	7	75	8
Kendall	4	0	8	75	7
Weldon	0	3	3	255	14
Gill	0	4	4	35	6
Monger	1	0	2	40	7
Du Bois	1	1	3	480	16

Schedule of Games and Scores

	Still	Opponents		Still	Opponents
Central	25	22	Br. Fwd.	351	306
D. M. U.	25	26	Nebraska Wesleyan	30	33
Graceland	38	20	Parsons	29	25
Omaha U.	36	34	Kirkville	25	22
Buena Vista	43	40	Kirkville	26	33
Trinity	50	34	Platt	16	33
Western Union	40	43	Omaha U.	27	14
Lenox	42	35	Creston Junior	33	15
Platt	20	34	Dana	68	23
Buena Vista	32	18	Kirkville	39	27
			Kirkville	42	26
Carried Fwd.	351	306	Total Points	686	557

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Number 18

Prevalence of Communicable Disease in Iowa

Aside from influenza, there has been no material change in the number of communicable diseases reported during the past week.

Influenza of a rather mild type prevails in a number of places in the state. Reports indicate that it is highly contagious and once it gets started in a community, it spreads very rapidly.

A number of cases of pneumonia following influenza have been reported.

Scarlet fever, which is on the increase in many portions of the United States, shows a declining tendency in Iowa.

Diphtheria is also showing a decline. Last week only 12 cases were reported. This compares very favorably with the 28 cases with the corresponding week last year. This favorable showing is no doubt due, in part, if not entirely, to the campaign of diphtheria eradication by means of toxin-antitoxin immunization now being carried out in many parts of the state.

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Interneships Awarded

We have learned since the last issue that three of the January, 1928, graduates have been given interneships at the Los Angeles County General Hospital. The doctors, namely Luther Drabing, Arthur Lyddon and Harold Devine, have left for Los Angeles to take up their various duties. Success to them in a large way!

Dr. Virg Back From East

Dr. H. V. Halladay returned from the Eastern States Osteopathic Convention filled with the old "Vim, Vigor and Vitality," and was on the job in his classes Monday morning.

He has promised us a long account of the trip for our next issue. We know that it will be full of many humorous incidents and also much of interest from a professional standpoint.

NON-VITAL STATISTICS

Table with 2 columns: Category and Value. Includes 'Killed by gas in 1927', 'Inhaled it', 'Lighted matches in it', 'Stepped on it'.

The Foot Department

The Foot Department instituted for the first time this year under the direction of Dr. C. I. Groff, has made a very satisfactory start.

Lectures and demonstrations are given to the Seniors on Tuesday and Thursday of each week.

The lectures are of such a nature as to give the student a good basic foundation and knowledge of the more common foot conditions met with in practice. Particular emphasis is placed on the Osteopathic or manipulative side of the work. The clinic material has been of sufficient quantity and the variety of cases such as to give the students the necessary practical experience necessary to a proper understanding of the work and the ability to give relief or effect cures.

The department is growing and more interest is constantly being shown. Another year should show a marked growth of the department.

Tuberculosis in Home

"Iowa has made commendable progress in reducing the death rate from tuberculosis. The year 1927 shows the lowest death rate in the history of the state, a rate of 35.1 per 100,000 population," according to Dr. Henry Albert, commissioner, state department of health. "The only states with lower death rates for tuberculosis in 1926 were Wyoming, Utah, Idaho, and Nebraska. The Iowa tuberculosis death rate is considerably less than half the average rate for the whole of the United States, which for 1926 was 87.1."

"A recent report by M. Alice Asserson for the Children's Service of the New York Tuberculosis and Health Association indicates what can be done in the way of safeguarding children in the home. The studies made by that group indicate 'that the infant's resistance to tuberculosis infection is better than it was formerly believed to be; on the other hand, the infant's lack of resistance to tuberculosis appears to be relatively low.' In other words, infants are not now quite so likely to have the causative agent of tuberculosis become permanently housed in their bodies, but on the other hand, if that agent does find entrance, the modern infant has not developed any more resisting power to prevent the development of an active case of tuberculosis than did the child of the last generation.

(Continued on page 2)

Ample Housing Facilities

The Housing Committee, in Kirksville is making a complete survey and will chart all rooms both in hotels and private homes. They will be in a position to furnish a comfortable place for everyone who attends the Convention. Don't try to make private arrangements for rooms.

Make your application direct to the Housing Committee. If you have friends with whom you would like to stay or a preference as to rooms, tell the Housing Committee and they will carry out your wishes as far as possible. All arrangements must be made with the one Committee in order to avoid confusion and duplication.

Mr. C. J. Baxter, of Kirksville, is Chairman of the Housing Committee, and all mail regarding rooms should be sent to him.

Railroad Rates Granted For Kirksville Convention

Arrangements have been completed to provide the round trip to the Kirksville Convention for one and one-half times one way fare. This will be done on the round-trip certificate plan, which is a new and simpler method of handling such matters.

A short time before the Convention, every field doctor will receive a ticket from Dr. H. E. Litton, the Transportation Chairman. This ticket is to be taken to the ticket office of the railroad upon which you wish to travel and the agent will collect the fare and make the ticket official. In this way, it will not be necessary to have vouchers validated in Kirksville, as the possession of the special ticket form is all the identification needed to secure the special rate.

Baseball

The Log Book will pick the All-Still Baseball Team after the Annual Inter-Frat Series.

The Editor will be assisted in the choosing by Coach Sutton and one other to be chosen later.

The dates of the various games will be published in these columns in a later issue.

LET'S PLAY BALL!

About the hardest thing for a man to do is to kiss a girl unexpectedly.

Kirksville Preparing for A. O. A. Convention

Kirksville is already hard at work in preparing to entertain the three thousand who will visit Kirksville during the National Osteopathic Convention in August. The meeting opens on August sixth and will continue in session throughout the week.

The Executive Committee has been named, with Ethel Conner as Chairman, consisting of the following: V. J. Howell, H. B. Young, Warner Mills, B. L. Bonfoey, C. J. Baxter, H. G. Swanson, Dr. Geo. M. Laughlin, Elmer Barnes, and Carl Magee. This Committee has general supervision over the affairs of the Convention which are to be handled in Kirksville and works in close co-operation with the central office of the American Osteopathic Association, in Chicago.

The following committees have been named:

- Program, Dr. Geo. M. Laughlin. Treasurer, V. J. Howell. Secretary, Carl Magee. Finance, Warner Mills. Exhibits, Dean H. G. Swanson. Memorial Program, Pres. Eugene Fair. Golf Tournament, Dr. D. E. Pearl and Dr. Earl Laughlin. Publicity, Dr. H. E. Litton, E. E. Swain. Information, Fred Grozinger. Housing, C. J. Baxter. Decorations, J. E. Goodwin, F. C. Miller. Entertainment and Music, Barret Stout. Parade, B. L. Bonfoey. Local Communications, Robert Lloyd. Local Transportation, H. B. Young.

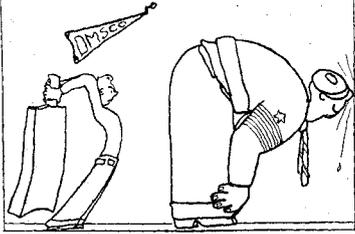
Assemblies

At the regular Friday morning assembly, March 16th, Dr. Robert Bachman, Professor of Obstetrics, gave an extensive report of some experiments that have been made in laboratories with a manufactured blood containing the fourteen elements. The report, well given, was of great interest and made many of us think deeply.

On Friday morning, March 23rd, we were pleasurably entertained by a group of young ladies from the American Institute. The numbers included piano and violin solos, several song selections and readings.

We appreciate the efforts of these young ladies and are deeply indebted to them. They are always welcome at our Assemblies and hope that they will entertain us frequently.

FRATERNITY NOTES



PHI SIGMA GAMMA

Wanted: An asbestos case for clinical thermometers, to wear on dates. Apply to Bro. Jennings.

Doc Groff made a gallant try to catch his train home Friday night. Better luck next time, Doc.

Brother Auseon has gone into politics, but, after investigation, he decided he wouldn't vote for anyone!

If anyone doesn't believe spring is here, they ought to go down town some afternoon with Bro. Stritmatter.

The "golf boys," Dusty, Bob, and Westberg, came back with a good score and a broken club.

"Dixie" Reeves won the dancing contest at the "S" Club dance, but Bro. Madsen sure made him step.

After the report Bro. Cuff gave, some of the rest of us would like to be invited out for Sunday morning breakfast.

Wanted. A diagnosis for a new disease at the house. "I'm not sick, but I don't feel good." To make an examination, see Rudy Gouger.

We wonder if Bro. Weldon is still sleeping on the floor.

Bro. Ripley aspires to be an artist, after hearing recent dissertations by Rocky on "local" work.

Another sure sign of spring: Shaffer took the side curtains off his "big black straight four."

IOTA TAU SIGMA

The Chapter held a dance at the fraternity home on March 16. The music was played by "The Romancers," a plenty hot organization. Talk about your rhythm! They had it. The chaperones were Dr. and Mrs. Cash.

With Aimee Semple McPherson in town, saving souls for a dime, Brothers Hughes and Rorick have been pretty busy going to her revival meetings. Their courage, especially Hughes', is refreshing. His blushes have a significance. Because of this, he seems to have had a turbulent past, hence his reformation.

Brother Shaw has a Ford coupe, but no one would know it. Sometimes he drives it down to the college, but when he does he has to get up an hour earlier, because it takes him that long to get it started. Get a horse "Tudor"!

"Get-the-car-any-time-I-want-it DuBois" is among the leaders (Richardson and Morrow) in the heart-breaking contest. These boys have IT, and as a consequence are almost unbearable.

The dishwashers union went on a temporary strike Sunday. The strike was broken by strong-arm strikebreakers, however.

As a ball player, "Hap" Nowlin

would make a good cherry picker. He tried to catch a base ball in his mouth. Let's see you laugh, "Hap".

Brother Hovis is getting his high-powered roadster reconditioned for the trip back home. He failed in diagnosing and repairing the wreck, and so he took it to a specialist. We just know he will have better luck with the human wrecks he will deal with.

We still have two good, live fowls we would like to sell. Anyone interested see Brother A. E. Cudden and get full information.

Brother Rorick is going to get his pen fixed this summer. He writes his letters at the Chamberlain, now. We know, too, that he is of Teutonic ancestry, not Scotch.

Now that Brother Drabing has departed for warmer climes, we have more than a little concern over the once innocent "en" of his—Howard Cook. This Winsome Ohio boy has turned out to be a Doctor Jekyll and Mr. Hyde. We fear that in a few more weeks he will be "beyond redemption." Alas, what will his mother think of him, now?

"Runt" Russell visited one of the local high schools, and of the instructors mistook him for a freshman there. Why didn't you show him your bald spot, "Runt"?

We are going to enter Brother Gephart in a new contest, now that he is leading in the letter league. Speaking of versatile personages, the way he "puts away" the food at dinner, plus sorority sauce, would bring joy to the heart of any mother, but it has a decidedly different effect on the stability of the commissary. The fellow who drank 100 cups of coffee hasn't a chance. We'll stake him against anyone.

Brother Peterson has a very obnoxious habit of late. That of waking certain parties up in the "wee sma' hours". We feel that his good intentions do not compensate for the subsequent loss of temper of the boys.

Brother Du Bois has a new paint job. For information see "Red" Lang.

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THOUGHT NUGGETS

By Jean Rich

Think much for yourself, not too much about yourself.

The sentiment of even the smallest gift often runs far into one's heart, just as a drop of ink from a pen runs far over the paper and into sentiments and good cheer.

"Back talk" rarely sends a man ahead.

Spend little effort and you will have little less to spend.

The best place to live in: Other people's hearts.

A minute is the biggest little thing there is. Save it! Use it!

You cannot travel within and stand still without.

Success comes from pleasing.

Tuberculosis in Home

(Continued from page 1)

"If this is so, what is our manifest duty? To prevent, of course, the entrance of the causative agent, and the studies of the New York group show that an infant seldom contracts tuberculosis though casual contact with a case, whereas infants subjected to continuous exposure in the home have only a slight chance of escaping disease and death from tuberculosis."

"Shall the infant then be removed from the home where the case resides or should the case be removed and the infant left? To advocate the removal of infants or young children from their home environment is contrary to all human sentiment and desire. The appeal should rather be made for the removal of the member of the family whose presence is a menace to the infant" and probably to others. Where the mother of the infant happens to be the infected person, the problem is especially difficult, but even a mother can be induced to leave her baby in the home and accept hospitalization for herself, if fully assured that practically as good care will be available for her baby as she herself could have given.

"Fortunately," said Dr. Albert, "the absence from home on the part of a parent taking the 'cure' need not be long if the disease is recognized in an early stage and the patient receives proper treatment."

"The 'early diagnosis' campaign conducted this month under the auspices of the Iowa Tuberculosis Association should be of great value in both facilitating the cure of those already infected by tuberculosis, and preventing the spread of the disease to children. It is in early life that we are most susceptible to tuberculosis."

Buhl, the great Spanish philosopher, has included in his list of aphorisms the following:

If you are caught, it was wrong. Study tomorrow for the exam given yesterday, your prof should let you make it up.

Luck is what the other fellow had, good sense is what you used.

Truth is so precious that it must be saved for special occasions.

Cribbing is permissible only to avoid flunking.

If professors aren't near-sighted they should be.

Skip, cut and be tardy, for tomorrow may be vacation.

A lesson done for tomorrow is worth two done for today.

Frosh rush in where post-grads fear to tread.

Chapel and class meetings were provided for by the drug stores.

Breakfast is necessary only when there isn't time to eat it.

Sunday is the day of rest; so are Monday, Tuesday, Wednesday, Thursday, Friday and sometimes Saturday.



Medical Advice

"Hey, Doc!" called Gap Johnson of Rumpus Ridge, addressing Doctor Slash, who was rushing past in his car. "My boy, Banty, has got something the matter with him. He is aching all the time, and can't stand, set, or lay down. I wished you'd stop and sorter look at him."

"Can't now, Gap!" responded the physician. "I'm sent for to see a gent that has been all shot to pieces by his brother-in-law. Tell Banty to climb a tree and hank on till I come back. Hi-on, Flivver!"—Kansas City Times.

Fortune Teller (to young lady client)—You are soon going on a long trip.

Young Lady—Will I have to walk back?—George Washington Ghost.

Employer—I wish you'd take a letter to Knoblock and Co.

Steno—What! Do I have to work, too.—Judge.

"Oh, John! I've a surprise for you! The doctor tells me that there is a slight touch of insanity in my family. Now I can shoot you!"—Judge.

He—What kind of lipstick is that?

She—Kissproof.

He—Hell, rub it off we got work to do.—Lehigh Burr.

First Old Grad—Personally, I prefer the mid-victorian type of girl.

Second Souse—I don't. A lot of bustle and you never get anywhere.—Columbia Jester.

"My Scotch boy friend sent me his picture."

"How does it look?"

"I don't know. I haven't had it developed yet." — Southern California Campus.

"Is that man drinking?"

"No, he has water on the knee, and he's taking anti-freeze solution."—Wisconsin Octopus.

Doctor—I hardly like to mention it, but that cheque you gave me has—er—come back.

Patinet—That's funny, doctor—so have all my symptoms.—London Opinion.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

Tolerance

I do not believe in permitting every barber or organ player who wants to hang out a shingle to practice medicine or attempt cures, but I do assert that there is room for those who believe in scratching the muscles and readjusting the backbone and giving internal baths and in proper diet or the use of water in ill-health, as well as for those who rely on nostrums and drugs and pellets and pills and serums. I have been treated by allopaths, naturopaths, hydropaths, osteopaths, in my time, and I have found that the best man is the one who aids Nature to a readjustment of your body—that it is Nature herself who does the heavy work. Give her a chance, boost her over the rough places, provide her with a certain amount of raw materials, and don't hamper her with your obstinacy or hamstring her with your bad habits, and presently she will be running the job at the old stand, and doing it pretty efficiently, too.—Luther Burbank, in "The Harvest of the Years."

Keeping Clean

God loveth the clean, the Koran says.

Soap, clean water, air, and sunshine are all that good plumbing needs to keep it in condition.

Because warm baths are soothing in their effect, they are appropriate at bed time. They are very beneficial to persons inclined to sleeplessness.

Soap bubbles are like little freight cars that load up with waste matter and dirt. That is why lather should be rinsed off in clear water when you are bathing, not left on the skin or wiped off on the towel.

Towels, whether for the person or the dishes, must be hung apart to dry and changed frequently. If left in a damp, dark place, they may foster the growth of bacteria picked up at the time of use.

A simple answer to that puzzling question, "How often should I wash my hair?" is a look at your hair brush. When it needs washing your hair needs washing. Every two weeks, at least, is a sensible rule.

Cleanliness was simpler in the old days when men roamed through the wilds, exerting themselves strenuously, perspiring freely, wearing few clothes, and plunging occasionally into a stream. Today we wear more

Blames Fruit For Infantile Paralysis

Germ on fresh fruit, particularly apples and berries which are eaten with the peelings, have been advanced as a cause of infantile paralysis by Dr. C. S. Betts of the Betts Osteopathic clinic in Huron.

Dr. Betts has asked to have his theories, gleaned through 25 years' observance of infantile paralysis cases, thoroughly investigated by the South Dakota State Board of Health.

Dr. Betts has summed up some of his more important observations as follows:

"During 25 yeards of practice we have treated a goodly number of acute cases of infantile paralysis and have also treated a greater number of cases in the early chronic stge.

"I do not recollect a case that occurred in the winter or early spring. All cases occur after the berry and fruit shipping season starts.

"Chickens usually run in orchards during the spring and also in berry patches. Barnyard litter is generally used both for winter cover and spread on berry patches in the spring for its fertilizing propeties. The berries are contaminated with such substances and early apples are generally those picked off the ground (windfalls).

The first case of infantile paralysis comes on in the summer and increases in numbers as the shipping season advances.

"Infantile paralysis is noted for its occurrences in families of the well to do or those in moderately financed condition. It bears no relativity to dirt and poverty, those people being remarkably free from the disease. We believe th germ is on the fresh fruit.

"Children eat the fruit unwashed, peeling and all. The prevalence of the disease ceases with the fruit shipping season. Apples picked from trees and kept in cold storage are apparently but little contaminated. It is probable the vitality of the germ is killed by drying and lowered temperatures." — Huron S. D., Huronite.

Noise

There is a class of men that gets along fairly well for years by making an impression upon the impressionable, whose whole stock in trade is noise. They do not last forever, but some of them last an astonishingly long time. Like toy balloons these wind-inflated beings make a gaudy appearance for a while, but in time collapse. When the balloon comes down, a child somewhere is made unhappy, but when the public career of an inflated man ends suddenly nobody but himself is even aware of it.—Muncie Evening Post.

clothes, huddle within four walls, and mingle constantly with other people. All these changes demand that we improve on nature by thorough-going soap and water cleanliness.

The Low-Down On Man

Man can't sleep out of doors without freezing to death or getting rheumatism; he can't keep his nose under water over a minute without being drowned. He's the poorest, clumsiest excuse of all the creatures that inhabit the earth.

He has to be coddled, swathed and bandaged to be able to live at all. He is a rickety sort of thing any way you take him—a regular museum of inferiorities.

He is always undergoing repairs. A machine as unreliable as he is would have no market.

The lower animals appear to us to get their teeth without pain or inconvenience; man's come through after months of cruel torture, at a time when he is least able to bear it. As soon as he gets them they must be pulled out again.

The second set will last for a while, but he will never get a set that he can depend on until the dentist makes one.

Man starts in as a child, and lives on disease to the end, as a regular diet.

He has mumps, scarlet fever, whooping cough, tonsillitis, and diphtheria, as a matter of course.

Afterwards, as he goes along, his life continues to be threatened at every turn by colds, coughs, asthma, bronchitis, quinsy, consumption, yellow fever, blindness, influenza, carbuncles, pneumonia, softening of the brain and a thousand other maladies of one sort and another.

He's just a basketful of pestilent corruption provided for the support and entertainment of microbes. Look at the workmanship of him in some particulars.

What's the appendix for? It has no value. Its sole interest is to lie and wait for a stray grape seed and breed trouble.

What is his beard for? It is just a nuisance. All nations persecute it with a razor. Nature, however, always keeps him supplied with it, instead of putting it on his head.

A man wants to keep his hair. It is a graceful ornament, a comfort, the best protection against weather, and he prizes it above emeralds and rubies, and half the time nature puts it on so it won't stay.

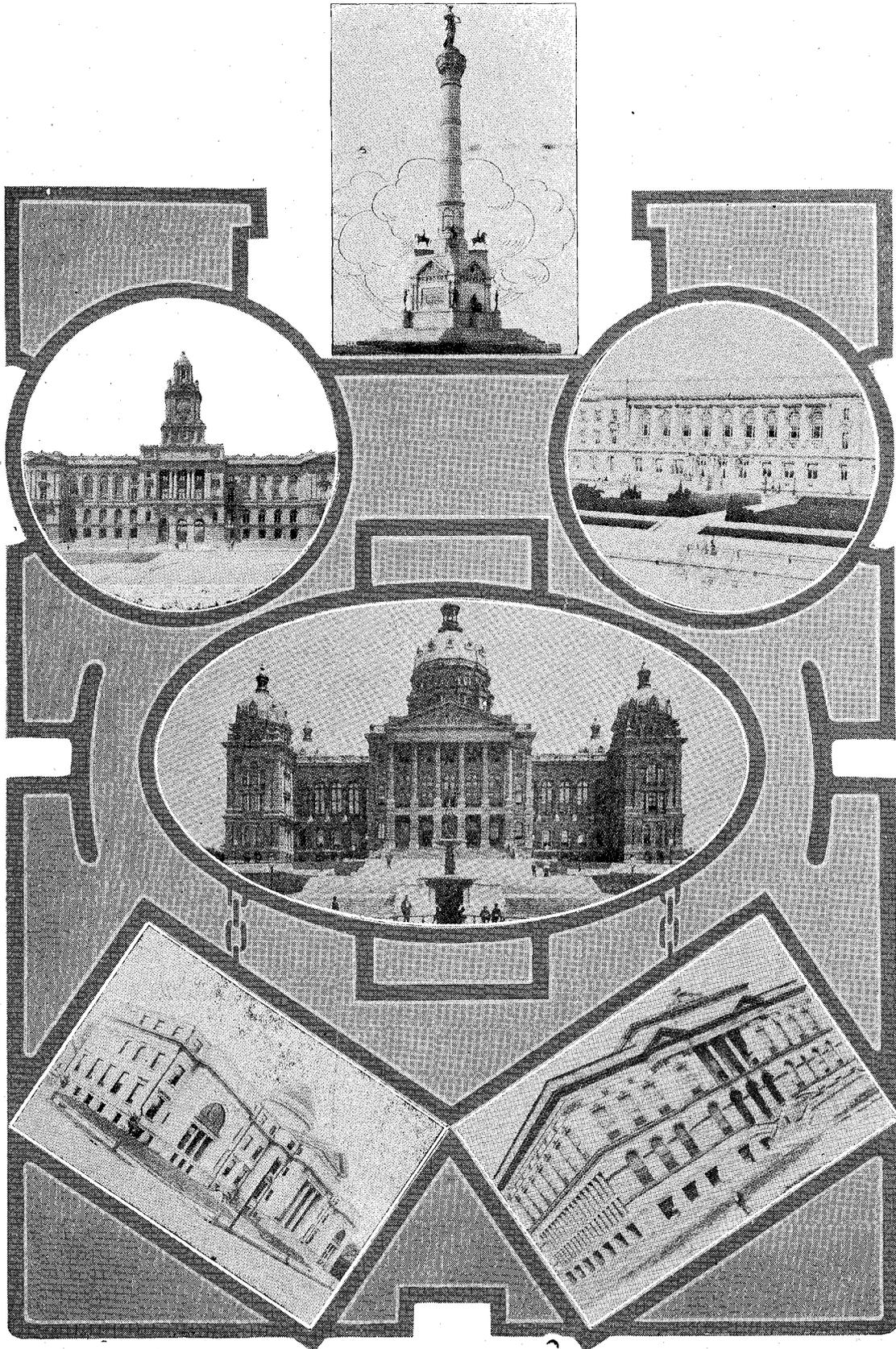
Man isn't even handsome, and as for style, look at the Bengal tiger—that ideal of grace, physical perfection and majesty.

Think of the lion, the leopard, then think of man, that poor thing.

The animal of the wig, the ear trumpet, the glass eye, the porcelain teeth, the wooden leg, the silver windpipe, a creature that is mended all from top to bottom.

—MARK TWAIN.





POLK COUNTY COURTHOUSE
 HISTORICAL BUILDING

SOLDIERS MONUMENT
 STATE CAPITOL BUILDING

MUNICIPAL BUILDING
 PUBLIC LIBRARY

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

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

PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 5

APRIL 15, 1928.

Number 19

Eastward Ho!

The annual trek to our national metropolis this year included a stop at the far famed city of Brotherly Love. Last year we had the opportunity of meeting the student body of the Philadelphia College but this year we enjoyed the honor of speaking to them for several hours spread over a three day period.

Dr. Holden, Dean, and Dr. Soden, one of the instructors, had written ahead several weeks and asked that we stop and demonstrate. With apologies to the famous Col. Lindberg let us state that "we" in this case refers to the spine and its pilot.

Tuesday was spent with the classes and in the evening we met with the city group and friends celebrating National Spine Week. Wednesday went much the same as Tuesday with a meeting with the Atlas Club in the evening and a trip thru Chinatown and some of the streets and alleys in the rough part of the city. Thursday we finished about noon and left soon after for New York.

I want to say that I was very favorably impressed with the Philadelphia College. They are still in the old building but have definite plans for the construction of a new College and Hospital in a very fine location. The student body is enthusiastic, the teachers are all working hard and while I did not have time to listen to any of the lectures I found that the work is satisfactory in all departments. Dr. Drew proved his skill as a surgeon on Thursday by performing a Caesarian Section with complete hysterectomy. It looks to me as if the Philadelphia College will make rapid strides in the next few years. They have the support of a large number of influential men and they are located in a very advantageous position in many ways.

The New York meeting is always a bright spot in Osteopathic work. The bunch there always seem glad to see you and it seems to me there is an enthusiastic atmosphere everywhere in the meeting. Friday evening we were treated to two

(Continued on page 3)

Radio Party

On Thursday evening, March 29, at the kind invitation of Mrs. Katherine M. Robinson, a few of the girls met at her apartment to hear the special radio program provided by Dodge Brothers. The guests included the Misses Florence Crawford, Lillian B. Tracey, Gladys Cowen, Alice Paulsen, Susan Bruder and Elsie Dibbern.

It was an evening of pleasant relaxation—and made a welcome interlude in the daily round of studies which at times gets somewhat monotonous. Dr. Halladay may find it hard to believe, but for a whole hour that "most movable joint in the female," (according to him!) gave place to the organ of hearing, and budged not except when a few exclamations of surprise were uttered because certain movie stars spoke in voices which proved quite contrary to expectations—Charlie Chaplin's for instance, sounding much too big for him.

We made up for lost time during the hour that followed—and talked and laughed so much that it was surprising Mrs. Robinson didn't put us all out. Instead she served delicious refreshments that gave us renewed

(Continued on Page 3)

To the Readers of The Log Book

Past graduate course rumors have been reaching our ears.

From time to time word drifts to us that the profession feels that a short post graduate course at D. M. S. C. O. would be of value to them. Des Moines, we have heard, is a desirable place because of its central location and its clinic facilities.

The school is able, ready and willing to put on such a course at any time the practitioners of the field want it. But we should like to know there is need and desire for such work before definite plans are laid.

Will you let us hear your opinion of the matter?

We are asking for expressions from you in the field as to whether a short post course at D. M. S. C. O. is desirable. If so, in what subjects are you particularly interested?

The school will be glad to provide what its public wants. The equipment and teachers are ready to serve if there is desire for their services.

Let us hear from you.

Cordially yours,

C. W. Johnson.

More Foot Technique

We have in our Profession a number of good men who have specialized in lesions of the feet. This movement became a specialty a few years ago when Dr. Post made his contribution. Since then various of our technicians have worked out a number of specific ideas applicable to pathology of this part of the body and have obtained remarkable results. Many in the field have not had the opportunity to get this specific work. Many feel that it is overrated. Lesions found anywhere in the body must be corrected and if you are not familiar with those occurring in the foot and ankle region you have missed an important part of your education. Dr. Bynum is open to suggestions and wants to do something for Osteopathy. Read his article below and write him what you want.

AS I SAW THIRTY YEARS AGO AND AS I SEE TODAY

By H. R. Bynum, D. O.
Memphis, Tenn.

Thirty years ago, as a student in school, I had gotten far enough along to realize that Osteopathy had a great mission in the Therapeutic field and a wonderful story to tell the world.

As the years have gone by, its great mission to suffering humanity has been fulfilled, in that it has demonstrated its superiority over all other systems of Therapeutics. Our colleges have developed by leaps and bounds, till today they are inferior to none in teaching facilities and

(Continued on page 3)

Iowa Osteopathic Bulletin

We note with pleasure the way the Bulletin handled the article about the Des Moines General Hospital. The Hospital certainly deserves all the advertising that may be given it through the pages of the various professional publications in the state. The hospital is worthy of all the fine things that may be said of it and its staff of surgeons, doctors, internes and nurses. To spend a day going through it is an education in itself. More of the profession in the state should avail themselves of the first opportunity that presents itself and visit the Des Moines General Hospital.

MEETING OF THE STATE BOARD OF OSTEOPATHIC EXAMINATION AND REGISTRATION OF THE STATE OF KANSAS

Held at the Office of the Board, Topeka, Kansas, on February 16, 1928.

PRESENT: Drs. C. E. Willis, W. S. Childs, P. W. Gibson, Clyde Gray and F. M. Godfrey.

Dr. C. E. Willis Presiding:

On motion of Dr. W. S. Childs, seconded by Dr. P. W. Gibson, it is unanimously voted and resolved, as a rule, regulation and by-law of this Board, that no person who shall not have a certificate to practice osteopathy in the state of Kansas shall undertake to practice osteopathy in the state of Kansas, whether in the office of, or under the supervision of any person in private practice who may hold such a certificate, or in any other way.

And further, that no person, in private practice to whom shall have been issued a certificate to practice osteopathy in the State of Kansas, shall aid or permit any other person who shall not hold such a certificate to practice osteopathy in the office of, or under the supervision in the State of Kansas, of any such person who shall hold such a certificate.

It is the sense of the Board that a violation of this resolution by any person shall be deemed gross unprofessional conduct by such person.

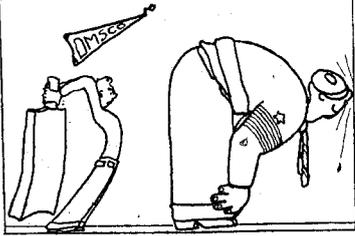
C. E. WILLIS, D. O., President

ATTEST:

F. M. Godfrey, D. O., Secretary.

A. O. A. CONVENTION
KIRKSVILLE - 1928
DES MOINES - 1929

FRATERNITY NOTES



PHI SIGMA GAMMA

Brother Hubbard sure does rate a bunch of Chevy's. Even his corn-fed Iowa girl drove down to see him in one.

Dusty has returned after a trip home for his mother's operation and reports her to be doing fine.

Brother Clark heard the "Call of the Wild" again and traveled into the northern woods over Easter Sunday.

"We wonder what's become of Westy." Another of those boys who took an Easter vacation up north to see "her."

Cuffer is beginning to accuse Scatterday of being lazy because he has been in one place for four days without moving.

Brother Long got up Easter morning but was unable to leave the house because someone had his clothes out for an "Easter Parade."

Smitty tried in vain to leave Saturday to spend Easter at home but the snow was too deep for his galoshes.

The Brothers are expecting Spring to break forth almost any moment as Doc Groff has taken his side curtains off.

Anyone wishing to purchase a "real" car see Jennings.

Brother Auseon is a sure advocate of the expression, "Be slow but sure," since he lost one of his "four eyes" rushing into O. B. class.

A new discovery—"Quiet" Pledge Purdy introduced a good looking sister.

ATLAS CLUB

A very unwelcome guest, a certain second cousin to Monsignor Influenza, has been visiting us for some time. Our endeavors to make it miserable for him failed to discourage the pesky gent. Some of the boys became quite intimate with him. One in particular was forced to leave for a more suitable environment. What we are trying to say is that Chris Fedson is back hale and hearty. Cowboy Faus is on his feet once more and Casey Jones is back at college to "get that stuff."

However, we regret to say that "ole congenial" Bob Bryson will not be back with us this semester. Bob is now in Iowa Falls. Letters in that direction will be welcome.

Two of the old grads of last year were in town last week, Doctors Humphrey and Doyle.

We heard about the fellow who thought Muscles Shoals was a wrestler but the fur-lined bathtub goes to the roommate who was looking in Nelson for the blood supply of the pupil of the eye.

College Wynn and Cadet Dormitory, consolidated members of the amalgamated order of cons tried with gusto to shove the rear end of a street car to the fore with their new second-hand Dodge. A few more bumps and it will be theirs. Dodge Brothers, Dodge.

Roy Lypps is selling underwear. Old but cheap.

The Atlas Quartet will perform at the next assembly. Bring your flowers but leave the vases home. Meaning of course.

Be it known that Rusty did paint his Ford.

AXIS CLUB

The Axis girls enjoyed a delightful St. Patrick's evening at the apartment of Dr. Alma Robbins Schwartz.

The doctor served a delicious lunch and between that, the radio and some lively "shop talk" and Dr. Messerschmidt's account of her recent sojourn in Minnesota, we certainly had a good time.

Dr. Robbins Schwartz will be remembered as a grad of '24 and we are pleased to learn that her husband, Dr. Herman Schwartz, is now enrolled in Still College.

It was recently revealed that Dr. Nellie Davis, class of '23, has become the life partner of Dr. H. Kramer of the January class.

The Axis Club extends its best wishes to you.

If you can change tires at four below at four A. M.

If you can set a fractured femur with a piece of string and a flat iron and get as good results as the mechanical engineering staff of a city hospital at 10 per cent of their fee;

If you can drive through ten miles of mud to ease the little child of a dead beat;

If you can do a podalic reversion on the kitchen table of a farm house with husband holding legs and grandma giving chloroform;

If you can diagnose tonsillitis from diphtheria with a laboratory forty-eight hours away;

If you can pull the three-pronged fishhook molar of the 250-pound hired man;

If you can maintain your equilibrium when the lordly specialist sneeringly refers to the general practitioner;

Then you are a real Country Doctor.—B. F. Tyke.

If you are going to be an osteopath don't be a sham, but a genuine osteopath. Put all your time on the study of the science in some reputable school and when you have graduated have a diploma of which you will not be ashamed, and which the law will recognize and give you its protection.—Dr. A. T. Still.

GOLFERS' MENU

Hors duffers
Puttage C-leek soup
Tee-bone steak
Sliced tomatoes and greens
Mashed par-tatoes
Petit foursomes
—Judge.

News from Houston

We have learned that one of the graduates of the Class of May 1927, Dr. Reginald Platt, Jr., is a member of the newly formed Houston Osteopathic Clinic as Specialist in Obstetrics and Children's Diseases.

Dr. Platt is a member of the Harris County Osteopathic Association and the American Osteopathic Association.

The rest of the staff is made up of Dr. E. Marvin Bailey, diagnostician and head of staff; Dr. L. M. Farquharson, specialist in rectal and acute diseases; Dr. M. D. Bailey, D. D. S.

The home of the "Clinic" contains 35 rooms; twelve sanitarium, three Osteopathic treating, dental, X-ray, ten physiotherapy, two Battle Creek Massage, and two Colonic rooms. The entire building is completely and modernly equipped.

Narcotic Registration in North Dakota

Dr. B. Burgess, of Beach, N. D., has been given registration under the Harrison Narcotic Act. He was registered on November 28, 1927. Dr. Burgess also advises that North Dakota is in need of many good Osteopathic practitioners.

Of Interest

One of the members of the victorious basketball team of Still College, Fred Benz, received a letter from Dr. William S. Pierce, class of '01, which may be of interest to some. We quote in part:

"I wish to congratulate you upon your choice of a worthy profession and secondly upon your success and that of your team during the current season. Your success against Kirksville is particularly gratifying to me as I was a member of the very first Still College Athletic Organization to upset Kirksville. This was several summers ago—1900 to be exact when F. W. Mechly, Grinnell '95 and myself '99, had the good fortune to be captain and coach respectively of the Still College Football Team, which tied the ash can on K. S. O. to the tune of 12-0.

Permit me to wish you all success with your team next year, as well as in your profession in all the years to come."

As usual this comment comes from Ohio although Benz is from Iowa!

Re-Saw Philosophy

The clock of life is wound but once,
And no man has the power
To tell just when the hands will stop,
At late or early hour.

Now is the only time you own;
Live, love, toil with a will;
Place no faith in tomorrow, for
The clock may then be still.
—Selected



A MORMON WEDDING

Some people wonder what the Mormon wedding ceremony is like. It's something like this:

Preacher (to groom)—Do you take these women to be your lawfully wedded wives?

Groom—I do.

Preacher (to brides)—Do you take this man to be your lawfully wedded husband?

Brides—We do.

Preacher—Some of you girls there in the back will have to speak louder if you want to be included in this.—Judge.

"Sir, where is your chivalry?"

"I traded it in on a new model Packard, Miss!" — Cincinnati Cynic.

Girl—Why didn't you answer me?

Boy—I did shake my head.

Girl—Well, I couldn't hear it rattle over here.

Little John—Mother, may I have a nickel for the old man who is outside crying.

Mother—Yes, dear. What is the old man crying about.

John—He's crying, "Salted peanuts, 5c a bag."

"You don't see as many intoxicated people on the street since prohibition."

"The stuff kills 'em before they get out of the door."—Cornell Widow.

Habit

I fell for a shopgirl
And she was a queen,
As lovely a maiden
As my eyes have seen,
But now that we've married,
I think I was rash,
Whenever she sees me,
She always yells "Cash!"
—Clipped

"I hear you married a gold-digger. Did she take you for better or worse?"

"She took me for everything I've got."—Life.

A man has less courage than a woman. Try to imagine one with twelve cents in his pocket trying on seven suits of clothes.—Detroit Free Press.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

A Question

If you flatter a woman it makes her unbearable; if you don't, you bore her to death. If you believe all she tells you, she thinks you are a fool, if you don't she thinks you are a cynic.

If you are a henpecked type she doubts whether you have brains, and if you are a modern, advanced and independent man she doubts whether you have a heart. If you are silly she longs for a bright mate, and if you are brilliant and intellectual she longs for a playmate.

If you are popular with the other women, she is jealous! and if you are not, she hesitates to marry a wallflower.

If all this is true about women—may I ask, what is a college man to do?—Clipped.

The Printer's Mistake

Typographical errors are one of the chief banes of a newspaper man's existence.

The story is told of an editor who recently wrote a "puff" for the belle of the ball, saying: "Her dainty feet were incased in shoes that might have been taken for fairy boots." But the blundering compositor made it read: "Her dirty feet were incased in shoes that might have been taken for ferry-boats."—Clipped.

Here's another:

An Old Fashioned Party

Miss Marguerite Dunlevy and brother, Ross, entertained a company of friends one evening decently.—Galesbury (Ill.) paper.

Life is a mirror for king and for slave;

'Tis just what you are and do. Then give to the world the best you have—

And the best will come back to you!

Isn't It So?

Many a man's idea of charity is to give unto others the advice he can't use for himself.

Generally speaking it's the man who doesn't know what he's talking about who has the most to say.

Some people expect opportunity to drive up in automobiles and take them out for a joy-ride.

—The Babblor

Magistrate: "You are charged with being drunk. Have you anything to say?"

Culprit: "I've never been drunk in my life, sir, and never intend to be—it always makes me feel so bad in the morning."

Malvern Doctor Keeps 800 Stork Dates

Many of the medical magazines of today are bemoaning the passing of the old time family doctor. This is an age of specialization. The physician, with his familiar Dobbin and shay, is bemoaned as a relic of the past. No longer can one man treat everything from sore toe to pneumonia.

But has he gone? We think not. We can find you any number of good, honest, hard working family physicians who are skilled in treating anything between the cradle and the grave, and who out of their crowded lives are the sympathetic souls who share willingly, your mental or physical woes. Old Dobbin, it is true, has given way to more modern methods of travel, and the doctor has modernized, but is still the same dependent family physician as in days of yore, and who, in the midst of his many and diverse duties, cheerfully takes the time to lend a sympathetic ear to both your sorrows and your joys.

Iowa Osteopathy boasts of a number of these all-round competent men and Dr. Kline of Malvern is a splendid example. The good Doctor started out in Malvern some twenty-six years ago; started with the proverbial Dobbin and one horse shay. But as times changed, so has Dr. Kline. In his day and night journeys over the territory surrounding Malvern and the town itself, he has worn out a couple of Jacks-sons, one Flanders, two Dodges, two Buicks, and three Fords. Indeed he should, by this time, be a competent judge of just what type of automobile a doctor should drive.

Dr. Kline's is a general practice. Not that every case is handled by himself. Those that need treatment or examination which is to be had only in specially equipped hospitals and clinics are so referred. When the question is asked, "Do Osteopathic physicians handle obstetrical cases?", you may refer them to Dr. Kline's record. Regardless of roads and regardless of the hour the good Doctor has kept faithfully at his work and can boast the proud record of over eight hundred baby cases with the loss of but one mother. This one happened to be a twelfth hour case when other physicians had refused to go.

Along with his busy practice Dr. Kline has found time to do his bit for the community in which he lives. As chairman of the finance committee for the past seventeen years and as a member of other committees he has upheld his obligations to the First Baptist Church in Malvern. Several years have been served on the Public School Board of which he is now a member. Other community organizations have always found him a reliable and trustworthy worker.

The old time "family doctor" may have passed, but in his stead we have the modernized, up-to-

Eastward Ho!

(Continued from page 1)

fine addresses, Gov. Moore of New Jersey gave a talk that was full of humor and good advice. Dr. Royal S. Copeland, former commissioner of health of New York City and now senator, talked mainly on what we could do, and relative to his effort to obtain for us proper recognition in our national capitol. Both of these men were real features and the Eastern Association is to be congratulated for having secured them for the evening.

The one outstanding evening that I enjoyed outside of osteopathic circles was spent at the Palais D'or where I met Mr. B. A. Rolfe and the boys who make up his wonderful band. His music is wonderful, but that can easily be understood when you know the man personally. Mr. Rolfe came to my table and talked to me for nearly an hour about his future plans in broadcasting and afterwards took me behind the scenes and introduced me to each of the boys in the band. That evening's entertainment will add a charm for me to his future broadcasts that never could be obtained in any other way.

On the return trip I had the pleasure of spending the day with Dr. George Laughlin. We boarded the same train out of New York without knowledge of it until I found George sitting in the wash room wearing a very despondent expression and a face covered with whiskers. George had left his Gillette in the hotel. Fortunately I had brought mine with me so in a few minutes he appeared with his usual happy smile. During the day our conversation drifted around to various national subjects and we feel now even though we do not get the support of Will Rogers that we have all matters of national importance fixed so that you all may enjoy another four years of prosperity—H. V. Halladay.

Radio Party

(Continued from page 1)

justice and to which we did full justice.

Music did not have so much charm for Lillian as the latest news on cars. At present she is contenting herself with a number of free rides, but we expect to hear of a purchase in the near future, and then as soon as she can drive with something of a practical hand, we'll up and away to some far distant cabin to enjoy a breath of the spring. Hop to it Tracey—we're all "rarin' to go!"

* * * * *

A. O. A. CONVENTION
KIRKSVILLE - 1928
DES MOINES - 1929

* * * * *

date, family physician. Osteopathy boasts many such.—Iowa Osteopathic Bulletin.

More Foot Technique

(Continued from page 1)

modern equipment. While these things are true, we have never gotten our story over to the public in sufficient volume to counteract the great flood of polluted propaganda of our enemies.

In the past thirty years I have observed the development of the many specialties, purely Osteopathic developments, but, they too have suffered public obscurity.

A good thing to remember, And a better thing to do, Is to work with the construction gang,

And not the wrecking crew. The last of these efficient specialties is a technique for the relief of foot troubles.

In order to save this special technique from the fate of the other efficient specialties, it is my purpose to construct a series of convincing public lectures, illustrated by animated photography showing just how the foot goes bad and showing just how it can be restored to normal, or at least to comfortable conditions by scientific foot methods.

In addition to this a moving picture of an actual foot clinic in progress, showing suitable equipment with doctors in attendance in white uniforms, in order to give it the necessary professional atmosphere. Several close up views of the different types of feet shown in X-Ray and foot prints, and finally show just what may be accomplished by proper treatment.

As outlined by Dr. Gaddis, it would require about a week at each center and would be the plan to give as many public lectures, reinforced by clinical demonstrations, as possible, not to interfere with teaching the course of technique.

I have made my proposition to the profession for teaching "Compound Leverage and Ankle Technique" and a book covering these subjects and if I have the co-operation necessary to carry out my teaching and public lecture plans I am sincere in the belief that it will have put the basic story of Osteopathy over as never before, because the technique of the foot is but highly specialized Osteopathic Technique.

The public lecture plan will add no cost to those taking the course and is done for the sole purpose of telling, or selling, the public the efficiency of the system of foot correction, and I can hardly conceive of any one not being able to register more patients at once, than the whole cost of his course of this technique.

As great as the possibilities of this plan are, it can be carried out only with your hearty co-operation, and if it interests you write direct to the American Osteopathic Association, 844 Rush Street, Chicago, Illinois, and mail the Registration Blank as published in the Forum and Journal.

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 Dr. Ellen M. Phenicie, 318 Flynn Bldg.

Hospital and Clinics

Des Moines General Hospital
 Taylor Clinic
 Schaeffer Osteopathic Clinic, 9589 Grand River
 Ave., Detroit

Foreign Advertisers

American Osteopathic Assn., Chicago, Ill.
 Huston Brothers, Chicago, Ill.
 Cantilever Corporation, Brooklyn, N. Y.
 Sodiphene, St. Louis, Mo.
 Fomon Medical Review, Chicago, Ill.
 Dr. Orel F. Martin, Boston, Mass.
 K. & W. Rubber, Delaware, Ohio
 McManus Table Co., Kirksville, Mo.

Men's Clothing Co.

Jack's Toggery, 8th & Grand
 Iowa Clothing Co., 320 7th St.
 Harvey Clothes, 5th & Walnut

Restaurants

Droney Delicatessen, 726 6th Ave.
 West End Coffee Shop, 19th & Ingersoll
 McClintic's, 17th & Woodland

Jewelers

Master Craftsman, Shops Bldg.
 Balfour & Co., 517 Iowa Natl. Bank Bldg.

Drug Stores

Pemberton Drug Co., 6th & Center
 McCurnin Drug, 31st & Ingersoll

Laundries & Cleaners

Cascade, 13th & Grand

Dress Clubs

Jewett Dress Club

Rent-a-Car Companies

Sam's System, 313-19 Grand Ave.
 Marsh's, 4th & Grand Ave.
 Yellow Cab Co., 11th & Walnut

Printers & Binders

Homestead Co., 1912 Grand Ave.
 Iowa Printing & Supply Co., 607-09 Cherry St.
 Hawkeye Bindery, 213 4th St.

Miscellaneous

Standard Chemical Co., 11th & High
 Chamberlain Medicine Co., 6th & Park St.
 Hopkins-McKee Sporting Goods, 412 7th St.
 The Wingate Co., Costumers, 583 5th St.
 Professional Insurance Corp., Iowa Bldg.
 Bramson Studio, 617 Walnut St.

PATRONIZE STILLONION ADVERTISERS

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Volume 5

MAY 1, 1928

Number 20

Minnesota State Osteopathic Assn.

The thirtieth annual convention of the Minnesota State Osteopathic Assn. will be held May 4th and 5th at the New Nicollet Hotel, Minneapolis.

Dr. Mary Golden will speak at 10 a. m. on the 4th. Her subject will be "Osteopathic Gynecology." Again at 1:45 p. m. Dr. Golden will be on the program, this time conducting the Pediatrics Clinics.

At 11:15 a. m. Dr. Clifford I. Groff will speak, his subject being "The Longitudinal Arches, Their Pathology and Correction." In the afternoon at 3:50 p. m. Dr. Groff will continue his talk on Foot Work and conduct a Foot Clinic.

Of Interest

The selection by Fillmore county democrats of Dr. Claire Owens as their candidate for state representative carries a significance which is not all related to partisan politics. Dr. Owens is an intelligent woman and a doctor of the osteopathic school. Although physically sightless, she is anything but blind mentally. Being actively engaged in the practice of her profession it would appear that all doctors should take special pride in helping to place one of their tribe as a member of the state's lawmaking body. Of course the doctor of the regular medical school will vote and boost for Dr. Owens. Like Kelley will.

A. O. A. CONVENTION KIRKSVILLE - 1928 DES MOINES - 1929

West Virginia Board

The West Virginia State Board of Osteopathy will meet in the offices of Dr. J. H. Robinett, First National Bank building, Huntington, W. Va., July 16 and 17, 1928.

Application blanks may be secured through the secretary, Guy E. Morris, D. O., 542 Empire building, Clarksburg, W. Va.

All applications for examination must be in the hands of the secretary at least one week prior to date of examination.

More Conventions

Dr. H. V. Halladay left Saturday morning for Ft. Dodge where he is to speak at a local meeting of the Osteopaths of that vicinity which was arranged by Dr. E. M. Van Patten. He arrived back in Des Moines Sunday.

On May 5th, Dr. Halladay leaves for Sioux Falls, S. D., to attend the State Association meeting there on the 7th and 8th. He will be on the program both days.

Immediately after the South Dakota meeting, Dr. Halladay will leave for Columbus, Ohio, for the State Association meeting there.

On May 11th, he will be in Flint, Mich., at the District meeting, being on the program for that day. After this he will return to Des Moines for the remainder of the college year.

Notice

We quote the following letter from Dr. Frazer. Are you interested?

My Dear Log Book: I still have the very best practice in California. The reason is that it is all cash always and always has been. The reason I want to quit is that I am 73 years old and I have practiced here 28 years. I could have sold dozens of times on tick or so much a month, but nothing doing, I want to quit.

Spot cash \$1,000 will take everything and practice. Business, practice, furniture, good will and all. But it must be cash. The practice is worth double that. A six room house at \$25 a month. So please don't bother me if you are broke and if you don't mean business. Yours very truly, but tired,

Dr. Chas. F. Frazer, Box 543, 226 E. Indiana Ave. Escondido, Calif.

Dr. Taplin Here

Dr. Taplin of Boston, Mass., of Technique and Table fame, visited us on Saturday, April 28.

The doctor demonstrated his methods and table to the members of the Junior and Senior classes.

Much interest was shown, and without doubt, much was learned. We will always welcome Dr. Taplin to our city and college.

Junior-Senior Prom

On Friday evening, April 27, the Junior Class entertained the Senior Class at the annual Formal Junior-Senior Prom, which was held at the Hotel Commodore.

The festivities commenced with the grand march at 9:00 o'clock.

The entire faculty, according to the usual custom, was invited. Some of them, unfortunately, were unable to be present, but among those who did come were Dr. and Mrs. H. V. Halladay; Dr. and Mrs. John M. Woods; Miss Ava L. Johnson, who was escorted by Dr. Poucher of Elgin, Ill., a graduate of Still who was visiting us, and Dr. W. J. Nowlin.

About eighty couples were present and each and all enjoyed himself.

Card tables were available for those who wished to play, and punch was served at all times.

Somebody Went Wrong



It might be of some interest to some of the doctors to know that Dr. C. B. Gephart has taken another step in life—MARRIAGE.

The wedding of Miss Catherine Winona Phillips and Dr. Carl B. Gephart took place at the Gephart home, Marietta, Ohio, February 14, 1928.

Mrs. Gephart is the daughter of Mrs. Catherine Phillips of Marietta, Ohio. She was graduated from Marietta High School in 1922.

Dr. Gephart is the son of Mr. and Mrs. Charles Gephart of Marietta, Ohio. He also was a member of the 1922 graduation class of Marietta High, and was graduated from the Des Moines Still College of Osteopathy in 1926. During the past two years Dr. Gephart has been house physician at Delaware Springs Sanitarium, Delaware, Ohio.

Dr. and Mrs. Gephart are now making their home at Bellefontaine, Ohio.

According to the advertisements, the old-fashioned whisky tenor is being supplanted by the cigaret soprano.

The Drake Relays

The annual Drake Relays were held at the Drake Stadium, Des Moines, on April 27 and 28. Athletes from all mid-western and many eastern colleges participated in the many events.

Again this year, Dr. Kramer, the Osteopathic trainer of the Drake athletic bodies, requested that senior Still students be sent out both days for the purpose of keeping the contestants from the various colleges in shape. Twenty seniors received their trainer's tickets and gave not only rub-downs, but osteopathic treatment to the various teams. Incidentally they advertised the Science of Osteopathy in a manner unexcelled.

Des Moines Still College is unsurpassed in the experience it gives its students in athletic work. For years, our students have cared for the various high school athletic teams.

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Doctors

'Tis quite the thing to say and sing

Gross labels on the doctor— To picture him an ogre grim Or humbug-pill concocter; Yet it's in quite another light My friendly pen would show him—

Glad that it may with verse repay Some part of what I owe him!

When one's all right he's prone to spite

The doctor's peaceful mission; But when he's sick, it's loud and quick

He bawls for a physician: With other things the doctor brings

Sweet babes our hearts to soften; Though I have four, I pine for more—

Good doctor, pray, come often!

What though he sees death and disease

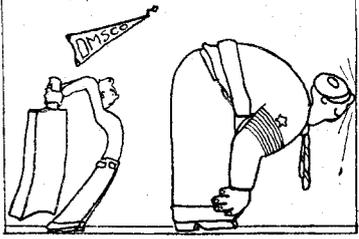
Run riot all around him? Patient and true, and valorous, too,—

Such have I always found him! Where'er he goes, he soothes our woes,

And, when skill's unavailing, And death is near, his words of cheer

Support our courage failing. —Eugene Field.

FRATERNITY NOTES



ATLAS CLUB

Saturday night, April 21st, we had our Spring Frolic. Dr. John Voss and Miss Zeck were the chaperones. The Hepatic Trio furnished the music. During intermission, Mr. James Corbett, recently of Chicago, entertained the frolicers with several classical numbers on the piano. As usual, a good time was had by all.

However, our new mascot was a bit lonesome. It was observed that he made himself at home after a fashion. We are most grateful to Dudley for the dog. Dud claims that said quadruped to be very intendant. As a consequence he named him Mutt. Ole claims that a better name would be "Carpenter."

Which leads up to the important question that "Cec" Musselman would like solved—"Who put the junk in my bed?"

"Alright, youse guys," Lathrop received her picture which now adorns a very conspicuous place on his writing desk—a sort of inspiration.

What we want to know is—if John's name is George, why call him Harvey?

Furthermore, the sudden Wynn caused the Dodge to come in contact with the posterior portion of Rusty's Ford. Are we Wright?

Meaning that it is tough work trying to get that stuff in such beautiful weather. The balmy breezes waft the sweet perfume of bursting buds and the rapturous songs of caroling birds to our and we become convinced that Spring Fever is contagious, if we know our Symptomatology.

We understand that our baseball team is still in the lead. Won every game SO FAR.

Word from Bob Bryson tells us that he is feeling much better. Bob desires to thank everyone for the kind letters sent to him.

IOTA TAU SIGMA

Well, we've left 2007 and are now located up in the hills at 692 17th street. We have planned "Open House" for Sunday May 6th, and we hope to have many visitors.

The baseball team started off on the right foot, and after opening the season with a tie game with the Non-Frats, the team exhibited some real baseball in the game with the P. G. S. The success of this game was due to the pitching of Bob Ross and the heavy hitting of the majority of the team.

Bro. Rhode seems to have the propensities that few men possess. He is efficient at many of the fine arts; parlor games and ball games. His sterling performance on first, coupled with his circuit drive helped materially in the P. S. G. game.

Bro. Gill made a very impressive appearance in his snow white uniform. The drawers fitting his frame in "good shape." We were not aware that Indians were so fond of white, we do recall your vocation before coming here, and we do understand that you were among the leaders in your calling, you still have that ability.

Bro. Hovis may be called "Hoopy" for obvious reasons, but his bowed legs are far from slow. His work behind the plate, on the paths, and with the stick were very gratifying.

"Divy" Du Bois must have been dragging a ball and chain between first and second. He did succeed in double crossing S. S. Hubbard of the P. S. G.'s much to the amusement of the throng.

Playing real baseball since the very first day, "Red" Lang has been a big factor in our success thus far. Besides being a good third baseman, "Red" relieved "Old War Horse" Ross when the latter had to leave for work. The Dayton boy handled the situation very cleverly.

Bro. Cudden leads the house in batting, he has delivered in crucial moments, and has snagged flies in the outfield with regularity. His work on the mound as a relief pitcher was good also.

The diminutive "Runt" Russell on second and "Long John" Smith make a smooth working combination for the pivot sack, on several occasions they have exhibited real team work, and despite some very noticeable difference in height they played together as twins might. Long John makes a good short stop.

So much for the baseball.

Bro. Sluss has been away a greater part of the time. Where were you Sunday—not playing baseball—and the alibi that Sunday was a day for the religiously inclined did not go over so big either.

"Mopey" Hewlett blossomed out in his new spring togs Sunday. The "Beau Brummel" of Iota Tau "has IT" as his date book indicates.

Bro. Gephart is contented now. With his new room-mates and new chamber maids he is showing his usual agreeable nature again. We suspect that there are more reasons—she lives in Springfield, Ohio, and "Buddo" will be traveling eastward soon.

We are pinning our hopes on Bro. "Maniac" Morgan for supremacy in the gentlemen's pastime. He has the best of support from everyone in the house. Go to it, "Maniac."

"Nightwatchman" Herrick is continuing his mad pace. He did surprise us by staying home one night not so long ago. His plea is—"Working." We wonder.

"The Mustache Boys"—Wigal and Morrow are carefully cultivating their soup strainers. We wonder how Morrow can keep his looking so immaculate day after day when he goes out night after night.

PHI SIGMA GAMMA

Red Granberg insisted that his name be put in the Log Book this time, so here it is.

Lost—One Sophomore and a pledge. Brother Ripley and Pledge Purdie have lost themselves somewhere in the "Crow's Nest" somewhere on the third floor and haven't been seen for over a week. If they're found the boys would like to get acquainted.

Doc Groff sold his big black six and now he's having trouble with his Chevy. It turns around twice while the Haynes was turning once.

Smitty and Madson were in Otumwa over the last week end and "gave the girls a treat" at a dance down there.

Sports Events—Hubbard has gone in for baseball extensively, while Dusty is taking up tennis. Brothers Smith, Westburg, Thomas and Long are getting hot on the golf course—also a first coat of sunburn.

Cuffer says Doc Groff got cheated in his trade-in, and that he should have had at least six little Chevys for the "Big Black Mariah."

Reeves must be getting in training so that he can take care of all the girls when he goes home this summer.

Rudy has left the "Portals" for a job as night clerk at the West Hotel.

Thomas and Slritmatter have turned out to be quite the wrestlers, and all over a piece of paper.

SIGMA SIGMA PHI

Those recently initiated into Beta Chapter were Jerry Lauck and Dwight Stone. After taking them through the ceremonies incident to initiation we journeyed over to King Ying Low's chop suey for a big feed—the new men being guests of honor. How we all enjoyed that chow mein.

Judging from the activity among the students in our baseball team and gold tournaments one would infer that our athletic calendar does not stop with baseball. As usual we have four teams out for the inter-fraternity non-fraternity baseball championship which the non-fraternity men are defending again this year. Should they win again the cup that they have won twice already it will be their permanent possession. However one would hesitate to guess what the outcome will be.

Twenty-eight men are out for the tennis crown—the first time to our knowledge that we have ever had a tennis tourney. Perhaps the reason we have never had one before is that it is a hard proposition to get suitable courts on which to play. This year Rusty Wright has scouted about and has made arrangements for



LOOKING AHEAD

Nitt—Whoosis is a nut, isn't he?

Witt—What did he say now? "He says he's saving up for his old age because women fall for old guys with money."—Judge.

By the Way

An absent-minded grocer called on his old friend, the family doctor, one evening. They chatted for a couple of hours, and as the grocer rose to go the doctor asked: "Family all well, I suppose?"

"Good heavens!" exclaimed the visitor, "that reminds me. My wife's in a fit."—Progressive Grocer.

Misleading

"Doctor, my eyes are bothering me a bit; see what you can do for me in the way of glasses."

"Take a seat, sir. And now tell me what kind you've been wearing."

"None, I've never worn glasses in my life. Never needed 'em before."

"Indeed! You will pardon my mistake, but I judged from the mark on the bridge of your nose that you—"

"Oh! That mark? I got that from drinking homebrew out of fruit jars."—Boston Transcript.

Raising the Deuce

Helen Wills, in a facetious moment, set out to prove that tennis and matrimony are much alike. "You see," explained the California tennis star, "they have many things in common—the net, the love score, and the racket."—Los Angeles Times.

the use of some of the city's good courts. By this time the first round will have been played.

Golf has lagged behind a bit this year, yet there are eighteen men who are contesting Hyde-man's right to the championship which he won last year. Several very promising men are in that group and we are looking for some good competition.

It was thought unwise to hold a track meet this year on account of the increased interest shown in other activities with decreased time and interest in track work. So no track meet this year.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

Vox Prof

Editor Log Book.

Dear Sir: Noting attached clipping from current Log Book. Why feature medical propaganda?

As diphtheria means faulty elimination, why, not try Osteopathy?

The field isn't absorbing as much of that biological "swill" as formerly, and the embryo D. O. who tries to sell it will starve to death. Study planks 3 and 4, Dr. A. T. Still's platform. He is still a vital force that even basic (or baseless) science legislation can't kill.

Yours for A. T. Still lesion stuff.

A. S. Dowler, D. O.

Organs One Can Lose

Addressing the Interstate Post Graduate Association at Kansas City, Dr. John F. Erdmann, of New York, said:

Decades ago man discovered he could lose an eye and still live happily. Man also could lose a leg or an arm and still be useful.

But now, Dr. Erdmann continued, a man could go about his work minus a leg, an arm, an eye, his tonsils, appendix, gall-bladder, part of his lungs, and brain, and as much as 12 feet of his intestines.

This was made possible, he said, by standard sterilization for operations, by the use of modern anesthetics, and, most important, by the increased knowledge as to the function of the human organs and experience in surgery.

"Since the war," he said, "the gall-bladder has been found to be practically unnecessary so far as maintenance of health was concerned. Persons with gall trouble are better off without the organ.

"And in recent years entire lobes of lungs have been taken away with beneficial results. Surgery of the chest, for that matter, is one of the newer developments in the field. The heart has been cut into and adjustments made."—Med. Insurance.

A Case for the Pound

"I am not well, doctor."

"How do you live?"

"Like any other poor dog—I work like a horse all day, I am always ravenous as a wolf, then I am as tired as a dog and sleep like a bear."

"You had better consult a veterinary surgeon."—Der Gemuthliche Sachse (Leipzig)

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* A. O. A. CONVENTION *
* KIRKSVILLE - 1928 *
* DES MOINES - 1929 *
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Statistics of Vitality

"Some Statistical Aspects of Livingness" is the title of an interesting discussion by Professor D. Fraser-Harris in the August number of Scientific Monthly, from which we quote the following:

"The more sluggish a muscle or other organ is the longer it can survive after the death of the animal of which it was a part. For it must be remembered that an animal can die as a whole (somatic death) and yet its various tissues, for instance, its muscles, can live for longer or shorter periods.

"Thus, whereas the muscle of the human heart is alive two hours after bodily death, the body muscles are alive five to six hours thereafter. And whereas the muscles of a rabbit will live for eight and a half hours after the death of the animal, those of a sheep will survive for ten and a half, those of a dog for eleven and three-quarters, those of a cat twelve and a half and those of a frog for from twenty-four to forty hours."—Med. Insurance.

The following poetical spasms may have been inspired by O. O. McIntyre's description of the typical New York drug store, published in The Signal, and relatively applicable to the average American drug store of today:

Our druggist, he sells lemon drops,
An' chawkluts in tin foil,
An' peanut bars an' lollipops,
An' he sells castor oil!
—John Quill
in Ted Robinson's Column.

Our druggist, he sells pork and beans,
And traps for rats and bugs,
With now and then a pair of jeans,
But very little drugs.
—Charlie Leedy
in Youngstown Telegram.

Our druggist, he sells cakes and pies
And sandwiches and drinks,
And pocket knives and hooks-and-eyes,
Razors and pens and inks.
—Jud Lewis
in Houston Post-Dispatch.

Our druggist, he sells pills and quills,
Cufflinks, shirtstuds and ties,
And toilet sets and cigarets,
And radio supplies.
—Kansas City Post.

Dick (looking up from his newspaper).—I say, Jim, what is the Order of the Bath?
Jim—Well, as I have experienced it, it's first the water's too hot then it's too cold; then you're short of a towel; then you step on the soap, and, finally, the telephone rings.

An Inquiry Into Osteopathy

In a letter to the London Times, Sir Montague Cotterill, a surgeon, points out that there are a certain number of duly registered physicians in this country who, in addition to their ordinary medical qualifications, have taken an opportunity of becoming conversant with the methods and the practice of Osteopathy. It is said that these men have thus cured or relieved ailments that had failed to be successfully treated by the ordinary methods in vogue in medical practice. Before coming to the conclusion that these cures have been really due to some special osteopathic treatment, one must carefully bear in mind that, contrary to the general public opinion, the medical profession is fully aware of and sets a great value on the curative potentialities of what is commonly called "suggestion," which it prefers to describe as "possessing the confidence of the patient," with all that that entails. To what extent, then, does "suggestion" play a part in the reputed success of Osteopathy? In ordinary medical life any man fortunate enough (as Lister and others have been) to make a discovery, or become possessed of knowledge in any sphere of the healing art which we deem would be of service to the medical world in its important services to the public he would consider it not only imperative but also his greatest pleasure and privilege to impart his knowledge immediately, in all its details, to his medical brethren. One would have thought that the osteopathic registered physicians in this country would in like manner have taken every opportunity of imparting in the fullest way, and at the earliest moment, the details of the special lines of osteopathic treatment which they claim to be of such extraordinary value. But no offer of this kind has been made.

Sir Montague Cotterill suggests that there be appointed a committee consisting of authorities in anatomy, physiology, pathology, medicine and surgery. After an exhaustive investigation of all the matters concerned (and this could not be done except by a visit, extending over several weeks, to the chief school of Osteopathy in America) these men would give a report, which would be accepted by the profession.—The Osteopath.

An American was prowling around a Scottish churchyard. His eyes caught an epitaph, "Lord, she was thin."

"Say, sexton, what d'ye make of that?" he asked.

"That's a' richt sir; the sculptor went over near the edge of the stone and didna leave room for the 'e'."

The faults we see in others would seem small to us if we could but see our own.

A Trial Trip With Tracey

The car has arrived! On Sunday, April 15th, a party of the girls, with Tracey at the wheel, went to Greenwood Park for a steak fry.

We drove out in two batches. Leaving the first party under the care of Miss Crawford with injunctions to peel and prepare the onions, Tracey returned for the remainder. Mrs. Robinson was allowed the front seat so that she might get a few hints on driving her new Pontiac, while Cowen sat in the back seat surrounded by pots and pans that jingled so that it was unnecessary for Lillian to "sound the tooter."

The supper was a sizzling success and there was keen competition to see who could eat the most. Miss Crawford won an easy first over the meat, Tracey over the salad, but it would be hard to say whether Mrs. Robinson, Susan or Gladys ate the most onions, though a few were satisfied with just the smell. Perhaps it was owing to this last that we soon had the cabin to ourselves. Afterwards we made candy, sat around the fire, and (don't tell Dr. Halladay) "chewed the rag."

The greatest fun of all was getting the car started for the return home. We were near the entrance to the cabin, just on the hill, and a drizzling rain was falling. First we lurched forward—then suddenly we were bumped backward—then another lurch—then a bump, and we were so hysterical with laughter that for a time we made poor Tracey helpless, but she finally made it. We all feel, however, that she is to be congratulated for her skillful and level headed driving after such a short time of probation. We thank her very much, and look forward to some more enjoyable rides.

An Old Prayer Still Good

(Here is an interesting old prayer in verse, which dates from the eighteenth century at least. It is of English origin, but its author is unknown. It is as appropriate today as when written, as a petition for divine help in living a happy, healthy and useful life here on earth.)

Give me a good digestion, Lord,
and also something to digest,
Give me a healthy body, Lord,
with sense enough to keep it
at its best.
Give me a healthy mind, good
Lord, to keep the good and
pure in sight,
Which, seeing sin, is not appalled
but finds a way to set it right.
Give me a mind that is not
bound, that does not whimper,
whine or sigh.
Don't let me worry overmuch
about the fussy thing called I.
Give me a sense of humor, Lord;
give me the grace to see a
joke,
To get some happiness out of life
and pass it on to other folk.
—The Churchman (N. Y.)

Osteopathic Diagnosis

By JOHN M. WOODS, D. O.

It is possible for an expert juggler to balance himself upon a one legged stool with both feet raised from the floor; it is even easier for him to sit in comparative security upon a stool with two supports. When we are "roughing it" we take delight, if we are not too exhausted from pulling in Minnesota pike or some other foreign fish, in balancing ourselves upon some old, decrepit, three legged chair if the back is securely propped against the wall of the cabin. However, if we want perfect support we choose a chair with four strong legs of equal length.

When an osteopathic examination is made we have at our command four methods: The case history, physical examination including the use of the X-ray, laboratory examinations and last, but not least, our special osteopathic examination of the spinal column and various other parts of the body. In many cases it is possible to make a correct diagnosis and properly treat the case even though we use only one or two of the above methods. In other cases the failure to employ all of the above methods may result disastrously for the patient and make quite a dent in the reputation of the physician.

Taking a good case history requires time and considerable understanding of human nature, yet in some ways this history is the best way of approaching the patient both as an individual and as a case. Many times we cannot obtain the entire history at one time but the patient will later admit certain facts which at first he did not mention or denied. The patients' feeling that we may attempt to act as a moral judge as well as a physician must be overcome in many cases, so, by advising rather than condemning we can usually overcome this feeling and cause the patient to talk freely and fully. Other patients are like the little brook and talk too funny and perhaps too freely. Well directed questions are probably our best means of defense. Finally, the evaluation and summary of the facts thus obtained completes one leg of our diagnostic stool.

Physical diagnosis is a very inclusive term covering a large number of diagnostic procedures. However, the statement has been made that "not looking rather than not knowing" is responsible for most mistakes in diagnosis. A more or less routine method of examination for all patients with the employment of special procedures when indicated is the method which will give the smallest percentage of error. Common sense tells us that it is not necessary to X-ray a patient with acute tonsillitis; yet we may treat a case of neuritis for weeks to have the condition improve only after the X-raying and extraction of abscessed teeth. Other special methods may be employed as indicated to complete the phys-

sical examination of each individual case.

In laboratory work it seems difficult to keep in the happy medium between the doctor who considers laboratory work a waste of time and the technician who thinks diagnosis begins and ends in the laboratory. Possibly for the experienced physician it is the least important of the three methods we have discussed yet even for him it is invaluable in many cases and absolutely conclusive in a few. Even though the practitioner does, or has done, only the simpler procedures in his office he must know the indications for the more elaborate tests, the methods of collecting the specimen and the significance of the reports he receives. The Wasserman or Kahn test, the Widal and blood culture in typhoid, the estimation of blood sugar in renal glycosuria are examples of tests which the busy practitioner may have done and benefit greatly thereby. Laboratory reports are rarely final by themselves but are valuable factors in building a firm foundation for our diagnosis.

In reaching a diagnosis we may utilize the above methods as fully as any other school of healing and in addition use the strictly osteopathic findings which we may secure during our examination of the patient. Due to the variations in the involuntary nervous systems these findings may not be quite as valuable in diagnosis as in directing the treatment. For example while a given condition will usually produce a spinal lesion in a given area or vice versa there are cases where an atypical lesion will produce the same symptoms. The correction of this lesion relieves the symptoms but would be misleading in diagnosis. However, in most cases the spinal findings play a very important part in helping us make our diagnosis. They furnish the fourth leg to our diagnostic stool and we can place our diagnosis upon such a support knowing that it can not be easily upset by the next diagnostic passer-by.

To Be Well Shaken

A prominent city man who is as mean as he is wealthy, relates an English paper, is fond of getting advice for nothing. Meeting his doctor one day, he said to him, "I'm on my way home, doctor, and I feel very seedy and wornout generally. What ought I to take?"

"A taxi," was the curt reply.—Boston Transcript.

Mess of Junk

Dismal Patient: "Yes, doctor, my head is like a lump of lead, my neck's as stiff as a drainpipe, my chest's like a furnace, and my muscles contract like bands of iron."

Doctor: "I'm not sure you shouldn't have gone to the hardware dealer."—Good Hardware.

If you are only a pebble in her life—try being a little boulder.

A Keg of Wine

There is a story told of a country village. Many years ago the city fathers decided to have a certain celebration. In order that good fellowship and good feeling might prevail each invited individual was requested to bring along a bottle of wine and to empty it in a cask at the door as they entered. At that particular time and season wine was rather scarce and consequently of great value. One enterprising individual conceived the idea that he could fill his bottle with water. He passed in, emptied it into the keg with the rest of the wine. When the time arrived and all the guests gathered around, the spigot was opened and nothing but water flowed forth. Each one had decided that his contribution would not be missed and the cask was filled with water.

In connection with our Still College Endowment Fund, being underwritten by the Royal Union Life Insurance Company, it is hoped, of course, that each and every practicing osteopathic physician would promptly identify himself with the movement for the benefit of the profession as a whole, but if each osteopath feels that his participation in the plan will be more or less like the bottle of water emptied in the keg, then you can readily see that the progress of the Endowment plan will be extremely handicapped.

Life insurance is love triumphant. It lives because some man loves some woman, some little boy, some little girl. Under the Still College policy each osteopath himself receives the greatest benefit. Every member of the profession who has already secured one or the contracts is most enthusiastic. In a letter dated April 14, 1928, Dr. A. E. MacGilliard of Granite City, Ill., says:

"Your insurance policy on my life came this morning, and after carefully reading it I want to tell you that I am very well pleased with the policy and wish that every osteopathic physician could read one of them over, for if he did he would want one."

Remember that the endowment for Still College is incidental to a personal life insurance policy. For instance, one unit is \$1,200.00 of life insurance. It pays to your wife or family or your estate in case of

death \$1,000.00 and Still College receives a minimum of \$200.

All this at age 30 for only \$25.91 per year — just about what you pay for a \$1,000.00 policy in any old line company.

If you are in good health you can privately and conveniently secure insurance in the Still College Group without the red tape of a physical examination. Tell us to send you a questionnaire. Use the coupon attached hereto.

Cause of Lost Appetite

Prof. J. C. Drummond, well-known vitamin specialist, and Dr. S. K. Kon of University College, London, have found that there is a close relationship between the amount of vitamin B in the diet and the total amount of food taken. Pigeons fed a diet adequate in all respects except that it lacked vitamin B lost all appetite for the meals presented to them. Another group of pigeons kept under observation as controls, fed as much food as they wanted along with an ample ration of vitamin B, grew healthily and retained normal appetite. A third group, fed only the amount of food that the first group actually ate plus a plentiful supply of the vitamin in question, showed loss of weight due to slight starvation.

From their results, Professor Drummond and Dr. Kon concluded that the loss of weight that is always associated with lack of vitamin B is simply caused by partial starvation; the pigeons lose their appetites and refuse to eat the deficient food, and hence lose weight.

Since vitamin B occurs in only minute quantities in different foods, its presence becomes of increasing importance. Consequently, an elaborate study of this question has been taken in hand at the Chemical Department of St. Thomas' Hospital Medical School, London, by Dr. R. H. A. Plimmer and his colleagues. They tested a number of cereals by feeding them to pigeons for a long period. They found that none of the cereals examined contained such a rich amount of vitamin B as dried yeast. Wheat, barley and rye contained more vitamin B than maize or oats. These investigators, like Professor Drummond and Dr. Kon, found that young animals need more vitamin B than adults and that the first important symptom is loss of appetite, which leads to loss of weight.—Science News-Letter.

Endowment Department,
Still College,
8th Floor Royal Union Building,
Des Moines, Iowa.

Please send me questionnaire for units.

Name

Address

Date of Birth

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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MAY 15, 1928

Number 21

Another Round Trip

At the invitation of three groups the writer arranged for an assistant in the college so as to make the final round of conventions this school year.

Dr. Schoolcraft, who was in Des Moines on business consented to accompany us and at the end of the trip to Sioux Falls, S. D., we were certainly glad to have someone to confirm our findings in regard to the activities of the Milwaukee. Leaving here at 1:20 a. m. with a load of vaudeville artists from the Orpheum, we were entertained the early part of the trip by what appeared to be an attempt on the part of the low comedy to break down the opposition offered by a pair of Jap tumblers. The conclusion that Dr. Schoolcraft and myself came to in the morning was that the comedian won on falls, as no one except a Jap tumbler could stand up or assume any desired position on the Milwaukee. Doc said the next morning that he had 37 new lesions in his spine and that it would break a snake's back to try to ride that train. If you are looking for curves try it.

We arrived late in Sioux Falls and after being settled in the Cascade took a ride around town and out to a golf links that takes you across the river 11 times in the eighteen holes. It is a wonderful club and all that any keen golfer would desire.

Monday morning opened up with a good showing and let us say right here that South Dakota has set a mark for you to shoot at. The state members were there 86% strong and it was a good meeting from start to finish. Our past president, Dr. Gilmore, made two excellent talks, Dr. George Laughlin was in his usual form. We witnessed an excellent clinic with some of the unusual cases that often puzzle us a good deal. We have not heard where it will be next year but think from the trend of thought that it will be in the Black Hills and you will all want to go. Dr. Valier must have been schooled in California. He got started on the Black Hills and we had to use dynamite to stop him. We are for you. We saw the Black Hills last summer and they offer all you say and then some.

We grabbed the I. C. for a run into Chicago and picked up the "Pensy" there for Columbus. The big event on this jump was the meeting with Tom Mix who

(Continued on page 3)

"Still" in Ohio

It was good for any kind of eye trouble to glance over the meeting at the Deshler Hotel in Columbus and see the familiar faces that have passed through the mill at Still. At random and without a real check of the bunch, we thought of the following: Baker, Purdom, Elson, Weimers, Gebhart, Walker, Graham, Sprague, Scatterday, Van-Ess, Siffling, Greig, Monger, Deitz, Clybourn, Lydig, Heckert, Grossman. We had a luncheon at some cafeteria, the Green Mill I believe, and Elson carried off the honors as he had to have two of the waiters help him carry his tray. Baker is recovering from a slight indisposition and will be out soon. Gus Weimers is sporting a blond hair-rip. Wally and Ab looked happy. There was a report out that they had slept in the park the night before but both denied the story. Sprague and Scatterday took us around to see "Bake" and left us at the Union station trying to board the N. Y. Central. We just had time to catch a taxi and make it to the Broad street station and hop the train. It was not Sprague's fault. I gave him the wrong tip. Van Ess has quit eating gravy. Van looks like he had had enough for a while anyway. Siffling says he hasn't much time to fiddle. We hope he does not give it up. Greig once played with B. A. Rolfe. We were glad to know of this contact. Deitz and Munger together for a change. Both seem to have lost a little in weight. Try to separate ham and eggs. Si and Lydig slipped by me but I know that they were there. Heckert still sports the little dark eyebrow. Gene Grossman complains of being busy in Cleveland. All wanted to know about the new place and how things were going and also all will be back here next year when the A. O. A. meets in Des Moines. You fellows will see a lot more of the gang that want to see for themselves the big improvement the college has made.

—(H. V. H.)

Stillonian Day

Friday, May 18th, has been designated Stillonian Day. This is the day that the Stillonian, our Year Book, is issued. The assembly will be turned over to the Stillonian Staff who will have charge of the various exercises and the passing out of the Stillonians.

In the afternoon, the Faculty Baseball Team will play the victors of the Fraternity-Non-Fraternity series, who by the way, are the boys from the house of Iota Tau Sigma. This event is always of great interest to the onlookers from several points of view.

At 8:30 p. m. the Stillonian Day Dance, sponsored by the Sigm Sigmsa Phi fraternity, will be held at the Hoyt-Sherman Place. The music will be rendered by the "Romancers" who played for the Junior-Senior Prom at the Commodore Hotel.

Everybody is bound to have one grand time on this day as it is practically the last day of classes, and the function the last of the college functions except graduation, until next fall.

Osteopathy As a Profession

By DR. S. L. TAYLOR

By a profession, we mean the direction of our forces on certain lines. There are two elements involved in the word profession. First the mental, second the physical. In a profession the mental predominates the physical. In a trade the physical is the more active and predominates. The primary question which every man ought to put to himself is which element of his nature does he wish to cultivate to ascendancy.

Nature has already solved this problem for many young men by far overbalancing them in the direction of the physical. Their physical element is often superb, but their mental element is deficient. In such cases ordinarily it is evident, even to the in-

(Continued on page 4)

Masonic Club News

For some time the Masonic Club of Still College has been working on a matter of extreme importance to the Club at least. At last our plans have materialized and we are pleased to announce to our fellow students and to the readers of The Log Book at large the results of our labors.

It is with much pleasure that we announce that the Masonic Club of Still College has been greatly honored by the National Square and Compass Fraternity, namely we have been granted a charter as a local Square of the National Square.

We feel that we have been singularly honored because of the fact that we are of an Osteopathic College and Fraternity.

By the time that most of you readers receive this the Chapter will have been installed and the individual members will have been initiated. The installation and the initiation is scheduled for Saturday, May 19th, at the Za-Ga-Zig Temple of the Shrine in Des Moines.

The Chapter will be installed and the initiation ceremonial will be in charge of a committee appointed by the National Square, composed of Harold C. Moeckley, Drake '27, chairman; Ford L. Van Hoesen, 33° secretary of D. M. Consistory No. 3; Scott R. Wilson, president of the Drake Square, and M. L. Hartman, of the D. M. U. Square.

The following members of the Masonic Club signed the petition for a Charter and will be initiated Saturday. They compose 67% of the membership of the old Masonic Club.

David Shaw, L. C. Nicholson, L. J. Grinnell, P. J. Gephart, N. B. Welch, L. L. Hughes, Dr. H. V. Halladay, K. E. Dye, Bernard Fry, William Clark, H. D. Smith, Kenneth Smith, C. I. Tout, Harry Skinner, William Edmunds, Clayton Reeves, Fred Benz, I. B. Kievit, Richard Strettmatter, N. Gill, G. C. Heilman, Dr. Harry Marshall and Dr. W. J. Nowlin.

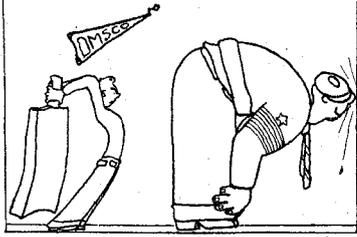
Any Mason in good standing in his home lodge may petition the Still Square, as our Square will be known, for membership. All Masons are and will be welcome to give us their petitions.

Again we wish to make public our appreciation of the honor which the several Squares of the Fraternity have bestowed upon us.

CALENDAR FOR 1928-1929

Registration	September 6th, 7th, 8th
Class Work Begins	September 10th
Christmas Vacation	December 20th
Class Work Begins	January 3rd, 1929
Graduation	January 17th
Registration	January 18th and 19th
Class Work Begins	January 21st
Graduation	May 23rd, 1929

FRATERNITY NOTES



PHI SIGMA GAMMA

The old time game of "Hide and Seek" was renewed by Cuffer at our house dance last Saturday night.

Rudy seems to have developed enuresis lately and the boys are wondering if he is going back to his second childhood.

Brother Clark left Friday morning for the north again. The "call of the wild" must be getting pretty strong at this time of the year. It is also rumored that he is looking around for an apartment for this summer.

Scotty turned out to be quite a high kicker the night of the stag banquet.

For the latest in spring styles see Strettmatter and Madson. Also, has everyone seen Dusty's new golf togs?

Hubbard ought to be red hot these days driving around in that new Red Bird Chevy.

Those who desire lessons in home cooking should see Smith, Jennings and Long. These boys are "batching" at the house.

It sure is queer how the boys find all the girls with these big cars. Walt Heinlen and Scat are the latest on the list.

Doc Groff has become a mechanical Dr. lately and has his Chevy completely dismembered.

We think Shaffer is a little late in his track training. Probably it was the fault of his Essex though when he cranked it in reverse the other morning he had to do a hundred yard dash to stop it.

Everyone get their glasses on. Reeves has a four days growth on his upper lip.

Rocky will take care of all calls for vacant apartments at the Commodore this summer.

IOTA TAU SIGMA

The school year is about to be brought to a close and with this closing comes the realization that there will be severances of delightful associations. We are losing many valuable men but our loss will result in an advance step to the ultimate goal of us all—"Osteopathy Without Limitation." The many happy memories of this year will linger with all of us. Its value to us individually cannot be overestimated.

We have been fortunate in winning the baseball cup. Now that it is in our possession we shall be concerned about it enough to see that we do not have to part with it. The team should be paid a tribute that it deserves, throughout the season there was every evidence of the

finest type of teamwork, this and the will to win made the season what it has been for us.

Our open house was a huge success, and we wish at this time to express our appreciation to those that helped make this a day long to be remembered by every member of I. T. S.

We take great pleasure in announcing the pledging of Leslie W. Spaulding of Waterville, Me. We feel that Mr. Spaulding has the qualifications that lead to a true "it."

House Gossip

Brother Russell is sporting a new cabriolet.

Brother Herrick seems to retain his characteristic disposition.

Brother "Blink" Morgan has taken two mysterious trips to Iowa City on successive Saturdays. Why?

Brothers Smith and Du Bois have returned from a large week-end spent in St. Louis.

Brother Gill took advantage of Brother Du Bois' absence to do a promotion stunt. We ask you Nick, was that nice?

Brother Cook has returned from the Des Moines General where he has been confined by serious illness. Mighty glad to have you home again, Howard.

Brother Rohde has decided to take showers from now on. He who is sleepy is rudely awakened—too bad.

Brother Richardson has decided to try an entirely new and original experiment with his air plate. Good luck "Rich."

We expect that a goodly number of the brothers will attend the final social function of Still College. Will meet you at the Hoyt Sherman on Friday the 18th.

ATLAS CLUB

For the benefit of those who may not know—we moved to our new house, 1725 Sixth avenue. Location, facilities and the home itself are in common parlance—just it. We therefore welcome all to visit us in our new home. Ye Brothers in the field, don't forget the address.

We are pleased to announce that many of the doctors have written in their congratulations. Word from Drs. Damm, Doyle, Brinkman and Shaeffer have reached us. And we thank you brothers. Let's hear from you and others.

Write us, you who did not write before,

And those who have written, write the more.

At the last practical meeting night Dr. Cash gave us an interesting and instructive talk on Diagnosis and we persuaded him to tell us of the intricacies of the X-ray.

May 19, 6:30 p. m., the semi-annual Senior Banquet was held at Younkers Tea Room.

Graduating members were Drs. Roy G. Trimble and C. Carter. Dr. John M. Wood, with his intellectual wit, performed as toastmaster. He introduced the following speakers: Dr. C. W. Johnson, Dr. H. J. Marshall, Dr. J. L. Schwartz and Dr. Campbell, and of course a

usual good time was had by all.

We must mention the fact that Cowboy Faus had to walk around the tables. Fedson—well the breaks were against him. And also—we noticed that Rusty's color turned a shade whiter at a few personal remarks by the prince of humor, Dr. Campbell.

The big event of all was the picnic at Saylor's Woods. All the notables were there. We may start off by saying that Gov. Hammill was with us for a time. He drove Pledge Orvin Rose and family to the picnic grounds.

Due to the fact that Dr. Paul Parks was lost, strayed or stolen, the baseball game was delayed. However Dr. Parks gathered his Braves and the final outcome of the game was 14 to 14. Dr. Campbell claims his team won the game. Dr. Bachman was the umpire and Dr. Schwartz score keeper. So we will not argue. Nevertheless the winners received a beautiful loving cup (washboard guaranteed).

Dr. Woods and Dr. Taylor swung a "wicked" bat.

Dr. Taylor demonstrated his ability at the plate and at the stakes.

In closing we thank the wives and sweethearts of the members for the delicious selection of eats. And—now here's our appreciation to the committeemen for their worthy efforts.

Congratulations Iota Tau Sigma. We enjoyed our visit on your open day.

How to Prevent Students from Cheating on Exams

Each student should be thoroughly examined at entrance of examination room by detectives. All notes, books, writing on hands and cuffs should be removed. Students should be treated with a special mind-ray machine to remove all possible thoughts of cheating. Students should be taken into a room, single file escorted by police armed with tear gas, riot guns, etc., to prevent any possible rebellion.

Only one student should sit on a seat, with obstructions on three sides and only straight-ahead view of questions on board. Sensitive detectors should be stationed at various points in room to catch slightest murmurs, and two teachers, one on each side, should be stationed in seat with each pupil. Pencil and paper used will have been thoroughly examined beforehand. Students should be hustled home in closed cars to prevent any possible spreading of the nature of the exam taken.—Lo-Life.

Etiquette is a form of conduct which, if carefully learned, will enable one to conceal the absence of natural good manners.

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* A. O. A. CONVENTION *
* KIRKSVILLE - 1928 *
* DES MOINES - 1929 *
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NOW SHE KNOWS

Foolish Lady—And now, officer tell me what that strap under your chin is for.

Officer—Lady, that's to rest my poor jaw when it gets tired, answering silly questions.

"Would you marry that girl for her money?"

"Not if I could get it any other way."—M. I. T. Voo Doo.

"Do you think your mother would object if I kissed you?"

"Oh, Bobbie, I'm sure she shouldn't hear of it!"—Tit-Bits.

Seeing is not always believing—I've seen a lot of people I wouldn't believe.

No one thing in life makes a greater coward of a man than debts.

When they were first married, she called him the light of her life. Soon she changed her mind, because he went out so often.

MISSING

Blink—Since your cook left I'll bet you miss her.

Blank—Yes, and she isn't the only thing we miss. We miss some of our table linen and silverware, the wife misses some of her wearing apparel and I miss most of my meals.—Judge.

Pure and Simple

I never smoke, for cigarets are harmful to the best of us, And smokers often make themselves obnoxious to the rest of us.

I never drink, I know that liquor lessens man's ability And hastens his approach into stages of senility.

To spend my time in dancing I consider utter waste of it, And as for petting, why, I've never even had a taste of it, I never ride in autos; I'm averse to their rapidity;

I seldom read the newspapers, I question their validity.

I disapprove of bridge; in fact, I'm utterly opposed to it, My personal engagement book is absolutely closed to it.

You ask me where I keep myself in this broadminded century? I'm serving a life sentence in the local penitentiary!

Verse—Hamilton Royal Gaboon.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor....H. V. Halladay

Editor.....L. J. Grinnell

Osteopathy Without Limitation

Farewell

This is the time of year when the editorship of The Log Book changes hands. So it behooves the present incumbent to make his fare-thee-well.

It is with much regret, though some relief, that I relinquish the wheel of our good ship, The Log Book. There has been much of work, and much of pleasure in my association with those who have contributed to our columns; with the printers, who get the paper out, and last but not least, I have enjoyed the few letters of criticism and praise that have been sent.

My successor, Raymond Kale, is a senior of much literary ability. He has many ideas and will, I am sure, instill a new life and pep into the pages of The Log Book, whose readers are to be congratulated upon their good fortune.

May all success be the lot of Ray Kale. I am sure that all will be satisfied.

Leonard J. Grinnell,
Editor.

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A Noble Quadruped

The following composition was written by a Bombay high school student and appears in Sherwood Eddy's book, "India Awakening":

"The horse is a very noble quadruped, but when he is angry he will not do so. He is ridden on the spinal cord by the bridle, and sadly the driver places his feet on the stirrups and divides his lower limbs across the saddle, and drives his animal to the meadow. He has a long mouth, and his head is attached to his trunk by a long protuberance called the neck. He has four legs; two are in the front side and two afterward. These are the weapons on which he runs and also defends himself by extending those in the rear in a parallel direction toward his foe. But this he does only when in a vexatious mood. His food is generally grasses and grains. He has power to run as fast as he could. Also there are horses of short sizes. They do the same as the others are generally doing. They have got tail, but not so long as the cow and other such like animals."

—Lutheran Young Folks.

Unexplainable Fatigue May Have Many Causes

BY EDNA KENT FORBES

Fatigue which you can't explain, which comes on days when you are not specially busy, which persists though you may be living a restful and ideal life, is often due to—well, liver, kidneys, something inside you not in proper position, or a misplaced vertebrae in the spine.

Diet and tonics and medicines are good for the first of these ailments, and a good doctor medical or osteopathic can cure cases of prolapsis without surgery. A good osteopath can do wonders for you, too, if you have inexplicable aches and pains. And nowadays the prejudice against this form of health giving is dying out, many doctors have taken up osteopathy for troubles that medicine won't cure and which surgery either can't help, or makes the curing too long and expensive a process. Many osteopaths are also graduate doctors and all know a lot about medicine. Once they claimed osteopathy cured everything, but I think many now send patients to medical doctors or even to surgeons where that form of cure is easiest and least expensive.

The nerves center in the spine. Should a bone be slightly out of place—and few of us have really perfect spinal columns—pressure against a set of nerves centered near it can cause anything from mild indigestion to paralysis. Manipulation of the muscles and tendons around this part, a general "loosening" of the spine, bringing blood to it, clearing congestion, and so on, is part of the osteopath's work. I think a good osteopath can do wonders to help a delicate maturing girl over a trying period of her life, for instance. Osteopathy can be magical in its good effects on liver troubles and cases of chronic indigestion and constipation that will not yield to diet and medicines. Besides clearing up backaches and headaches and making the complexion better and the eyes brighter and the whole mind clearer as a result of increased health.—Des Moines Register.

Favorite Sayings

The radio operator: "I'll tell the world."

The murderer: "I'll be hanged."

The judge: "Fine."

The flapper: "No one has anything on me."

The telephone girl: "I got your number."

The sausage maker: "Dog gone."

The fisherman: "I'll drop a line."

The author: "All write."

The seamstress: "Darn it."

The hydro electric engineers: "Dam it."

—Clipped.

Do not try to make a virtue of a small vice—consult your conscience.

Rickets in Birds

Feathers may be still another source of the much-discussed antirachitic vitamin D. Hawks and owls raised by Dr. William Rowan, of the University of Alberta, Canada, in captivity and fed on "livers and lights" from the butcher shop developed rickets and in many cases died before reaching maturity. His experiments are reported in Nature. Two young owls, however, that had been fed mice and sparrows almost exclusively, were not affected. This suggested the addition of chicken heads with feathers and an occasional sparrow to the menu of the rest of the survivors. Thereafter rickets ceased to give trouble.

The preen gland of the domestic fowl, Dr. Rowan points out, is known to be a rich source of cholesterol, one of the parent substances of vitamin D, a condition that may apply to feather oil. As further evidence for his suggestion, he cited the case of a merlin under his observation several years ago that fed her offspring on birds that were picked before they were brought to the eyrie. Only occasionally did she bring home a victim with the feathers still on, from which she fed the young birds mouthfuls of feathers only. Her offspring apparently objected to the "dose" because it had to be thrust well down their throats before it would go down.

"Possibly," said Dr. Rowan, "it is true that there is nothing new under the sun, and we may here be witnessing a crude method of administering the antirachitic vitamin D that has, no doubt, been in practice for countless centuries."—(Science).

THE SURGEON'S HANDS

His face? I know not whether it be fair,

Or lined and grayed to mark the slipping years.

His eyes? I do not glimpse the pity there,

Or try to probe their depths for hopes or fears.

Only upon his wondrous hands I gaze,

And search my memory through so fittingly

To voice their loveliness. In still amaze

I bow before their quiet dignity. They make the crooked straight

and heal old sores;

The blind to see, the war-torn clean and whole.

Throughout the suffering world they touch the doors.

That open wide to life. The bitter bowl

Of pain they sweeten till the weary rest,

As though the hands of Christ had served and blest.

—Ida Norton Munson,

In The Christian Century.

Don't worry when you stumble. Remember, a worm is about the only thing that can't fall down.

Tombstones are cold and cheerless. Yet they always have a good word for everyone under them.

Another Round Trip

(Continued from page 1)
with his retinue and Tony were due in Columbus for a short engagement before sailing for South America. Tom was somewhat indisposed but did shake hands and promised us a picture. There must have been seven million kids at the train in Columbus to meet Tom so it was with considerable difficulty that we finally landed at the Deshler.

The Ohio meeting was well attended and from the talk, was a success. The main issue was legislation and in order to shorten what would have been a long drawn out discussion they took the easy route and passed the buck to the trustees. The Ohio situation will have to be watched. Its solution may do us a great harm or a great good. We will have more to say about it in our next issue. It was gratifying to meet again many of the old gang and to note that regardless of the restrictions they are having to suffer in the state, they seem to be getting along well.

From Columbus we jumped to Flint, Mich. The local group led by Jeff Still booked us for a meeting in Dr. Tracy's office in the p. m. and held a big get-together banquet in the evening. We have never had a more attentive audience than the one that evening and those of us who do a little talking now and then surely appreciate such. Again it was a pleasure to meet old friends and to know that some of our former students are taking the lead in things that are for the good of the profession in this state. Sorry that we had to hurry away but we had to run along and after a brief top in Chicago, at which time we got a mere fleeting glance at the famous Bremen flyers we finally landed right side up at home. This closed another strenuous week of convention work, but one that was very gratifying from every standpoint.

Our heart swells with pride when we see what some are doing in the field. We have little to be ashamed of.

—H. V. Halladay.

Adkins, Inventor

Dr. Adkins gives an interesting example of the properties of carbon tetra-chloride. By pouring this volatile oil into a gopher burrough and, after the heavy poisonous fumes had flowed in and mixed with the air present, he ignited the liquid and vapor at the entrance producing an explosion which extended at least twenty feet under the ground. This terrific explosion drove the poisonous vapors throughout the borroughs killing worlds of gophers.

The Pyrene Co. is suing Dr. Adkins for libel.

By I. M. Incredulous,
Chief of Fire Dept.

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Osteopathy As a Profession

(Continued from page 1)

dividual concerned, that his forces should be directed towards the professions.

While Nature has so inexorably settled this question for many, she has failed to do so for the great majority and therefore to this latter class comes the inestimable privilege and grave responsibility of choosing a profession. It is that delightfully pleasing moment and opportunity of meeting the issue. All true men welcome it. How essential it is, therefore, that this choice shall be a deliberate one. The whole future depends upon it. Almost any choice may weather the first few years of life when ever very important matters are screened by youthful enthusiasm and the more serious affairs of men are not so clearly defined; but when the verities of life are confronted, when the obligations of human relations are to be met, then it is that men falter and are undecided and oftentimes lose their interest in the profession which they have chosen and in which they have given the best of their lives.

This is a tragedy, and has its settings on many stages, and its pathos deepens with the added years. Notwithstanding the fact that the mental element predominates in the professional life, still it is necessarily grounded upon the physical state of the individual. When the natural physical energies begin to wane it is too late, ordinarily, to choose one of the learned professions, for mental activities are a great strain upon the body and such persistent processes should be supported by the recuperative powers of youth.

How naturally it follows, then, that an early professional choice is highly desirable; and this is especially so since it takes a long life of preparation and practice to acquire an adequate knowledge and skill to measure up to the high degree of efficiency demanded of professional men. It is one of the lamentable observations of the present day that too many men imagine that a two or three or five years' preparation for entrance into some field of activity is a finished education and that the remainder of their lives is simply putting into application the knowledge which they have already acquired. These men are static from the moment they enter professional life. So far as they are concerned it makes no difference whether they have many or few years before them, they make no progress. They increase their skill but little, if any, during all their professional career. The inactive mind enervates all physical energies. There is exhibited no initiative and these people become "cocksure" professionalists. If they are preachers they are dogmatists, if they are osteopaths they are wholly specific lesionists and

if medics they are wholly scientific therapeutists. They are people who know. They know because their knowledge is so little they do not recognize antithesis. They only see one side of the question. They are simply fanatics or pseudo-scientists.

In making an early choice of professional life, everything is in one's favor. There is youth, energy, years, enthusiasm and a laudable curiosity, all of which surge and impel one onward, forever in the lines of progress.

One may have his likes and dislikes, one may have his ambitions, one doubtless has, for his highest interests he must decide now, for his mental and physical forces are either harnessed and directed or they are left to run riot and to be dissipated or weakened by the indulgence and the misdirection of the sensual influences of human nature, not only that, but added years say the recuperative powers and consequently diminishes the energies for application or shortens the time for repetition which is so essential to the acquirement of adequate knowledge and skill.

All the influences on the natural powers thus abbreviated by time and weakened by the dissipating tendencies unavoidable in human relations, tend during every moment of delay to push one nearer and nearer the trades and make it harder and harder to orient and adjust one's self to the demands of professional life. This is so forcibly demonstrated by the fact that so few men enter professional life after they are thirty years of age. Either they begin their professional preparation before thirty or they do not enter professional life.

The question once having been decided for all time, that the professional life shall be chosen, it now remains to be determined what that profession shall be. This question every man has to settle for himself, and this privilege of decision comes properly but once in a lifetime.

It is true, "Fortune brings in some boats unsteered," but the man of vision cannot depend on fortune. It has too many elements of uncertainty.

It is taken for granted that the man this article will reach has already decided to be a physician. The only question still undetermined in his mind is whether or not it shall be medicine or osteopathy.

This question would be easy of solution, could it be at once appreciated that osteopathy incorporates all that is good of the old system of medicine and rejects only that part which is generally acknowledged to be of little or no value. Osteopathy as a system is simply a radical protest against the unnatural, the useless and the harmful in the old medical systems. It emphasizes the natural forces of therapeutics. It never leaves this field of service and we speak of it, therefore, as the science of osteopathy.

Medicine is at best an artificial method of treating diseases. It is putting into the system substances which are for the most wholly incompatible with the tissues of the body and is always administered when a man is sick; in other words, when the tissues are engaged in a death struggle with disease and least able to bear it. Not only is that true, but medicine is also worthless with the exception of the few analgesics, anesthetics, a few home remedies and four or five specifics. This is a severe, yet true, arraignment of the oldest system of practice known to man.

The world has been friendly to medicine. It has taken it and believed in it and donated money to a thousand sorts of institutions to perpetuate it. Even today, almost the entire world is being taxed to build hospitals and schools in which to teach and practice it. It would, therefore, be unfair to say that the increasing unbelief in medicine and the marked diminution in its practice is in any sense due to wild and unfounded propaganda against it. The least that can be said is that people have just begun to arouse themselves from the long spell of drug therapy which has held them body and soul for the many centuries.

In contrast what can be said of osteopathy? It has been practiced for many years. Its inception, its development and its practice has met with the most hostile opposition. Many attempts have been made to outlaw it and in some few states the opposition has been rewarded by a temporary success. In every instance, however, the battle has grown warmer and fiercer and osteopathy has emerged triumphantly.

Compared with medicine, osteopathy is a youth and it has the vigor of youth. It is militant, aggressive and stimulates its devotees to the most unshaken loyalty. Its more than quarter of a century of application in almost every sort of disease has proven its high value as a therapeutic agent and this has been done by men and women, many of whom were not well grounded by thorough educational preparation prior to taking the course in osteopathy. With the past history of the system in mind, we fully expect the more highly educated young men and women who are now taking the course to show more fully what osteopathy can do and this suggests the future possibilities for one with ambition. How we are stirred by the feeling that we have a vital part in the development of a project and much more so must we be aroused to enthusiasm by entrance into a system of therapy which has so much promise. It may seem unfair to the many practitioners of osteopathy who have spent so many loyal years in the service to even mention the financial promise in the practice of osteopathy, but I cannot refrain from doing so since I am now considering

osteopathy as a profession. Every man must give this feature of any profession some consideration if he contemplates entering the field. I don't know of a single profession which one can enter without means in which one can more quickly establish his credit. This has been done in so many instances and, seemingly, so almost universally that to enter the practice of osteopathy is to be assured of success.

This is of no small consideration, for the future almost surely brings family responsibilities and educational demands. If one can follow his profession and keep his credit and meet the demands made upon him, he will be happy. If he cannot meet his obligations he certainly cannot keep his credit and it would not be honorable in him to stay in a profession in which he cannot support his family and maintain his social standing in the community in which he has cast his fortunes. The marvelous success of the practitioners of osteopathy bespeaks more eloquently than anything else the virtues of osteopathy as a system of therapeutics.

The one thing every man must bear in mind in choosing his profession is, what is the outlook? Is the field limited? Does it lead into a blind alley? Everyone has seen such business and almost every community affords some examples of old men who were following, for instance, certain trades which by reason of modern developments and inventions have been thrown out of their lifetime employment. Every community affords other examples of men of ability having gone up in their particular lines to the top, but when they reached the peak of that business they have neither fortune nor further opportunity for development. The inevitable result of this misfortune is stasis—mental and physical. If there is any one thing which is a nightmare to the real, virile and active young mind, it is limitation. Osteopathy without limitations is the slogan of the profession. If one wants to practice surgery, what better preparation can he get than that obtainable in a good osteopathic school? The same is true of obstetrics and gynecology and any of the specialties of the profession. As yet there are but few good surgeons and specialists in the practice of osteopathy. The field is open and unlimited and many communities are now calling for men of ability to take these places. Osteopathy has no blind alleys. It sets no limitations on men's ambition. Its boundaries are as limitless as men's activities. It fills an increasing demand in a field where other systems of therapeutics have failed. It affords hope to millions of suffering humanity. It gives mental freedom from drug thralldom and inculcates the natural sufficiency of body tissues to disease. Young men and young ladies you can do no better than choose osteopathy as a profession.

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

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

PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 5

JUNE 1, 1928

Number 22

Graduation

The class of May, 1928, brought their course in the study of Osteopathy to a close on the evening of May 24th, when the degree, "Doctor of Osteopathy" was conferred upon them by Dr. C. W. Johnson, the president of Des Moines Still College of Osteopathy.

Twenty-seven members of the Senior class of Des Moines Still College marched to the platform of the Hoyt Sherman Place as Leonard Kirkwood played the processional march. The hall well filled with parents and friends, was very quiet until that moment when all were assembled and then a great applause broke forth. The invocation by Dr. M. E. Bachmen was followed by two very pleasing vocal solos by Miss Marjorie Gilham who was accompanied at the piano by Mr. Kirkwood.

The address of the occasion was given by Dr. L. Myron Booser of the Presbyterian Collegiate Church of Ames. During his address he stressed the idea that a doctor should keep himself secure from the material temptations of life and avoid the tendency of the professional man to capitalize his skill. Continuing he stated that every doctor should have a philosophy of life.

(Continued on page 3)

Senior Banquet

The annual Faculty-Senior banquet was held at the Younker Tea Room Thursday, May 17th at 6:30 p. m. A most delightful dinner was provided and the appearance of the table proved that none of the faculty were of Scotch ancestry.

The table was very cleverly decorated in the class colors.

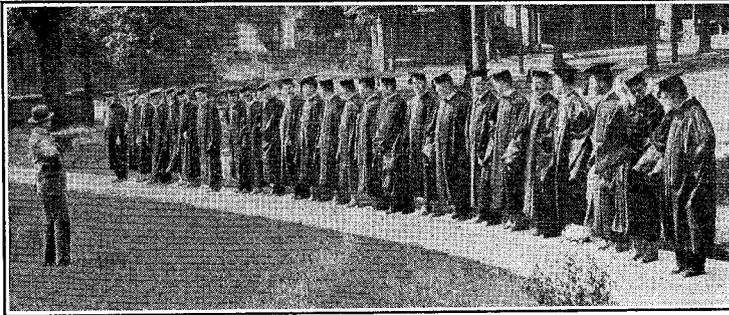
Dr. Robert Bachman was the able toastmaster and told of the ability of the various members of the faculty and especially of Dr. J. P. Schwartz, who as a very fine surgeon even removed the appendix from his Anatomy book.

Dr. Virge Halladay gave a brief summary of the various Osteopathic schools as he found them during his travels eastward. He later demonstrated his second spine.

Edgar Hubbell gave the class history and as the other speakers had forgotten to say anything about Dr. Bachman he told a very interesting story of his career while in school.

It was with rare regret that the party was brought to a close for this occasion will always be a fond memory to the Seniors.

GRADUATION



Class of May 24, 1928

Robert E. Adkins
Joseph Ralph Busek
Charles Carrie Carter
Walter B. Cuff
Clifford C. DeLong
Oscar J. DuBois
Joseph D. Flasco
John Clark Hovis
Edgar M. Hubbell
John Paul Jones
Irvin B. Kievit
Gerald H. Lauck
George H. Lawyer

Clarence Liebum
Welden R. Loerke
H. A. MacNaughton
Francis Willis McIntosh
Clyde Eugene Reed
Robert W. Ross
William E. Russell
Earl L. Shaw
Gail G. Smith
George Orlando Smith
Roy G. Trimble
Dale M. Weldon
Frank J. Wilson

C. Frank Zahner

Corporate Board Meeting

The meeting of the Corporate Board of Des Moines Still College of Osteopathy was held May 23rd, 1928. In the course of the business transacted the following were elected as officers for the coming year:

Dr. C. W. Johnson, president.
Mrs. K. M. Robinson, secretary.

Dr. R. B. Bachman, treasurer.
The following trustees were elected:

Dr. Bertha R. Crum, Ames, Ia.
Dr. J. P. Schwartz.
Dr. R. B. Bachman.
Dr. H. V. Halladay.
Dr. J. M. Woods.

New Clock

On the wall of the waiting room of the college is a clock which bears the inscription. "Presented by the class of May, 1928." It came as a delightful surprise to the entire student body and the graduating class is certainly to be commended for their foresight. The clock is a white Telechron electric, which adds much to the appearance of the waiting room and certainly is advantageous to the students as well as the patients. We thank the class of '28 for this gift to the school.

Visitors

The visitors of the graduation exercises represented practically every state in the union. Many parents, relatives and alumni visited the school during the day and then attended the exercises in the evening. Many a proud heart followed their son to the platform to see him receive the degree "Doctor of Osteopathy," and well they could be proud for an ambition had been realized and a goal had been reached.

The alumni who returned for graduation were:

Dr. E. H. Reed—Topeka, Kan.
Drs. Nelie and H. H. Cramer—Oskaloosa, Ia.
Dr. and Mrs. Bishop—Rock Rapids, Ia.

Dr. J. H. Hansel—Ames, Ia.
Dr. J. H. Voss—Albert Lea, Minn.

Dr. Bernard Jones—Estherville, Ia.

Dr. Mildred Trimble—Grinnell, Ia.

Dr. and Mrs. G. C. Trimble—Montezuma, Ia.

The Stillonian

The Stillonian of 1928 is here, and too much credit cannot be given the members of the Staff whose untiring efforts made possible the publication of this annual.

The book gives a complete re-

(Continued on page 4)

Stillonian Day

The last assembly of the year was a combination of Stillonian Day and Senior Class Day. The third period of the day the entire student body and many visitors gathered in the Assembly Hall on the fifth floor. A preliminary program opened the assembly and this was followed by the reading of the "last will and testament," by G. O. Smith of the class of May, '28. It was filled with many amusing incidents and the assembly was in a roar of laughter most of the time.

This part of the program was cut short by the arrival of the Stillonians for everyone was anxious to secure their copy and so the rest of the day was turned over to be celebrated as Stillonian Day. The staff had devised a very clever way of giving out the cards in the assembly room and then the books were secured at the Log Book room on the third floor and so all confusion was avoided.

The baseball game was called off on account of the impossibility of playing on a wet field. School was adjourned for the rest of the day.

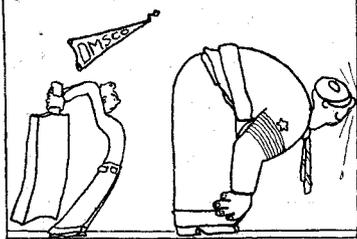
The Stillonian Day Dance which was held at the Hoyt Sherman Place was the main event of the evening following the various organization banquets and meetings. The "Romancers" furnished the music for the occasion and it was one of the finest dances that has been held this year. The baseball championship cup was awarded to Iota Tau Sigma fraternity and the H. V. Halladay Golf Medal to M. V. Hydeman, the winner of this year's golf tournament during intermission. The dance was very well attended and all that were there had an exceptionally fine time. The "Home Waltz" brought the day to a close and Stillonian Day of 1928.

Dallas Osteos Entertain

Dr. John P. Schwartz, chief surgeon of the Des Moines College of Osteopathy, was honored by Dallas osteopaths with a breakfast Sunday morning at the Jefferson Hotel. He stopped in the city on his way to the annual convention of the Texas Osteopathic Association which opened with a banquet Sunday night at Mineral Wells. Thirty attended the breakfast.

While in the city Dr. Schwartz was the guest of Dr. H. K. McDowell and Dr. Celia McDowell. He left after lunch for Mineral Wells.

FRATERNITY NOTES



ATLAS CLUB

Vacation is here and as has been said, "Men may come and men may go," so is this true as many men are now home, but fifteen preferred to stay for summer dissection.

Musselman, Monger and Schwartzbaugh sent a card from one of their stop overs. We hope that they have an eventful trip. We wish that all the members and the field men would send in a letter, at least send their address to 1725 Sixth Ave.

We wish to report that "Rusty" has his Ford out of the hospital where it underwent some minor repairs after he tried to stop a street car a short while back. It is now taking "Rusty" places.

We would ask those who have recently departed for home to write and tell the "lady friends" all about it so that the custodians of the house will find numerous telephone calls eliminated.

We were pleased to welcome Drs. Bernard Jones, Jack Voss, E. Hoyt and (Sheriff) Reed back for this year's commencement exercises.

News in Brief

John left for Po Dunk.

Wynn left a lot of junk.

Lathrope a marriage license to procure.

Dornbush and Jones a new member secure.

Musselman to see an organist in the nation (Ohio.)

Nossels of the Des Moines General for an operation (performed by Drs. Park and Reed.)

It will only be three months "Til we meet again," so be on your toes and BRING BACK A NEW STUDENT.

IOTA TAU SIGMA

The year is over, the house is empty except for the few that are remaining for dissection. With the termination of the school year, came the usual activities — banquet — Stillonian dance — etc. At the banquet Brother Howard H. Cook was presented with the "all freshman" cup, emblematic of the best all round freshman in the house. Everyone was well pleased at the choice. Brother Cook is deserving of the honor.

Graduation exercises were held at the Hoyt Sherman auditorium on May 24th. The brothers so honored are John Clark Hovis, Robert W. Ross, William E. Russell, Earl L. Shaw and George Orlando Smith. Dr. Smith was awarded the Sigma Sigma Phi medal for service. We are justly proud of Brother Smith and are pleased that his many efforts have been appreciated.

Heard At the House—

Nick Gill left a box containing his many fraternity pins. What—no campaigning this summer, Nick?

Harry Kale has a reception coming his way when he leaves Warren. See Richardson or Hughes.

The chemical compound R. K. R. and L. S. H. were successfully and thoroughly quizzed and somehow found proficient. Notice fruits this was an oral and plenty lengthy.

Brother Wigal out of the goodness of his heart, has offered to take care of several of the brothers' girl friends. Your generosity is surely appreciated. They would be taken care of.

Did (P. H.) Peterson get home safely? Why not write?

Blink Morgan is spending his days at Iowa City if past records are indicative.

The brothers that have not departed are anxious to do so and another week will find them working or enjoying the summer at their various homes.

This is undoubtedly the last message of the year. In closing may the writer express the hope that next year may be a busy one for him. Enjoy yourselves and when the bell rings next fall be there and ready to do your stuff for Still, for Osteopathy, and for Iota Tau Sigma.

PHI SIGMA GAMMA

Another school year has closed and the house has begun to assume a more quiet and sedate atmosphere.

Graduation took five of the brothers and though we hate to see them leave our fold, we wish them all possible success and hope too that they will not forget us in their crowded practices. The doctors leaving are: Oscar DuBois, Walter B. Cuff, George Lawyer, John P. Jones and Dale M. Weldon.

Adhering in the time honored precedence, the underclassmen were the first ones to leave the realms of knowledge, and Stritmatter, Madson and Scatterday vied for first honors. No doubt from the letters they were receiving we were lucky to keep them here that long.

Pledge Purdie is back in Boone along with the big husky, Andrew Ripley.

Reeves hated to leave his work for others to take up, but home called so he's in Muscatine.

Leighton Long is back in Pennsylvania for a big summer.

Chuck Auseon and pledge Shaffer hit the highway for Detroit. A card received a couple days ago said they walked 375 miles the first day. They're fast boys we'll have to admit.

Bob Hubbard went home to Virginia—yes West Virginia.

Smitty retreated to Ottumwa and is going to make up some back work—at least he's to be under close attention of a school teacher.

Widmer decided he'd return to Ohio and be certain that the government was handling everything all right.

Westy journeyed north to

Minnesota to save postage to the girl.

Some of the boys are remaining in town for dissection and summer work. Jimmy Shaffer and his big black job are busy with "birthday parties"—not much time for anything else.

Rudy Gauger is seen now and then around school and the house.

Dusty Dorwart, his new Chrysler and Peg—see one and you can't miss the other two.

Clark made a week end trip to the home village, but is back now for school work and general activities.

Rocky of Valley fame is house physician for the summer.

Jennings, our new OB man, besides assisting the Savory garage and Younkens, is selling cars. He also is driving a Chevy of his own now—says he gets thirty-five per out of it but can't get it into high.

Heinlen is holding down the usual routine.

Owen Taylor and Scotty are staying over the vacation. Owen is doing some research in anatomy and B. E. is juggling trunks.

We know the gang will have a big time over the summer and hope they're all back early next fall.

S. C. O.

Mrs. E. L. Morgan, psychoanalyst and phrenologist, gave a talk to the members of the S. C. O. Club April 30th. Her remarks were along the lines of her work which interested the members very much. A general discussion followed.

The election of the officers for next year took place May 7th. The results of the election were as follows:

Wayne Myers, president.

Victor Reeder, vice-president.

Semer Dahl, secretary.

Curtiss Parkinson, treasurer.

Wm. Hench, chairman social committee.

I. C. Gordon, chairman program committee.

Fred Martin, chairman membership committee.

Sunday, May 13th, the S. C. O. Club enjoyed a picnic at the Greenview Park. The main event of the afternoon was a Kitten Ball game between the members of the club. Wives, children and sweethearts of the members participated in the game. The report is that many are suffering from sore muscles due to their vigorous exertions. Wayne Myers had a wicked eye for the ball and threatened to vie with Babe Ruth for honors. We discovered in the game that Thistlethwaite needs more exercise. Victor Reeder with Mr. and Mrs. I. C. Gordon served the club with very tasty refreshments. A good time was reported by all those present.

The last meeting of the year was held May 14th, with Dr. C. W. Johnson, president of the college, main speaker. The Seniors, namely Drs. Wilson, Liebiem and Jennings were given their last chance to speak to the club. The club congratulated them and wished them every success in the world in their profession.



HOW IT FELT

"Did the doctor remove your appendix?"

"Feels to me like he removed my whole table of contents."

EVEN TO THE END

A Scotchman was leaving on a business trip, and he called back as he was leaving.

"Goodbye all, and dinna forget to tak' little Donal's glasses off when he isna lookin' at anything." — Northwestern Purple Parrot.

A SIMILAR TOKEN

Hilda (married a fortnight): "I do think it was kind of him to give us a wedding present. We scarcely knew him."

Jack: "Oh, well, you see, I sent a wreath when his wife died. I suppose he remembered I thought of him in his trouble, so he would think of me in mine." — Union Pacific Magazine.

ACCOMMODATING

Teacher—"You bad boy. I wish I was your mother for about twenty-four hours."

Bad boy—"All right, teacher, I'll speak to dad and maybe I can fix it."

SUFFICIENT

Two Irishmen, one accompanied by his wife, met on the street. Said Pat to Mike, "Let me present my woife to yez." "No, thanks," replied Mike, "Oo got wan o' me own."

"I could have bought that property for a song three years ago."

"And you couldn't sing?" "Oh, I could sing, but I couldn't get the right notes." — Selected.

Tombstone Dealer — (after several futile suggestions)—How would just a simple "Gone Home" do for an inscription.

The Widow—I guess that will be all right. It was always the last place he ever thought of going.—Pathfinder.

The nose, a physician says, is a feature which never changes. Unless, of course, it's poked once too often in to other people's business.—Life.

A woman is one who gets up the program of alterations for a self-made man.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor....H. V. Halladay

Editor.....R. B. KALE

Osteopathy Without Limitation

Appreciation

It is my pleasure to express the thanks of those who are interested in this publication to L. J. Grinnell, the past editor who brought a most interesting issue to us every two weeks. The Log Book has had a most successful year in every way and the past editors have set some high standards for its successors.

It is my purpose to make this paper a voice of the students and the alumni, to carry special features of interest to all and to strive in every way to make it a paper worthy of Des Moines Still College of Osteopathy and one that the entire Osteopathic profession will be justly proud.

—R. B. Kale, Editor.

From the Field

A letter from Dr. S. J. Nye tells us that he and Dr. M. C. Smith are now located in the Crofoot building, on one of the busiest corners of the city of Pontiac, Mich. He states: "Osteopaths here are a fine wide awake bunch of men and the best part of it is that they work together. They have just organized an Oakland County Osteopathic Association and are really making things hum."

We are always glad to receive such letters from the Alumni and we are especially glad to hear of the combined efforts of the Osteopaths of Oakland County in their organization. Our whole hearted support is with them for such organizations develop unity and strength.

To California

Robert Bryson and his mother, Mrs. C. A. Bryson, leave Saturday for California, where they go on account of Robert's health. He suffered a severe attack of flu some time ago and this with other complications have made it necessary for him to stop his school work and seek relief. He would have graduated this June from D. M. S. C. O.

Married

Dr. C. J. Reed and Miss Gladys Viola Senn were united in marriage on Monday, May 7th, at Ortonville, Minn. We extend our congratulations and wishes for much happiness.

One servant can accomplish a great deal if he sticks to his duties. One third of all the kidney tubes and tufts can get rid of all the waste products of the body if they actually work.

Sigma Sigma Phi Honor Medals



PROFICIENCY
H. A. MacNAUGHTON



SERVICE
G. O. SMITH

Sigma Sigma Phi Banquet

Sigma Sigma Phi held its semi-annual banquet for the graduating members of the fraternity at Younkers Tea Room, Tuesday, May 15th.

The honored were by name: George O. Smith, J. Clark Hovis, Weldon Leorke, Dale Weldon, Harry MacNaughton, Edgar Hubbell, John Jones, Clifford DeLong, Roy Trimble and Gerald Lauck.

Each graduating senior gave his farewell speech, following an excellent dinner. Ample entertainment being furnished by Harry ("Present") MacNaughton. Dr. H. V. Halladay gave us an interesting talk regarding the clinics of the other colleges which he visited during his recent trip east. The evening was brought to a close by some timely suggestions by Dr. Paul Parks.

Change of Address

If for some reason you are not receiving your Log Book maybe it is because we do not have your correct address. Perhaps you have moved and we do not know your new address. If there has been any change or if you have not received this publication and desire to do so we would appreciate your writing to us so we can correct or add your name to our directory. We are always glad to send it to prospective students and those who are interested in Osteopathy as a profession.

Golf Tournament

The Golf Tournament started soon after the Tennis Tournament with more than twenty entrants. It was played on the Waveland course and there proved to be many exciting plays. One by one the men were eliminated and the finals rested with Hydeman and Rose who had previously defeated Spaulding and DuBois. Hydeman came through the finals like a true warrior and for the second year won the Halladay Golf Trophy.

* * * * *
* **A. O. A. CONVENTION** *
* **KIRKSVILLE - 1928** *
* **DES MOINES - 1929** *
* * * * *

Iota Tau Sigma Holds Open House

Sunday afternoon, May 11th, from 2:30 to 5:00 o'clock, the members of Iota Tau Sigma fraternity held open house to students and faculty of Des Moines Still College and their friends. During the entire afternoon there were many friends to look over the new house and they all say that the house has "IT." The new house is located at 692 Seventeenth street, the corner of Seventeenth and Plasant. It is a large brick house well suited to house the boys of the fraternity and is in a splendid location in regard to school or town. There are five large rooms and a hall on both floors with unusually large closet space throughout the second floor. The third floor is used for sleeping quarters and trunk room and is well adapted to such a purpose. A large basement with showers and den completes the house. The new draperies, carpets, furniture and other furnishings makes an ideal home for the members of this organization.

During the afternoon refreshments were served and a most enjoyable program was given.
Piano Solo—Miss Evelyne Tallman.
Marimba Solo—Miss Cathryn Perry.
Vocal Solo—Miss Leona Jackson.
Violin Solo—Mr. Earl Hewllett.
Musical Reading—Miss Velma Shipp.

New Students

The graduation of the Seniors brings us face to face with the realization that there must be other students to take their places. The field is vast and the men and women that would make good Osteopaths are without number. You field men are the ones who come in contact with the young life of your community and you are in a position to talk to many, so with your help, your loyalty to Des Moines Still College we can grow even beyond our hopes. Our new building located in the heart of the city gives exceptional advantages to those who find it necessary to work. An unsurpassable clinic and a faculty of which everyone is a specialist in their subject assures us that Osteopathy is taught in its finest sense.

I. T. S. Win Championship

The Atlas Club pried the lid off the Interfraternity baseball league by defeating the Phi Sigma Gammass to the tune of 12 to 3. Dornbush and Ward comprised the Atlas battery while Weldon tailed for the Phi Sigma Gammass, with F. Shaeffer on the receiving end. Dornbush also proved to be the hitting star of the game by poling out a home run on his first trip to the plate and followed with singles on his next two attempts. Weldon and Dornbush both pitched a nice game, the former allowing nine hits and the latter only four, however Weldon's support was rather erratic, and was guilty of six errors. Taylor proved to be the fielding star of the game.

The second game proved to be a close and exciting game between the Non-Frats and the Iota Tau Sigmas, and was played under very unfavorable weather conditions. The game ended in a deadlock of three all after six innings of play. Ross and Lang performed on the mound for the Iota Tau Sigmas while Baldi worked for the Non-Frats.

The Iota Tau Sigmas got to Weldon in the next game for fourteen hits and thirteen runs to defeat the Phi Sigma Gammass
(Continued on page 4)

Graduation

(Continued from page 1)

that would enable him to enlist all that is fine in his patients to fight disease, that he needs to be a man who knows more about God and the spiritual life so that he has a deeper understanding of man. Further, a doctor cannot settle down, but he must continue to grow, he cannot be narrow in his science but should always work for the good of his patients. In closing he said that the doctor had it within his power to bring a new and finer understanding of life to his patients—he should be a true servant of God and a true servant of man.

Miss Marjorie Gillam again delighted the audience with several solos after which Dr. J. P. Schwartz presented the graduating class to Dr. C. W. Johnson, president of the college, who conferred the degree of "Doctor of Osteopathy" upon the class. The diplomas and special degrees were then presented. The Sigma Sigma Phi honor medals were then awarded by Dr. J. P. Schwartz. Dr. G. O. Smith received the medal for Service to the School and Dr. H. A. MacNaughton received the medal for Proficiency in Osteopathy.

An informal reception was held on the messanine floor following the exercises, for the congratulations and the well wishes of the parents and friends of the "New Doctors."

So as these men pass into new life and on the road to success The Log Book congratulates them most heartily and wishes for them that which is best.

Hospital for Niles, O., Assured

Through the efforts of the Board of Trade of Niles and Dr. H. E. Elston, who is a member of the board of trade, Niles is to have its long desired hospital. It will be under the management of Mrs. Caroline Mahood, a graduate nurse who received her training at the Allegheny General hospital, Pittsburgh.

The location will be one of the largest private homes in Niles, the E. A. Gilbert home at 611 North Main, which will be remodeled and ready for occupancy in six or eight weeks.

The building will have 15 private rooms for patients and one ward which will have six beds. It will be completely equipped for emergency cases, maternity cases, and general cases. Local medical and osteopathic physicians unanimously have expressed their enthusiasm and agreement to co-operate and it is hoped to make the Niles hospital one of the most efficient of its size in the state.

This accomplishment is not somebody's snap judgment, but the result of month's of effort in which many details had to be ironed out. Considering the many years during which a hospital has been wanted in Niles the community undoubtedly will greet the achievement with enthusiasm and give it a hearty support.

I. T. S. Win Championship

(Continued from page 3)

thirteen to three. Ross again proved to be the star of the game by pitching invincible ball in addition to cracking out three singles and was aided by Hovis, Lang and Smith in the heavy hitting.

The next time the Iota Tau Sigmas met the Non-Frats they proceeded to show the Non-Frats how baseball should be played when they trounced them to the score of 9 to 0. Ross again pitched air-tight ball with Hovis behind the plate grabbing everything that was dished up. Johnson was on the mound for the Non-Frats with Baldi doing the receiving.

The last game of the season was played the following day and the Iota Tau Sigmas proved that they were in the class of the field when they defeated the Atlas Club 10 to 0. Bob Ross pulled the iron-man stunt by pitching his team to victory on two consecutive days. Wynn starting on the mound was greeted by a single from Gill's bat. Cudden followed with a home run high over the fielders. The Iota Tau Sigmas took a short vacation in the second inning, the side being retired in order, but in the third the merry-go-round started and three men crossed the plate. Dornbush relieved Wynn in the fourth but it was of no avail. The Iota Tau Sigmas could not be stopped, continuing where they left off in the third

Drake Girls Glee Club

A review of the assemblies of the last semester would be interesting without a doubt and to select the best would be very difficult, for every assembly has been one of value as well as entertainment.

The Drake Girls Glee Club was one of the outstanding programs of the year.

Friday morning, May 11th, students gathered in the assembly room until it was packed to capacity, many finding it necessary to stand.

The program opened with the Glee Club singing several numbers that won the student body at once. Miss Dorothy Dinsmore then played several violin solos and her interpretations were very beautiful.

The second part of the Glee Club program was followed by Miss Francis Cox, who sang several solos in a most pleasing and charming manner. "The Bells of St. Mary's" brought to a close a program that was most delightful throughout.

The enthusiasm of a packed assembly and the extended applause showed that their program was appreciated.

Program

Rose of My Heart.
Four Leaf Clover.
Forget Me Not.
The Lamplit Hour.
Will of the Wisp.
By the Waters of Minnetonka.
Carmena.
The Bells of St. Mary's

Drake Girls Glee Club
Violin Solos Miss Dorothy Dinsmore
Vocal Solos Francis Cox
Accompanist Mrs. Lillian Sandbloom Wright

Tennis Tournament

The Still College Tennis Tournament was announced the 18th of April, and it was only a short time until there were twenty-eight contestants for the tennis championship.

Due to adverse climatic conditions the games were necessarily delayed but they were run off rapidly once the weather was good enough to put the courts in shape. Harvey, St. Amant, Shaw and Ward were the only ones left in the semi-finals after some close and hard fought games. Harvey and Shaw won the right to play in the finals by defeating Ward and St. Amant.

The finals resulted in a victory for J. D. Harvey, when he won over D. N. Shaw for the Schwartz Tennis Medal.

Like—but, oh, how different.
—Wordsworth.

they proceeded to do things up right when they cracked out six safe hits for five runs. The Atlas boys appeared to have lost their batting eye, getting only two hits in the entire game. Thus ended a successful season with the Iota Tau Sigmas in possession of the baseball trophy cup.

I. T. S. Banquet

The graduating Seniors were the guests of Beta chapter of Iota Tau Sigma fraternity Friday evening, May 18th, at a banquet at Younkers Tea Room. Promptly at 6:30 o'clock the members gathered around the table in a private room and enjoyed a mighty fine dinner.

Richard Rohde, acting as toastmaster of the occasion, introduced the various members of the Alumni and Actives appearing on the program of the evening, who carried the best wishes of the Chapter and the Alumni to the outgoing doctors. Dr. Steffen gave an excellent talk on "Ethics." Dr. Roberts made some clever repartees in the broad field of "Re-marks." He desired to make the "Re" and the graduating doctors could make the "Marks."

The Seniors graduating this year are R. W. Ross, J. C. Hovis, W. E. Russell, G. O. Smith and Earl Shaw, who each in their turn added well chosen words.

The Senior class presented a trophy of carved ivory to the fraternity as a graduating gift of the class, upon which the name of the president of the organization for each semester is to be engraved.

The Honor Cup of last year's Senior class was won by Howard Cook of the class of '32. They then adjourned to attend the "Stillonian Day Dance" at the Hoyt Sherman Place.

Chicago White Sox Visit Still

Bud Clancy, first baseman, and Crouse, catcher for the Chicago White Sox visited the college the morning of June 1st. Dr. Halladay, Lee Lindbloom and Larry St. Amant, former college chum of Clancy, escorted the players through the various departments of the college. The men were very favorably impressed with the completeness of the building and spoke very highly of it.

Russell Wright later gave these men an Osteopathic treatment. Their compliments on the thoroughness of the training that the Doctor receives at Des Moines Still College was unhesitating for Osteopathy is not new to the White Sox. Dr. Davidson of Chicago takes care of the team on all their home games.

Clancy and Crouse both expressed their thoughts as to the unestimatable value of an Osteopath in the care of athletic teams. It is their hope that all big league teams will carry an Osteopath with them on their trips.

When men like these boost for Osteopathy and demand Osteopathic care we know that Osteopathy will take its place in the athletic world. We were glad to have had these two famous men of the bat with us and hope that they will visit us again when they are in Des Moines.

The Stillonian

(Continued from page 1)

view of the administration and classes, activities, organizations, hospital and clinic, athletics and the various humorous incidents of school life.

It is dedicated to the Board of Trustees for their untiring efforts in the work of advancement of the science, the profession and the school.

The book contains pictures of the new building, the entire student body, the athletic teams, the various organizations about school and interesting descriptions of the departments in the college.

The book is one of which the students may well be proud, and will serve in the years to come to recall old memories of life as a student at Des Moines Still College of Osteopathy.

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Faculty Advisor H. V. Halladay

Deceased

The Osteopathic profession in Ontario has suffered a severe loss in the passing of one of its most beloved members, Dr. Robert Newton Pincock of St. Catharines, Ont., who died on Friday, May 11th, of nephritis.

Dr. Pincock was born in 1882, and prior to studying Osteopathy was a civil engineer. He graduated in 1917 from the Des Moines Still College of Osteopathy, and established himself in practice in St. Catharines. He was a member of the Iota Tau Sigma fraternity.

His genial disposition and lovable nature won for him a host of friends, and his conscientious and painstaking work built up for him a large and successful practice.

Unfortunately he was not robust, and during the last few years, as his practice increased, his health decreased. His patients invariably spoke well of him, as also did his fellow practitioners, by whom he was greatly respected.

His passing is a severe blow to Osteopathy in Ontario.

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Iowa Convention

The 30th annual convention of the Iowa Society of Osteopathic Physicians and Surgeons met at the Hotel Fort Des Moines, Des Moines, Iowa, May 24-25, 1928.

The program chairman, Dr. Rolla Hook, did himself proud for there never was a bigger and better program presented to a state convention. The convention was called to order Thursday morning at 9:30 and the invocation given by Dr. M. E. Bachman. Mr. George Hamilton of the Chamber of Commerce gave the address of welcome for the city of Des Moines and Dr. H. J. Marshall for the profession of the city. These were responded to by Dr. Rolla Hook.

The president, Dr. C. N. Stryker then gave his address and if the profession of Iowa will follow his suggestions for the future, Osteopathy in this state will advance many times. As president for the past two years, Dr. Stryker has done much when one considers the difficult times through which he served.

Dr. J. P. Schwartz, Surgeon-in-Chief of the Des Moines General Hospital then gave a splendid talk on "Peptic Ulcer." So good was Dr. Schwartz's talk that when it announced that Dr. George Laughlin could not be on the program that morning, Dr. Schwartz was asked to continue his talk and discussion on "Peptic Ulcer" for another hour and it was an hour well spent.

We then adjourned for lunch to meet again at 1:15. For the preliminary business session at 1:45 the Hon. Henry E. Sampson, General Counsel for the Professional Insurance Corporation gave us a most instructive talk on "Legal Hazards in Practice."

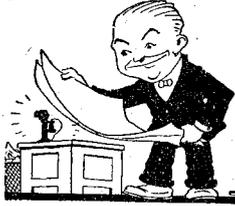
Dr. Della B. Caldwell then enlightened us on "The Opportunity of the O. W. N. A." and I think most of us men little realized what the women of our profession are doing for Osteopathy.

Dr. J. L. Schwartz then gave us a splendid paper on "Official Philosophy in General Practice." This is work we should pay more attention to.

In the evening all the physicians attending the convention were invited to attend the graduation exercises of the 1928 class of the Des Moines Still College at Hoyt Sherman Place.

Friday morning there was a business session at which time Dr. R. B. Gilmour was elected president for the coming year, (Continued on Page 3)

Registration



The Freshman class of the coming school year looks as though it will be a record breaker as far as we can judge of those who are sending in their names and others who are making inquiries as to when the school year opens. The office is well pleased and are working hard to care for all the detailed information that is necessary. Those desiring any information in this regard will be taken care of as quickly as possible and should address all their mail to the secretary of Des Moines Still College of Osteopathy, 722 6th Ave., Des Moines, Iowa.

New Catalog

The Catalog of Des Moines Still College of Osteopathy is now available to all that are interested in the school either as a prospective student or as a field member who desires to secure same to interest new students in the college.

The book is most complete in every way, containing a full picture of the new building, pictures of every department of the school and a diagram of the interior of the building. It also contains pictures of the various fraternity houses of the institution.

A short write-up on the history of the college is given and this furnishes interesting data concerning the school. A list of the entrance and graduation requirements are listed followed by the rules and regulations of the school. A schedule of the classes with a most complete description of each department, what is taught in each department and a description of the Des Moines General Hospital complete the book.

It is without a doubt a valuable book to the field doctor in securing new students and to the new students too that they may gain a better knowledge of the school that takes its rightful place as leader in the teaching of Osteopathy in its truest sense.

Were it not for lowered resistance, disease would soon become an unknown quantity.

Dissection

A few days after the doors closed on another school year a notice appeared on the board to the effect that the summer class in dissection would start on Friday. Previous to this announcement there had been a call made in assembly and later a sheet was posted for those who desired to take the summer course in dissection to register. The most surprising thing was the number that signed as it was above all expectations. There were close to seventy-five that signed but when roll was called in the dissection room it was found that many could not resist the call of home and those in various parts.

Dr. H. V. Halladay, head of the anatomy department, has charge of dissection. Work was started at once and all assignments were made so that those who stayed knew that they were there for business. There are over fifty taking the summer course and with Dr. Halladay in charge we are assured of a most thorough and complete course.

The class proves to be a regular dissection gang and daily the passers-by can hear the chant of melodious melodies (?) They are getting in good practice for the Fourth of July for Dr. Halladay promises them all that they will be able to go home and celebrate the Fourth.

Married



The marriage of Dr. W. E. Russell, of the Class of May and Miss Helen Cissna took place at the home of the bride Saturday, June 2. To them we extend our best wishes and congratulations.

Dr. Mabel F. Martin of the class of 1923 and Mr. T. A. Gwillim were united in marriage on January 22, 1928, at her home in Weslaco, Texas. We send our congratulations and wishes for happiness.

* * * * *
A. O. A. CONVENTION
KIRKSVILLE - 1928
DES MOINES - 1929
 * * * * *

Summer Clinic

The clinic for the year 1928 opened May 28 with an enrollment of thirty-two students who remained at the college for special summer clinic and its advantages in the different cases that come before the summer session. There is a great variety of cases on each clinic day including both acute and chronic types. Many exceptionally rare cases have come before the group to be examined and each day has been one filled to capacity, in fact it is often necessary to ask them to report the next day as it is impossible to care for them in the time allotted to the examinations.

Plans for a change of routine are now under way whereby the patient is first assigned to a student who makes all preliminary examinations and secures a complete case history. The patient is then asked to report the following day at which time the student is able to make a report of his findings to the student body and to the examining physician. The examining physician then checks over the case, knowing the laboratory findings and gives the Diagnosis, Prognosis and Treatment. This method will eliminate much otherwise wasted time and will bring out points that are valuable aids in diagnosis that the patient would not tell before the students in the clinic room.

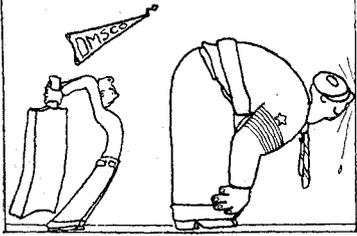
New clinic sheets that are more complete in every important detail are being planned and will be ready for use soon. These will show all physical and structural changes, complete findings of analysis, all heart conditions, reflexes, etc., making a most complete and thorough examination in every way. A record of the progress of the case will be kept by the student and will add greatly to his interest in the case.

This promises to be one of the largest in the number of cases, variety and treatments given of any summer clinic in the history of Des Moines Still College. Assistant Clinician, R. A. Lypps.

Senior Class Picture

A recent issue of the Des Moines Register and Tribune had a picture of the graduating class of Des Moines Still College. It was a very fine likeness of the class and those that saw the picture were more than pleased in every way.

FRATERNITY NOTES



ATLAS CLUB

The last week has been an uneventful one at the house. Dave McKeon, however, has discovered a novel method of awakening the boys in the wee small hours. Mr. Pending is taking care of the patent and as soon as this can be accomplished he will have it on the market.

Noseck, tired of playing custodian, packed and left for the east. We feel sure that the east will hear all about the "Tall Corn of Iowa."

Bros. "Ole" Nickolson, Larry St. Amant and "Rusty" Wright have acquired the art of trilocation insofar as being in many different places at the same time. Last Sunday they attended a birthday party, a wedding anniversary and then went other places (?) and what have they.

We understand that Bro. Weir and his wife are "spending" the summer in the city—where they make all those automobiles.

The big oil man W. E. (Casey) Jones has left for "Paradise on the Hill" as a "thumb" tourist. Got all the digits, Casey?

Bro. Richenbacher, our efficient mechanic, decided to see how the other fellows do it—he sent his car to the garage.

Lost, Strayed or Stolen—One Kenny Moore. He disappeared soon after school was over, and has not been heard of or seen since. Any news of his whereabouts may be sent to 1725 6th Ave., Des Moines, Iowa.

Bro. John George Harvey has convincing proof of his identity. Just ask John who he is.

Bro. "Dud" Smith is making himself known by his ever increasing and extensive practice.

Knowlton, the "Knight" of the baths is now a bachelor. His wife is visiting relatives in O ah O.

Pledges Rose and Treat are sticking in the Buggy—just doing nicely.

Ken Ward, of Dodge car fame, our cadet from Canada has found a way to keep the Prince from falling off his horse.

Ken claims it very simple
No more the Prince shall fall,
For all the Prince must do,
says Ken
Is to leave the horse in the
stall.

Last Minute News

"Brute" Monger just sent a letter telling us that everything is Oak. Got a job and everybody calls him "Doc."

Cowboy Hughes also tried a hand at writing. He says that the pony farm has been neglected. He awaits the arrival of

Cowboy Faus. Ride them cowboys and bring back some more "Oregon Tenderfoots."

IOTA TAU SIGMA

At last, we have another vacation, that is, for some of the brothers, but it is a different vacation—instead of "cracking books" most of them may be "cracking stone" some place for some reason. We hope they are still earning their \$2.50 a day.

We are very glad to announce the marriage of Miss Helen Cissna to Dr. W. E. Russell. The ceremony took place at her home on Ingersoll Ave. June 2. After the ceremony the newly wedded couple sped away in their "two cylinder" car for a brief honeymoon through southern Iowa. They are now located at Leon, Iowa. We wish you well, "Runt."

With the close of college most all of the brothers are home, with their feet under the table eating good, wholesome food, with the exception of the following: Sluss, Kale, Steninger, Spaulding, Wigal and Gephart. They still feel studious so stayed to finish up their dissection work.

Dr. Ross will soon depart for another shot at State Boards, this time it will be Illinois—good luck Doc.

The call of "The City of Certainties" brought Dr. J. A. Wadkins back to us. He will be here for the summer.

What the boys are doing—hard to tell.

Dr. Hovis interning in a Detroit hospital.

Doctors Smith and Shaw are studying for State Boards.

Embryo Doctors

Bro. Herrick is back in Sycamore, Ill., taking care of his practice as well as Uncle Sam's mail to the fair city.

Bro. Ike Cudden, the "Red Grange" of Sycamore, should be in good condition to carry on his studies next fall.

Bro. Hughes is now in Detroit helping Henry Ford make more money. Big hearted Hughes.

Bro. Rohde is baking bread for "The Capitol of the World."

Bro. Rorick is either married or running his "fruit stand" at Chippawa Lake. How about it P. D.?

Bro. Harold Charles Herbert Cudden is feeding the people of Sycamore, they can't get along without him.

Bro. "Lily" or "The Knight of Malta" is back at his old habits, plowing corn, or in other words the pilot on the farm.

Bro. DuBois is now recuperating in his Ohio town after a hard year's work in college.

Bro. Gill, the Tomato King, of Millersport is doing his bit on the farm when he is able. How's the corn, Nick?

Bro. Lang is taking a course in "How to Keep a House Warm." More power to you Red.

Bro. Richardson is playing his way through the summer with his Sax. Air must be pretty free in Minnesota.

Bro. Morgan, the pride of St. Ansgar is nothing but a common laborer. He says he'd rather be

a student. He must be cracking stone. Let us know "Blinky."

Bro. Hewlett, well we know he is out of mischief as long as he is in Swaledale. They keep a pretty good check up on him there. He has plenty to do, mowing grass.

Bro. Nowlin runs a ferry boat across one of these Illinois rivers when he is not taking his dip.

Bro. Harry Kale spends most of his time tuning up his Franklin car so he can drive back this fall. How fast will she go now, Harry?

Bro. Morrow and Cook must be taking life easy, we haven't heard from them.

Bros. McFarland and Wright have their business to attend and have not been able to get around to the house for a short visit. Business is business.

That's all, there ain't no more.

State Boards

The most recent reports from the various states of those that graduated in the May Class of 1928 show that all are engaged or have taken the State Board examinations. The reports are most favorable in all cases where the men have at least taken the Osteopathic part. The results speak well for Des Moines Still College. Several have finished one board and are now taking another in another state.

The following doctors are taking the various state examinations:

Michigan

J. Clark Hovis
H. A. MacNaughton
F. E. Schaeffer
Dale Weldon
Clarence Leibum
Irvin Kievit
Paul Marquand
Dean Elsea

Missouri

J. R. Busek
C. F. Zahner
W. B. Cuff

Ohio

Stanley Evans
J. D. Flasco
C. F. Zahner
C. M. Jones
G. H. Lauck
Frank Wilson

Illinois

R. W. Ross
R. J. Busek

Iowa

Roy Trimble
W. E. Russell
C. C. DeLong
O. J. DuBois
F. W. McIntosh
R. W. Ross

Texas

J. P. Jones
Geo. Lawyer
C. C. Carter
G. O. Smith

Nebraska

E. M. Hubbell
W. R. Loerke

Minnesota

E. L. Shaw

Kansas

C. E. Reed
G. G. Smith

NO TIPPING

She: "Why didn't he tip his hat?"

He: "He's Scotch."—Judge.

We're in the Movies Now

A recent advertising contract with the local newspaper gave us 100 feet of film and under the direction of Dr. Halladay this has rounded out into a film story of the college. Together with titles this film will run about ten minutes and will be available for use in any auditorium and at any meeting where a visualization of Osteopathic college activities is sought. The scenes in their order are as follows:

(1) Freshman—Demonstration of work in Chemical laboratory.

(2) Sophomores—Studying Pathology.

(3) The bell rings. (Students leaving the building at the noon hour).

(4) Juniors—Physical Diagnostic Clinic.

(5) Demonstration of Spinal Movement with subject and specimen.

(6) Seniors—Meeting a patient.

(7) The finished product.

(8) Dr. Johnson, president of Still College.

Watch for this film at the A. O. A. meeting in Kirksville.



PROBABLY BOTH

Dietitian: "—a few leaves of lettuce without oil, and a glass of orange juice. There, madam, that completes your daily diet."

Mrs. Amplewaite: "And am I to take this before or after meals?"—Goblin.

LEARNING EARLY

Willie: "Pa, can I have a penny? I want to make a down-payment on an ice-cream cone."—Life.

MODERN AGRICULTURE

City Visitor (enjoying a trip around the farm): "And that man over there, I suppose he's your hired man."

Farmer: "No, we don't have a hired man, now. That's the first vice-president, in charge of the cows."

FIRST AID

Wife: "O, baby's cut a tooth."
Hubby (ex-army doctor): "Paint it with iodine."
Answers.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President C. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....R. B. Kale

Osteopathy Without Limitation

Gorgas Idea

"As a part of its work in carrying out the Gorgas idea of personal health, a phase of our campaign is to urge people to obtain an annual health examination from their family physician. Many dangerous diseases can be reached and controlled in this manner and the annual death rate thus lowered."

The causes of premature death among the middle-aged, place worry first as a prime factor. Worry does two things; it depresses vitality by opening the road to disease; and it predisposes to failure. The worried man is a fearful man; he has self-doubt, and often what the psychologists call an inferiority complex follows. With the vast majority of men, it is as it was with the warrior who, on his premature death-bed, observed to his physician: "I have had many troubles, but most of them never happened." Economic pressure must plead guilty for the high death-rate of the middle aged in that it has made hard work and long and arduous hours necessary for the majority. High pressure consumes the vital forces of a man. To live strenuously, which is the ideal of the times, is to burn out prematurely. Akin to the foregoing cause must be reckoned the depressing and thus devitalizing influences of failure. Men without mental or spiritual resilience do cast them down; and it keeps them down. The secondary causes of the soaring death-rate of the middle-aged are physical. Civilization has put into the hands of men many exotic pleasures. They are safe enough for the wise; but they are pitfalls for the weak. The best and greatest factors towards long life are high aims and the development of the capacity for love. There are many instances where love has shielded the wavering flame of life from the cold blasts of pursuing death.—Pharmaceutical Advance.

"That Something"

In the next issue of The Log Book the first part of a continued story called "That Something" will appear. It is well worth every reader's time to secure each copy of The Log Book, so that you will not miss a part of it, and read and ponder for a while.

Send in your correct address.

Ultraviolet Ray Enemy of Germs

That the rays of the sun have a very definite therapeutic value is common knowledge. That this is due to the presence of ultraviolet rays, and that these rays are at once a great curative agent and a decidedly serious menace is not quite so well known.

Practically all of the dangerous common germs may be killed by direct exposure to ultra-violet rays. The infantile disease, rickets, practically is unknown in the tropics where the sun's rays are sufficient to provide plenty of ultra-violet: that the disease is common in northern areas where children do not receive ultra-violet. He continues:

"In our large cities sufficient sunlight to prevent rickets comes through only during the hours from twelve to two, and then only during the summer months. The ultra-violet rays do not pass through window glass unless it is very thin or specially prepared. Therefore special types of glass have been provided which will permit passage of the sun's rays. But if there are not enough rays to get any effects why provide the glass? Perhaps even the little that does get through may be worth while. Then too, there are advantages in the heat rays and in the light, and these things come through any type of glass.

"The effects of ultra-violet rays on general health have already been mentioned. They seem to have certain well-established powers in relation to nervous tissue and to nervous symptoms. They are known to accomplish definite effects on tuberculosis glands, on tuberculosis joints, and on tuberculosis infections of the superficial portions of the body generally. Indeed, experiments made upon rats indicate that regular exposure to ultra-violet rays may be of value in building up resistance against infections of the breathing apparatus, including the lungs, sinuses, nose and throat. Some diseases of the skin seem to respond definitely to ultra-violet radiation. The action of the ray in stimulating differentiation and growth of tissues has been used as an argument for their use in causing the growth of hair on bald heads."

From the Field

A very interesting letter comes from Dr. Mabel M. Gwillim, formerly Dr. Mabel F. Martin, of Weslaco, Texas. She was married on Jan. 22 to Mr. T. A. Gwillim. Congratulations. She has lost track of some of her old classmates and would like to get in touch with them.

It is easy to let the days and years roll by and not write and as in this letter many would like to hear from you and to know what you are doing and where you are located. Take your pen in hand when you have a few minutes during the lull in your heavy practice and write to some of the old classmates.

Iowa State Board Questions

Anatomy

1. Give location, origin and insertion of the anterior common ligament.
2. a. Give the location of the superior oblique muscle.
b. Give the action and nerve supply.
3. Give location, origin and insertion of the stellate ligament.
4. Give the origin, insertion, action and nerve supply of the deltoid muscle.
5. a. Describe the diaphragm.
b. Give action and nerve supply.
6. Name all the arteries in the formation of the Circle of Willis.
7. Name the eight branches of the external carotid artery.
8. a. The Superficialis Vole is a branch of what artery?
b. With what artery does it anastomose?
9. a. Name the four most important glands found in the small intestines.
b. Which ones are most effected in typhoid fever?
10. Name the most important ductless glands.

Osteopathic Practice

1. How would you differentiate chicken-pox from small-pox.
2. a. When is paracentesis tympani indicated?
b. What special care should be used?
3. a. Name some symptoms of sinuitis.
b. Give the method of diagnosis and treatment.
4. a. What disease do you expect to find in a patient when Romberg's sign is present?
b. Name some symptoms.
5. Describe the symptoms of gastric ulcer perforation and outline the treatment.
6. a. Name the causes for hemorrhage or bleeding through the mouth.
7. Give diagnosis, care and treatment of pertussis.
8. How would you differentiate between membranous croup and croup?
9. Give the symptoms, treatment and prognosis of diabetes mellitus.
10. a. Name the most common causes of a dropsical condition.
b. How would you determine the exact cause?

Principles and Technique

1. a. Is hydrotherapy valuable in an osteopathic practice?
b. If so, give outline of uses.
2. a. How many kinds of synovial membranes are there?
b. Name them.
c. Describe the synovia or fluid.
3. a. Is physiotherapy a good adjunct to an osteopathic physician?
b. If so, name some of the conditions in which it is indicated.
4. If you were called in a severe case of uremia, outline principle care and treatment you would use.

Iowa Convention

(Continued from Page 1)

Dr. Rolla Hook, vice-president, and Dr. C. N. Stryker secretary and treasurer and district superintendent.

Dr. A. W. Clow, editor of the state Bulletin and the following trustees: Dr. William Furnish, Dr. D. M. Kline, A. W. Clow, R. W. Schuitz, R. M. Marton and D. E. Hannan. Following the business session, Dr. George MacGregor of the Chicago college gave a splendid talk on "Dietetics in General Practice." Dr. MacGregor received a lot of newspaper publicity. Dr. George J. Conley of Kansas City college then gave a fine talk on "The Treatment of Fractures and Their Sequelae." There was no question about Dr. Conley knowing his field.

At 12:15 the crowd marched into the banquet room for a banquet luncheon. Dr. Della B. Caldwell was the toastmistress and she was some toastmistress. To make a long story short, it was a good banquet with some wonderful talks and everybody enjoyed it.

In the afternoon Dr. George MacGregor gave a splendid paper on "Dietetics of Gastro-Intestinal Diseases," and Dr. George J. Conley on "Differential Diagnosis in Bedside Practice."

Saturday was devoted to clinic at the Des Moines General Hospital with Dr. J. P. Schwartz in charge of General Surgical cases. Dr. J. L. Schwartz in charge of Rectal Surgery and Dr. H. J. Marshall in charge of the Ear, Nose and Throat surgery. The clinics were so large that it took until Tuesday morning of the next week to complete them.

Internships

The Des Moines General Hospital has selected Dr. Roy Trimble of the Class of '28 as the intern for the coming year. He is to be congratulated and this we heartily do and wish him the best o'luck.

Drs. J. C. Hovis and H. A. MacNaughton will intern in the Detroit Osteopathic Hospital. Our best wishes are with both of them.

5. When a person retires feeling well and on arising in the morning has acute torticollis, what has happened?
6. a. What are the effects of vaccines and serums on the system, harmful or beneficial?
b. Why?
7. a. Should you expect quick results in treating acute cystitis.
b. Outline the treatment.
8. Outline the treatment for misplaced semilunar cartilage.
9. What glands secrete the following: a. Sebum, b. Semen, c. Cerumen.
10. Define the science of Osteopathy.

(Continued Next Issue)

Confidence is the backbone of all business. Don't do or say anything that would tend to destroy.

Alumni!

Right About Face! Attention!

Halt!!



GRADUATION is over in both high schools and colleges and there are many who are going out into the world not definitely decided as to their life work. Have you explained the possibilities of Osteopathy as a profession to those that you come in contact with in your daily life? Do they know that Osteopathy is one of the leading professions in this day—and that it is growing with each year? Explain to them the broad field that is open and the real service that they can render to their fellow man, as well as what it means to them in the professional world. Tell them the truths and the facts as are daily proven in the field and help them choose a life's work that has the highest aims and the finest ideals—and where they can perform a real service.

Don't Mark Time!

Be Loyal--Boost Osteopathy!

FOR FURTHER INFORMATION ADDRESS THE SECRETARY

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 SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 5

July 1, 1928

Number 24

Legislative Progress

Those of us in the college game look with interest on the various legislative programs as they are announced or as our attention is called forcibly to them by letters from some legislative committee. We try to analyze these progressive attempts guessing as to the probable effect on first, those who will study Osteopathy in the next twenty-five years and second, those who are in active practice in the community. So far we have not seen any legislation that was primarily instituted to encourage young men and women to study our science. Legislation is put across with one idea in mind only and that is to permit the individual practitioner to do as he pleases. A good deal has been said and written about the subject and as perhaps in this case, by those who know very little about it. But here is the point—How do you apply the word "progress."

If we expect the Osteopathic profession to progress one thing we know must happen is an increase in numbers. We cannot gain strength by reducing our numbers even though every graduate had several college or university degrees. In order to gain this much needed strength we should keep our preliminary down to a sane level. Some of our states are worth nothing to the colleges if we figure the possibility of securing students from that state in any number. Then by the same sign that state is worth little to the profession for it is not producing Osteopaths. Progress in legislation should accomplish two things. It should give to the Osteopath those privileges that he is entitled to receive. An Osteopath should be permitted to practice Osteopathy as it is taught in all qualified Osteopathic colleges. This same progress should encourage our young people to take up the study of Osteopathy in preference to the study of Medicine. Now, have we any legislation written with the two ideas in mind? To be absolutely frank about the question the most of our so-called progressive legislation has resulted in reducing the number of students from these states.

Every one of our recognized colleges is asking for more students. In your state there are many boys and girls that have just now completed their course in the local high school. How many of these boys and girls can step into an Osteopathic College and begin the work and at the

(Continued on page 2)

THE BUILDER

BY GERRIT A. BENEKER

I am the Builder; on my throne
Of iron and wood and steel and stone,
I stand the Builder, but not alone:—
In God's own image, from God's own plan
From common clay, He built Me, Man.
From common clay, He raised the ban
That I might live—but not alone.

From God's own earth I scoop the ore,
The coal I mine, the rock I bore,
The lightning's flash from the air I store:
This clay fuse I—with fire to mock
The Ancient Gods; their temples rock,
Crash back to earth; tongues interlock
To build no Babel as of yore.

Where once a hillock was but small,
I build the city towering tall,
The peasant's hut, the marble hall:—
With men from many a foreign strand,
I build with heart and soul and hand
America—the Promised Land!

Summer Dissection Ends

The summer course in dissection is finished and most of the class have returned to their homes in the various parts of the country. Due to the fact that summer clinic is large many however decided to stay and take advantage of the possibility of finishing their treatments.

The past class in summer dissection was the largest in the history of the school and under the able direction of Dr. H. V. Halladay some excellent work in dissection was accomplished. The last couple weeks he devoted to a very fine review course in the form of quizzing over the entire course, in addition to the daily dissection work.

Why Not Write



Many inquiries come into the office in regard to the location of the graduates of the college. Some want to know the address and others want to know how they are getting along.

Now if the alumni will drop us a line and give us their correct address and tell us all about their successes we will be able to answer all the questions.

We especially want to hear from the recent graduates that have not written. Tell us where you are located and what you are doing.

Don't wait, but take a few minutes now so we at least will know where you are and what you are doing in Osteopathy.

Twins At Mercy Hospital

Dr. Walker reports that the Ruch twins, born at Mercy hospital at St. Joseph, Mo., two weeks ago to Mr. and Mrs. Harold Ruch of King City are doing very nicely and that the mother has been taken home. The twins were delivered by Dr. Walker and Dr. Welker and the parents were so well pleased that they decided to name them for the two attending physicians, Walker and Welker Ruch.

Dr. Walker will be located permanently in a suite of rooms at the hospital after July 1st.

Summer O. B. Assistants

James Shaeffer of the Senior A class and Harold Jennings of the Senior B have charge of the Obstetrical work in the clinic this summer. Both men are well qualified for the work.

The clinic has had some very interesting cases so far this summer and with such cases available the students are indeed fortunate. The clinic is without a doubt unequalled in the profession both as to the type of the work and the number of cases that each student attends.

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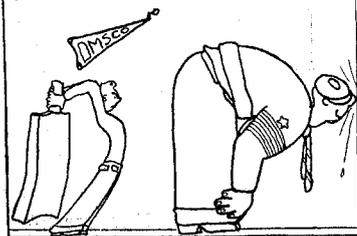
Des Moines General Hospital Notes

The Summer Clinic Season opened with the State Convention Clinic, May 22nd. During Convention week we did twenty-two major operations and some fifty minor operations. Many of the Field Doctors took advantage of the Diagnostic clinic, and a number of patients were sent in for complete examination. We feel well paid for the effort made by our staff to take care of the extra work, as the letters of satisfaction received have been very gratifying.

The Minor Surgical clinic has been running way in advance of previous years, and without a doubt this year will establish a

(Continued on Page 3)

FRATERNITY NOTES



ATLAS CLUB

Soon the custodians of the house will be traveling homeward. "Ole" has moved the Norwegian trunk from the attic and it is now filled with summer accessories—and we hope books.

Bro. Dornbush is anxiously awaiting the arrival of his parents who are motoring through to Stubenville, Ohio.

Bro. "Rusty" Wright has a new Ford on his key—in preparation for his eastern tour.

Bro. Neal Holten is dusting off "Old Iron Sides." Neal and his wife are driving east—some 1800 miles. And we hope that they make it.

Bro. St. Amant has decided to wait a week or two before leaving for Detroit. We understand that he has a very attractive reason for remaining. Larry will be around to take care of the letters and the Log Book notes so mail away and don't forget the pledges.

Prof. Gordon and his family will occupy the house during the months of July and August.

Letters received so far have been few but nevertheless very interesting.

Bro. "Casey" Jones has joined the tin business in Niles, Ohio.

We were pleased to learn that Bro. Nossek arrived safe in Pittsburgh but what is better that he landed a position in the Pittsburgh school system.

"Kenny" Moore also wrote. "Kenny" is clerking in a clothing store. My! What versatile men.

Visitors were few but selective. None other than Myron Vinton Caldwell was with us for three days—that is, his headquarters were here. "Mike" seemed to enjoy himself and we know that the girl friend did also.

Bro. L. C. Johnson of the class of '24 is taking P. G. work in the city. L. C. is staying at the house. We might add that Dr. Johnson is responsible for the boys getting to class on time for dissection. Bro. Johnson hails from Norfolk, Neb.

Anything—

The Asyshire is the latest addition to the Club.

Must mention that we have been picking up—May the Freshmen profit by our work.

The fact still remains that "Dud" Smith did stay at home last Saturday night. These dissection books are so fascinating don't you know.

Pledge Rose has worn out a pair of golf shoes during the contest. There's nothing like looking forward Rose. The Atlas Club wants the trophy.

We hear that Pledge Treat is

a step and a half ahead on the dissection notes.

Fedson is getting along very nicely except for a little weakness in the region of Grinnell.

Ernie Faus is getting in trim for his Oregon reception. We understand that he purposely misses the Valley car just for the exercise.

John Harvey wants the boys to know that everything is Oak with him.

Dave McKeon is still in the buggy.

Letters from the following brothers were NOT received: Ken Ward, Paul Wynn, Cecil Musselman, Warren Swartzbaugh and Harry Skinner.

PHI SIGMA GAMMA

Even during vacation when we're sometimes busy but always good natured and happy, the scribe finds it difficult to hand out bouquets to anyone. For instance here's Rudy Gauger. As soon as school is out he moves back to the house, but all we see of him is his morning mail.

Jimmy Shaffer, who races the stork, has found a new cardiac accelerator and now he is generally located by telephone.

And who would think that our Jennings would tell Dr. Halliday in a quiz that the blood supply to the abdominal wall was thru the aorta.

Why Rocky Stone just received a box of "Babydent" thru the mail.

While word from Ottumwa informs us that our suspicions are not unfounded for Smitty is the teacher's pet.

Dusty Dorwart, our presentation as a golfer supreme, throws has alarm clock out the window at night and yells "fore."

Even Walt Heinlen gets up now without being called—providing it isn't later than noon.

We're not certain who's the biggest liar but we'd wager that both Clark and Westy come back to school in the fall with their pins—and the girls too.

A card from Grinnell way back in Providence tells us that he had an enjoyable trip on the way home—four flat tires the last day out.

We were mighty glad to hear from Marvin Widmer and Clayton Reeves and know that they were having a great summer. And dawgon if it didn't seem great to have a letter from Dr. T. O. Lashlee grace our mail box. We'd certainly appreciate a few more from the ol' grads.

Married

Dr. Harold James Brown and Miss Bernice Frances Grinnell were united in marriage on Saturday, June 23rd, in Detroit, Mich. They will be at home at 7 North Washington Ave., Oxford, Mich., after June 25th. Congratulations and all Jimmie.

The more I study nature, the more I stand amazed at the work of the Creator. I pray while I am engaged in my work in the laboratory.—Pasteur.

A Nurse's Wish

This world grows better year by year
Because, some nurse in her little sphere;
Puts on her apron and grins and sings,
And keeps on doing the same old things.

Taking the temperature, giving the pills,
To remedy mankind's numberless ills;
Taking the blame for the doctors mistakes—
Oh! Dear—what a lot of patients it takes.

Blessing the new born babies' first breath,
Closing the eyes that are stilled in death;
Going off duty at seven o'clock—
Tired, discouraged, just ready to drop.

Just to be called back on special at seven fifteen
With woe in the heart, but it must not be seen,
Morning and evening, noon and night,
Just doing the same over and hoping its right.

When we lay down our cap and go over the bar,
Oh! Lord will you grant us just one little star;
To wear on our cap in the uniform new
In the city above where the head nurse is you.

—Eulalie B. Wiley.

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* **A. O. A. CONVENTION** *
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Legislative Progress

(Continued from Page 1)
time of their graduation four years from now come back to their home state and practice? If you cannot recruit students from your high schools for the study of Osteopathy how many have you in your state graduating from college or university courses or with the required pre-medical preliminary that you can send to some Osteopathic college and have them returned to you in four years to strengthen your profession in your state? Legislation should be planned on a basis of future expectation as well as present individual needs. The interpretation of the term "progress" may mean letting the bars down for those who are in practice and putting them up against the future of the profession. In all these matters the colleges, representing the future of the profession, should be given equal consideration with the active practitioner.

Any form of legislation that you can put across that will tend to limit the number of students from your state and limit the number of graduates entering your state is retrogressive and you can make nothing else out of it.



AGRICULTURAL NEWS

"Your daughter tells me your wife is having her voice cultivated."

"Yes! And did she tell you the rest of us were growing wild?"

"There!" exclaimed wifey in disgust. "I knew that overnight friend of yours wasn't to be trusted. I've just counted the towels and one of them is missing."

"Was it a good one?" inquired semi-interested hubby mildly.

"It was the best we had. It was the one with 'Grand Palace Hotel' on it."—Life.

Pat— You're a poet and don't know it, your feet show it. they're Longfellows.

Mike — Say, you're getting Whittier and Whittier.—Michigan Gargoyle.

"Are mine the only lips you ever kissed?"

"Yes, dear, and the nicest."

Fair Maid: "Oh, sir, what kind of an officer are you?"

Officer: "I'm a naval surgeon."

Fair Maid: "Goodness, how you doctors do specialize."

"I've just heard your son was an undertaker. I thought you said he was a physician."

"Not at all. I just said he followed the medical profession."

"Sandy"

A few days ago the editor discovered that Mrs. Robinson called her new Pontiac "Sandy." She informs us that she has so named it because it is Scotch. One might judge this to be a good Scotch joke but being that the writer has enjoyed the privilege of riding with the owner he is at loss to verify the statement. The car has a very excellent pickup which would lead to the belief that it might be Jewish or have such tendencies. Again it may be English for it has been called a "bloomin' good car." And too, it might be a Yankee with all its "pep and speed"—and so I ask you why should she call it "Sandy?"

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

PresidentC. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....R. B. Kale

Osteopathy Without Limitation

Immortality

Immortality is a word that Hope, through all the ages, has been whispering to Love. The miracle of thought we cannot understand. The mystery of life and death we cannot comprehend. This chaos called "World" has never been explained. The golden bridge of life from gloom emerges and on shadow rests. Beyond this we do not know. Fate is speechless, destiny is dumb, and the secret of the future has never yet been told. We love; we wait; we hope. The more we love the more we fear. Upon the tenderest heart the deepest shadows fall. All paths, whether filled with thorns or flowers, end here. Here success and failure are the same. The rag of wretchedness and the purple robes of power, all difference and distinction lose in this democracy of death. Character survives; goodness lives; love is immortal.—R. G. I.

Des Moines General Hospital Notes

(Continued from Page 1)

new record. We are having patients each week from Missouri, Nebraska and Minnesota, and every Iowa county has furnished material for the Tonsil Clinic the past year.

Dr. W. H. Bellew of Vernon, Texas, has completed a post-graduate course and is back in office putting into practice the new diagnostic methods observed while here.

Dr. L. C. Johnson of Norfolk, Nebraska, spent some time in the Ear, Nose and Throat Clinic.

Dr. G. D. Thornburg of Garnett, Kansas, is taking post-work at the hospital. He is especially interested in the Tonsil Clinics.

Dr. Roy Trimble of the Class of June, '28, has joined our staff in the capacity of Interne. The manner in which he has taken up his new work predicts for him a very beneficial year.

A number of the Doctors over the state are putting on a day of minor surgery. This work is done by different members of the hospital staff, and is being very well received. Where the Doctor does not have hospital affiliation the work is done in the office.

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Iowa State Board Questions

(Continued From Last Issue)

Minor Surgery

1. Give your treatment for Hydrocele.
2. What is shock? How would you treat a case of shock?
3. Name the various anesthetics commonly employed. What is your choice and why?
4. Describe your method of reducing a dislocation of the inferior maxillary bone.
6. What are the constitutional effects and give the treatment for burns.
7. What causes hemorrhoids? How many forms are described? How are they treated?
8. What are the indications for incising the Membrana Tympani? Describe your technique.
9. What is the usual site of a vulvovaginal abscess? Give the symptoms and treatment.
10. Distinguish between an abscess and a carbuncle. Give treatment of each.

Obstetrics and Gynecology

1. Define Phlegmasia alba dolens. Give its etiology and its treatment.
2. Describe management of Breach Presentation.
3. Diagnosis of Placenta Previa and management of labor when this condition is present.
4. Discuss uterine inertia and means of accomplishing delivery of child when it occurs.
5. Give full directions for immediate repair in complete laceration of the perineum.
6. Give differential diagnosis between right-sided Salpingitis, Tubal pregnancy and Appendicitis.
7. Give the origin and distribution of (a) blood supply of uterus and ovaries, (b) nerve supply of uterus and ovaries.
8. Differentiate a four months pregnancy from four other conditions causing enlargement of the abdomen.
9. (a) Name the indications for version. (b) Describe the operation of podalic version.
10. Discuss vomiting of pregnancy.

Pathology

1. In what diseases may the Pneumococcus be the etiologic factor?
2. Distinguish between burns inflicted on a body before death and those inflicted after death.
3. What part of the spinal cord is involved in progressive muscular atrophy?
4. Name the changes which characterize inflammation of bone.
5. Differentiate pathologically between croup and diphtheria.
6. Describe the pathology in the different stages of syphilis.
7. Describe the pathology usually found in an acute spinal lesion.
8. Describe the pathology in Tabes-Dorsalis.
9. Describe the pathology found in Diphtheria, Typhoid

"That Something"

This happened a long, long time ago.

I never see a man limp without thinking of that day.

The sky wept.

No rift of brighter color broke the drabness of it.

I thought the universe wept.

That was my outlook.

The very times were in misery.

Men were out of work.

I was one of them.

I had slept the night before on the cold, cement floor of the city's jail. I slept as a tired dog sleeps, a dog worn out with a fruitless chase. All of the night before, I had walked, walked, walked,—my pride keeping me from this place. And so the day had found me walking, aimlessly, looking only for food, shelter and work. This could not last forever, so that night I had stumbled down the long, narrow hallway of the jail, and been let into a barred cell with a hundred others. And there I had lain as one dead, on the cold, hard floor.

But it is of the day that followed that night in jail that you shall hear.

For that was the day of my life.

It was then that I found "That Something."

My feet were very tired.

My soul wept with the sky.

I stood, as in a wilderness alone, on the corner of a great thoroughfare in a great city.

And then a man stopped by my side.

He was of my height and build.

I caught a glimpse of his face.

I thought that this man might have been myself, if—

But my present need drove out reflections.

And so I laid my hand on his arm.

"I am hungry," I said simply.

He turned slowly and looked at me. First his gaze took in every detail of the outer man, from my water-soaked cap to my poor, cracked shoes. And then, through my eyes, he seemed to search my soul.

I stood there abashed.

I laugh when I think of that now.

But then—it was different.

"Well," he said presently, "suppose you were fed. What then?" I shifted my weight from one tired foot to the other.

"I'd try to get a job somewhere," I muttered after a moment.

"You'd try?" he asked.

"Yes, try," I answered, "although there is little chance. Nobody wants men now. But I don't care for that now. It's food I want. I'm hungry. Can you help me?"

"No," he answered, a note of pity in his voice. "I cannot help you. No man can."

"But you could feed me," I

Fever, Scarlet Fever.

10. Where is Gonococcus usually found? Describe its characters and give method of staining it.

(Continued Next Issue)

said, with some petulance in my voice.

"It is not food that you need."

"What then?" I asked.

"That Something," was his reply.

A man joined him. They began talking of matters of mutual interest. I was shuffling away through the drizzling, miserable rain, when he called me back, and handed me his card.

"Man, go find 'That Something,'" he said, "and when you've found it, come to me."

"Come to you for what?" I asked.

"To thank me," was his answer, and he and his friend passed on.

I believe in miracles.

There used to be such things. Man has been taught to work the miracles of today.

He gives them another name. But they are miracles just the same.

There were two words that stuck in my memory.

"That Something."

I fell to wondering.

I turned into a pool room, and found a seat.

I sat there thinking.

The balls on the table before me clicked nickels away from men who could ill afford the pleasures of the place.

I sat there a long, long time.

There was nowhere else to go.

Ahead of me I saw another night in jail.

Yet the day seemed longer than the night.

It was warm in there. The hum of voices, the regular click, click, click of ivory, the occasional thumping of cue on marble floor—all this in time developed into a dull chorus of monotony.

And then—I fell asleep.

I believe in God.

I believe in miracles.

I believe in visions as well.

But it is only natural that I should have dreamed of "That Something"—so perhaps it was neither miracle or vision.

You will think it a foolish dream.

Yet it changed my life.

That's reason enough for the telling.

You may laugh at it scornfully.

Then my dream will do you no good.

You may see in it what I saw. Then you will take your place with the masters of men.

There were once two men who went out to find gold.

Each found what he sought.

The one threw what he found back into the muddy stream.

The other recognized the gold for what it was.

The one was a failure.

The other a success.

It is so in life.

And this was my dream.

I dreamed that I awoke.

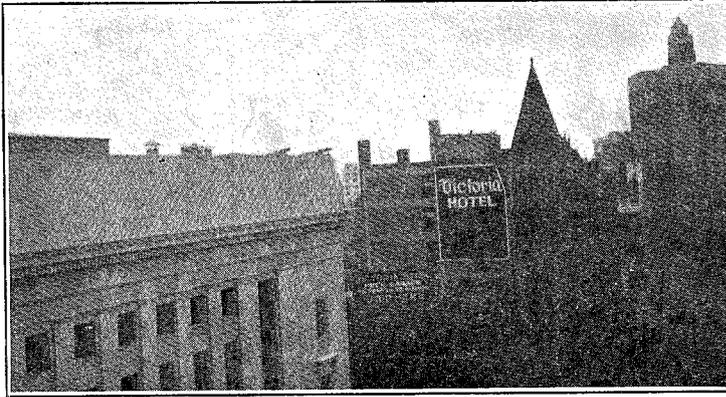
That is the most wonderful part of the dream.

For in my dream, I realized that I had been asleep.

A long, long sleep, from the very beginning of things.

And I saw myself, there in the pool room, asleep.

(To be continued)



A southeast view from D. M. S. C. O. showing the Masonic Temple and Victoria Hotel.

WHY CHOOSE D. M. S. C. O.

Because

A faculty of specialists assures the student of a thorough, scientific Osteopathic education.

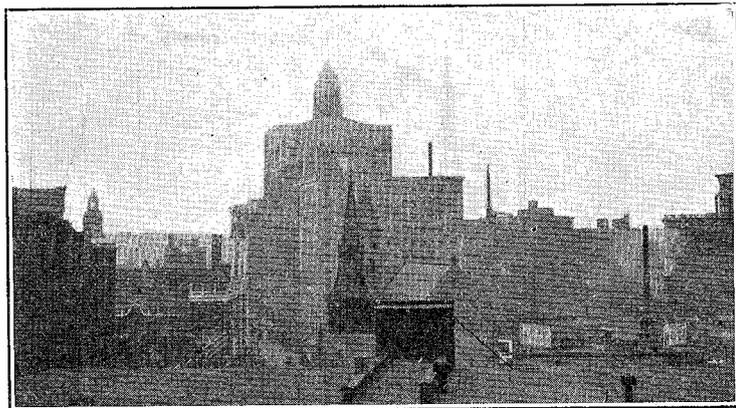
The clinics, both general and special, are the finest in the profession and assures the student of practical as well as theoretical Osteopathy.

The college is located in the heart of Des Moines, a city with a population of one hundred and fifty thousand. This gives unlimited opportunity for part time work.

The student body is composed of men and women from every state in the union and is representative in every sense of the word.

Our new building places us in ideal surroundings and is equipped to care for every detailed need in the teaching of Osteopathy.

Looking south toward the Equitable Life Building and the Liberty Building, the home of W. H. O.



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