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THE LOG BOOK

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Number 1

Des Moines An Ideal Convention City

The City of Des Moines has long been known as the Convention City and rightly, for Des Moines is prepared in every way to meet the needs of any convention, whether it be large or small, in a most excellent manner. It is ideally located in the center of the Osteopathic profession and as has been said is less than twenty-four hours from ninety per cent of the profession.

The first six months of the year 1928 there were one hundred and five conventions entertained in this city, among which was the American Home Economics Association. The attendance was the largest to this convention that it has ever been and they heartily endorsed Des Moines as a convention city. This convention was of special interest to the Osteopaths in view of the fact that Dietetics was stressed and it is of vital interest to both.

The week of July 10th will bring another convention here that will number between six and ten thousand visitors. The Lions International is known to all and when they choose Des Moines it is an added boost to be sure that this is a real convention city.

The American Association for the Advancement of Science has already chosen Des Moines for their meeting in 1929. This will mean that there will be between two and three thousand of the leading scientists of the world meet here to place before the convention the modern progress and development of Science.

Considering the above there is no doubt that Des Moines offers an ideal place for the National Convention of 1929. But added to this is excellent hotel accommodations, large and convenient halls, golf courses, parks, and theaters that offer you a complete and varied program, and greatest of all a spirit of hospitality and co-operation.

Those in Favor Vote "Aye"

The other day I met Dink Toles on the street here in Des Moines and we got to talking about the coming convention in Kirksville. Dink said he thought the Friars and Lucky 13 ought to get together and if so he would make a special effort to be present.

Virg Halladay.

Still College Alumni



There is some agitation going around for a meeting of the Alumni of the College. We are strictly in favor of such a meeting and hope that when it is called that there will be a larger crowd than we have had in the past at such meetings. There is one thing that you will have to keep in mind. If we are to have such a meeting you cannot let your registration at the College Booth go until the last minute. Arrangements are being made to have a breakfast at a convention meeting place the morning of Wednesday, August 8th. If you want to get in on this get-together meeting you will have to register at the college booth before the preceding afternoon. Don't come around Wednesday noon and say that you knew nothing about it. If you are not getting the Log Book it is your fault and not ours and if you are getting it and do not read it, it is still your fault. In addition to this notice we will have a sign that you can read and maybe that will help those of you that put off until tomorrow the things that you should do today. Write some of your old classmates and urge them to be present and let's have a crowd out that will show Kirksville a thing or two.

C. W. Johnson.

1929?

The question before the house is—will it be Des Moines in 1929? All those in favor say "Aye." That's fine and not a dissenting vote. So we hope it will be when the question is put before the convention at Kirksville. We have a confidence in you that you will lend your influence in this direction and bring the convention to a city that is well qualified to handle such a convention.

The Osteopathic profession of the state and the city are behind the movement to a man and are pulling hard. The Des Moines Still College and the Des Moines General Hospital have offered their whole-hearted support to the National Association in their desire to serve the entire profession.

They assure you a welcome that means a REAL WELCOME.

On to Kirksville

By the time this reaches you your plans will be completed for your trip to the birthplace of Osteopathy. We want to meet all of you there, talk over old times and hear again those of our profession who have the true osteopathic concept.

Des Moines will be there again this year with the same plea that has been put before you at each of the past several conventions. We are not intending to let you forget the convention city for 1929. We want you to know, even better than you already do, the many advantages offered by the city of Des Moines.

The college will have a booth and your old friend George Hamilton (who by the way is called "doctor" by most of the profession now) will be there to serve you in any way possible. The profession of the state of Iowa is organized and will be heard from. Most of the faculty in the college will be there either on the program or attending for the many good things they will hear. We hope to see you in Kirksville this year and that you will see us in Des Moines in 1929.



Alumni

Boost for Des Moines as the city for the National Convention of 1929. Do not wait but talk to those that are going to Kirksville and tell them why they should help boost Des Moines. Throughout this paper there are articles telling you why and we are now depending on you to carry the fight to the final conclusion. Remember in so boosting Des Moines you also boost your Alma Mater.

The Little Stillonian

The next issue of the Des Moines Still publication will be known as in years before as The Log Book and Little Stillonian. It is a special edition that is published just before the convention and those that desire to secure copies will be able to do so at the convention.

New Students

The article entitled "Too Much Work" in this issue, is one of sound advice and is well worth the consideration of anyone who anticipates the study of the Science of Osteopathy or the entering any school of higher education in the preparation for their life work. It is well to give this a thought yet in the city of Des Moines there is unlimited opportunity for the student to earn a large part of their way without taking an undue amount of their time from their school work. The school has taken this into consideration and have arranged the schedule so the classes are cut in time for the student who finds it necessary to work for their meals can be at the various places in the city in plenty of time. There are many opportunities to tend furnace, etc., in return for a room in a city the size of Des Moines. The instructors and the officials of the school are very considerate and will do all that they can in order to aid the student. A college employment bureau is maintained and notices are regularly posted. The business men of the city are very helpful and go out of their way in order to provide odd jobs and employment that the student can work part time. When such openings are created they call the college and notice is posted on the student board, although many who are especially adapted along certain lines of work go out and secure their own positions.

The college advises that the student have enough to care for the payment of the tuition, the purchase of necessary books, etc., and with work that will utilize spare hours the student will not risk scholastic standing but rather aid themselves both materially and financially.

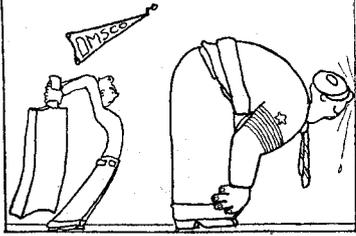
Prefers a Des Moines Graduate

We are just in receipt of a letter from Dr. Louis Miller of DeLand, Fla., asking for someone to take over a practice that he is familiar with and says: "I would prefer a Des Moines graduate on account of his experience in looking after athletes. If you know of anyone who might be interested, I would be glad to communicate with them."

Write him if you want to go to Florida and can qualify.

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FRATERNITY NOTES



IOTA TAU SIGMA

Well here comes and any news is good news—and good news is welcome to us. So right at the first, we say write and let us know how goes the summer.

Bros. Wigal, Wadkins, Kale and Pledge Spaulding are keeping camp. Wigal is holding down the front porch while Spaulding and Wadkins sleep on the porch roof when it is not raining. Kale has almost decided to move out of the sleeping porch.

Spaulding is the official clerk of the Des Moines Club and first vice president of the society to keep the weeds and grass at 692 cut.

Yes, and by the way Wigal and Spaulding have promised to clean up their room before school starts, that is if it don't start too soon.

Bro. Steninger drops in occasionally to see us—that is to say that he comes to town once in a while to toot his horn.

Bro. Hughes pulls the prize (time out) said that he had some important business to take care of—perhaps so.

The latest is Bro. Nowlin doing the bums rush out in Texas and California. He expects to go up and visit Bro. Drabing.

Bro. Gephart and Sluss pulled stakes and left for home. We might add that Bro. Sluss took the sweet young lady home to see the folks. As to "Buddo," well we all know.

Bro. Kale is handling the kale so send in your checks right away.

From the Field

A letter from Dr. Reginald Platt, Jr., who is with the Houston Osteopathic Clinic states that everything is coming along fine and that he has nothing to kick about. He says that work is lining up for the fall and that he is looking for more.

A man may go usefully about his work minus a leg, an arm, an eye, his tonsils, appendix, gall bladder, one kidney, part of his lungs and brain and as much as twelve feet of his intestines, according to a well-known metropolitan surgeon. We are aware of this, but what we would like to know is, how far a doctor can get along without money—and what he should use for money when none comes in?

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Obstetrics

A physician in general practice cannot afford to turn over his obstetrical work to a rival. This must be the opinion of a large per cent of our profession for more inquiries are coming in all the time as to the possibility of taking special work along this line. Still College is not making any special effort to establish a P. G. clinic along this line. With the growth and development of the college this department under the exceptionally able management of Dr. Robert Bachman has kept apace with the needs of the student and the objective of the college, that is, the complete clinical training of the student, is fully realized in this department.

This last year we have had an average of four deliveries per graduate. This means that each student has been out on more than four cases mentioned. His preliminary training up to the point where he is permitted to make the delivery necessitates his presence acting in a minor capacity, advancing with each attendance until he is thoroughly familiar with the routine outlined in this work. When he reaches that part of his training that he must make the delivery he is not nervous. He knows what has been done and what is to be done and he is thoroughly at ease. It is because of this system that the students of Still College leave the institution with that feeling of confidence so justly earned by their opportunities in this and other clinical departments.

Let me look over the work of the department just a little. One hundred seven boys and seventy-two girls have been brought into the world this last year by the students of Still College. Of these eight, or four pair, were twins. No mothers died. No mothers were infected. There were no cases of eclampsia. There were no cases of post-partum paralysis. Fifty-two per cent of the cases had been delivered in the clinic during the last three years. This is a notable feature of our work along this line. We could not hope to please everybody all the time. But since the department is conducted with the idea of efficiency foremost it is just that feature that holds the attention of the patients and makes them realize the service they are receiving. They come back and they bring a friend.

Nine inevitable abortions have been taken care of in the clinic. The causes incident to these have been listed as flu, injury due to a fall, sprain or being struck by a fond husband, and one case brought on by shock upon learning of the death of her mother. There were two stillbirths recorded and three died soon after birth.

Considering the environment of most of the cases it is remarkable that there are no more abnormalities develop in the process of labor. Our records show one Caesarian, two instru-

mental deliveries, four breech presentations and two cases on which a podalic was performed.

These records are accurately kept and have been for years, even before the state required the registration of such cases. Not long ago a boy eighteen years of age and his father came to the office to secure a copy of our record of his birth which was necessary in some business transaction. We were able to give him the date, time of day, address, student making delivery and students attending the case as assistants.

Surely you want the students you are sending to colleges of Osteopathy to have a training such as this.

One Way Traffic

There is only one road to the town of "Success,"

The name of the road is work."

It has room for only honest guests,

Traffic's blocked to those that shirk.

The road is open all hours of the day,

It heeds neither time nor date, And now is the time to start on your way,

For tomorrow will be too late.

Nearly all of the way is an uphill road;

It will seem like a tough old fight,

But once on your way just bear up your load

And keep going with all your might.

You will pass through many towns each day,

Such as Failure, Gloom and Despair;

At each of these stations just keep on your way,

For "Work" does not tarry there.

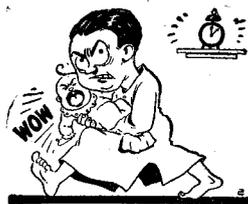
After you have entered the town of "Success,"

Though your load may have been hard to bear,

Once inside you will find both comfort and rest,

Just be thankful you started for there.

New Osteopaths



Word has just been received of the birth of a daughter to Dr. and Mrs. W. LeRoy Skidmore and a son to Dr. and Mrs. C. C. Jackson.

Commanding Voice — Halt! Who goes there?

Voice in the Dark—The National Convention of 1929.

C. V.—Where are you going?

V. in D.—Des Moines, Iowa.

C. V.—O. K., go ahead.



Nurse: The new patient in Ward B is very good-looking.

Matron: Yes, but don't wash his face. He has already had that done by six nurses this morning and is beginning to complain!

DOUBLED UP

Summer Boarder: "But why are those trees bending over so far?"

Farmer: "You would bend over, too, miss, if you wuz as full o' green apples as those trees are."—The Outlook.

WHAT A CHANCE!

"Nurse," said an amorous patient. "I'm in love with you. I don't want to get well."

"Cheer up, you won't," she assured him. "The doctor's in love with me, too, and he saw you kiss me this morning."—American Legion Monthly.

Jean—I was absolutely historical with laughter.

Joan—You mean hysterical.

Jean—I don't—I laughed for ages and ages.—Judge.

Owl—W-H-O-O—W-H-O-O—.

Englishman—"What's that?" American friend—"That's an owl."

Englishman—"I know it's an owl, but what the 'ell is it that's 'owling?"

A TERRIBLE STRUGGLE

Professor: "Your pneumatic contrivance has ceased to function."

Motorist: "Er—what?"

Professor: "I say, your tubular air container has lost its rotundity"

Motorist: "I don't quite—"

Professor: "The cylindrical apparatus which supports your vehicle is no longer inflated."

Motorist: "But—"

Professor: "The elastic fabric surrounding the circular frame whose successive revolutions bear you onward in space has not retained its pristine roundness."

Small Boy: "Hey, mister, you got a flat tire."—The Gleam (Media, Pa.)

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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

Too Much Work

"Worked Five Jobs while at College, Kentucky Legislator Dies."

"Benjamin Franklin would have shaken his head gravely and remarked that the young man probably paid too much for his whistle.

"To wait on table, tend furnace, sell papers, jerk sodas and at the same time study toward a college degree is a life that many Americans will defend, for perverse reasons, as ambitious and deserving of credit. But quite bluntly it is a life both vicious and absurd, a life quite unworthy of a free man's interest or devotion. Even Theodore Roosevelt, most strenuous of modern livers, inveighed against the folly of trying to work one's way through college. His advice to the intellectually ambitious young man was: 'Take a job for a couple of years, save enough money to allow you to study leisurely until your funds are gone, then repeat the process.' And until every impecunious student can get a fat scholarship, Roosevelt's counsel will be the soundest advice a young man can heed.

"College authorities know that the part-time student is a poor risk, and that a high per cent of undergraduate mediocrity and failure is due directly to the strain and worry of budgetary difficulties. Why not put a little frankness into the college entrance questionnaire by asking, 'Have you enough money to carry you through the rigors of one academic year? No? Have you any money at all? No? Then go to work and get some. We shall honor your persistence and good faith when you come back with enough money to support yourself decently for one college year.'

"Any one who has drudged through college for his board and room knows that under such conditions, life, study, food, youth and happiness are sorry myths. One job is enough for any man; two means a thinning-out somewhere; three means slavery, and as the young Kentucky legislator shows us, five can result in death."

Dawgone a man that can't look you in the eye when you are talking to him.

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Time Out

Call a halt in your daily work and look over the young life of your community, those that come into your office and those that you meet outside.

Did you ever suggest the study of Osteopathy?—Well, just mention it to them and notice their interest. That is your cue. If they are interested in the slightest degree, stir their interest and tell them about the future of Osteopathy. If you haven't the "dope" to give them write to us or send in their name and we will send the necessary information.

It won't be long now until you will be going to the National Convention in Kirksville and there you will learn a lot about the modern progress of Osteopathy. Find out why Osteopathy is gaining strength with people from all walks of life. Get a new vision of Osteopathy, look into the future and after the Convention comes to an end go home and talk Osteopathy.

"That Something"

(Continued From Last Issue)
Then I saw myself start, my eyes opened and I dreamed that I saw.

"What waked me?" I asked in my dream.

"You waked yourself," answered a voice nearby.

I turned about, but no one was near.

"Who are you?" I asked.

"I am 'That Something,'"

came the reply.

"But where are you?"

"I am hidden in your soul."

For some moments I thought over what was said.

"How," I stammered then, "how did you get there?"

"I was born there."

"Why have I not known you were there before?"

"No man knows it," answered the voice, "until he awakes."

"No man?" I asked. "Are you in other men's souls as well?"

"There is 'that something' in every man's soul, which can move the mountains or dry the seas."

"Then you must be Faith."

"Yes," came the answer, "I am Faith, but I am more than Faith. I am that which makes men face the fires of hell and win."

"Then," said I, "you must be Confidence as well."

"I am more than Confidence. I am that which makes the babbling brooks lift worlds upon their wavelets."

"You are Power," I cried.

"I am more than Power," answered the voice. "I am that which makes the wretched failure lift up himself and rule the world."

"You are Ambition. I know you now," I cried.

"Yes," answered the voice, "I am all you say, Faith, Confidence, Power, Ambition and more. For greater than all is 'That Something.' I am that which every man must find in his

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Iowa State Board Questions

(Continued From Last Issue)

Chemistry

1. What is inorganic chemistry? Organic chemistry? What element is a necessary component of all organic compounds?
2. What is an element? A compound? Give an example of each.
3. Name ten elements found in the human body.
4. What are the chemical processes underlying fermentation and putrefaction? Give example.
5. Differentiate between physical and chemical phenomena. Give examples of each.
6. What is glycogen? Where found? Test for same.
7. Describe a chemical test for blood, Urea, Uric Acid.
8. What is the acid constituent of Gastric juice, urine and bile?
9. What is meant by a chemical antidote? Example. What is meant by a physiological antidote? Example.
10. Name the most important reagents for urinalysis with the use of each.

Physiology

1. Explain the difference in the action of Ptyalin on raw and cooked starch.
2. From what portion of the cortex cerebri do the arm, the face and the leg receive their motor impulse?
3. Mention the enzymes of the Pancreatic juice and state the functions of each.
4. How is the automatic action of the heart muscle supposed to be maintained?
5. What general conditions influence blood pressure and blood velocity?
6. Discuss the origin and significance of urea.
7. Give the reaction of the following and state the cause of reaction; gastric juice, blood, urine, pancreatic juice.
8. State briefly what is meant by vasomotor nervous system of the body.
9. What are carbohydrates and what part do they play in the general metabolism of the body?
10. Describe the physiology of menstruation.

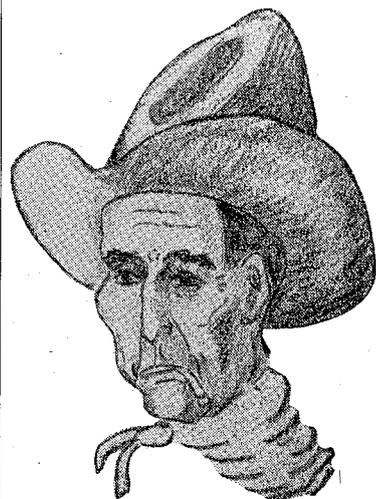
A HARD PROBLEM

The little girl returned from church deeply musing on the sermon, in which the preacher had declared that animals, lacking souls, could not go to heaven.

As a result of her meditation, she presented a problem to the family at the dinner table, when she asked, earnestly:

"If cats don't go to heaven, where do the angels get strings for their harps?"

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The Round-up

"The Round-up" is right. Us cow people have just ended the greatest roundup that Texas has ever known. I have been ast by your editor to give you all a little dope on it "outside stuff" as he specified. Well for my part it will be all outside stuff, because tickets were so hard to get, an 'even with tickets it was pretty hard to get inside.

As you all know the Democrats (an old Southern family of the first or second water) roped and branded Al Smith an' Sen. Robinson of Arkansas, for first an' second steers, to head the herd. Some of the boys throwed a rope on Jim Reed, but they couldn't run an iron on him.

We heard a lot of men talking about their favorite sons, I never knowed before that one man could have so many fathers.

The politest cussin' I ever heard was done by Claude Bowers, when he talked about the Republicans. I heard him over the radio and at first I thought he was talkin' about the Black Plague, until he mentioned Hamilton, the man cigars are named for.

The Houston police force was enlarged even more than it was when I first came to town.

The downtown streets was all marked off for "No Parking" and it gave the new cops something to do teaching people how to read. Some streets was marked "One Way" and it was always my luck to get on one headed the wrong way from where I wanted to go.

The only wet thing about this convention was the first day, when we had a good shower.

Will Rogers was here, with a faceful of chewing gum. Will showed some of the local boys how to play polo. He done a good job of it too.

There was also a Wild West Rodeo in town at the same time, and them cowboys acted as if the bovine quadrupeds were Republicans, the way they clammed them around the arena.

Among the celebrities treated in the Houston Osteopathic Clinic were the late Pres. Wilson's Sec. Mr. Tumulty and a couple of brave riders who were hurt at the Rodeo. A number

(Continued on page 4)

"That Something"

(Continued from page 3)
soul, or else he will be but a clutterer of the earth on which he lives."

"But how can a man find you?"

"Even as you are finding me now," came the answer. "First you must awake, then seek, and when you have found, you must learn to control—"

"Control what?" I asked, confused.

"THAT SOMETHING," came the reply. "Borrow it from your soul and baptize your life with it. Anoint your eyes, that you may see; anoint your ears, that you may hear; anoint your heart, that you may BE!"

"But tell me," I cried, frantically, for the voice was trailing off to almost nothing, "how can it do this? How? How?"

"This is the secret," came the voice to me as the whisper of a gentle breeze of springtime, "the talisman of success, which write upon your memory in letters of fire."

"Yes! Yes! What is the talisman?"

"These words, I WILL!"
And then I awoke with a start. A man was shaking me roughly.

"Clean out of here," he was saying. "We ain't running no free rooming house for bums. If you want to sleep, take a sleeper, but get out of here."

"I will," I answered unthinkingly, as I turned toward the door of the place.

"I WILL."
My words brought the dream back to me vividly.

I stood in the doorway, peering out into the rain.

A boy with a dozen bundles stopped near me to shift his load.

"I'll help you son," I said, and I laughed gaily as I took half his load and started with him down the street.

"Gee, mister," he said, "dat's pretty square of you, all right. How far are you going this way?"

"Where are you taking these things?" I asked.

He told me.

"Why that's right where I'm going," I answered, in mock surprise. And so we hurried on our way.

It was then the clouds overhead began to break.

Before we had gone half way, the sun peeped out, and the boy by my side laughed with the pure delight of it.

"By Golly, mister, she's going to be some handsomer day tomorrow, ain't it?"

"I WILL," I answered absently.

He looked up at me, started to ask a question, thought better of it, and giving me another queer look, trudged on in silence.

When he had delivered his packages, he turned toward the thoroughfare, and as I followed he asked me, with the innocent impertinence of boyhood:

"Say, mister, where do you work?"

"Why, I'm working for you

right now. It's good to work, don't you think?"

"But ain't you got no steady job?"

"Yes," I answered firmly, "I WILL."

Again he cast at me his queer look, and quickened his pace.

We went together to the store at which he worked. It was the largest in the city. We hurried through a doorway at the rear, and I found myself in a large room.

A man stepped up to me and asked me what I wanted.

"I have come here to work."

"What department?" he asked. "Who sent you?"

There were many men in there packing boxes.

Before I could answer his question someone called him, and he hurried away.

I took off my coat and hung it on a nail near where the other men had hung theirs.

I started to work, following the example of those near me.

A half hour later, the man who first accosted me, passed.

"Oh," he said, as he paused behind me, "so they put you at it while I was gone, did they?"

"I'm doing my best, sir," I answered, as I drove a nail home with a bang.

And so I worked until six o'clock.

And the sun was very bright inside.

When the six o'clock bell rang, the men began filing by the clock.

"Didn't they give you a number?"

"No."

Then I told him my name, he gave me a number and I punched out.

The boy was waiting for me at the door.

"How'd you get the job?" he asked curiously.

"Why, that was secured for me before I showed up there," I answered.

"Who got it for you?" he asked curiously.

"That Something," was my answer.

"Aw," he answered, "quit your stringing me. How'd you get on? I seen a dozen men trying to get in on that work this morning, and they was all turned down."

"But," I explained with a smile, "they had never found THAT SOMETHING"

He again favored me with a queer look.

"Say, where do you live?" he asked finally.

"I am going to find a place now," I answered.

"Well, say," he cried, "my maw keeps a boarding house, and it's all right, too. Why don't you come to my place?"

There was but one other boarder.

He was a professor of a number of OLOGY branches at a nearby denominational college.

(To be continued)

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* **A. O. A. CONVENTION** *

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Athletic Clinics

One day last week one of our best known coaches in Des Moines stopped the writer on the street and leaned him up against the corner of a building and talked to him for nearly an hour. Ordinarily we do not like to be held up for that length of time when we are on our way to do a little shopping, but cases like this are gratifying. We could listen for more than an hour to this coach and as far as that is concerned to the others who for the last several years have had the advantage of our clinic in the care of the boys in the athletic departments of our public school system. Well, what did he talk about?

Suppose you were sold on a subject that related closely to your own specialty, so closely in fact that your success depended to a great extent on the co-operation you could secure with the specialists in that subject. That is the gist of the whole thing. Here is a man who is not only a coach but a research man in his line. He is after that thing whatever it is that will help him in his work and to good part of it is that he gives credit where credit belongs. Last year we kept two or more of our Seniors working with this coach throughout his football, basketball and track season and it took him the hour to tell us about the good work the boys had done and how he appreciated it. He is going to start his football work a little earlier this next season and was speaking ahead for assistants in his department.

This type of clinical work has grown greatly in the last several years so that at the present time we have had to extend the amount of work allowed each senior student. We feel that it is mutually beneficial. We are gaining a prestige that otherwise could not be secured. We are educating the high school boy and girl along Osteopathic lines. Through this medium we are reaching the fathers and mothers of these same boys and girls. Last but not least we are giving our students a type of clinical work that will enable them to step up to the coach of the high school where they locate and talk to him convincingly. Our students can talk shop with these men. They know the language of the gym and they are capable of handling the injuries that are bound to occur in this work. Best of all they can go to a coach and guarantee results.

Every senior graduating from Still College this last year had at least 150 hours work in the handling of athletes.

In addition to the regular work being done in the schools and colleges of our city we were asked to send a squad of trained men out to the Drake Relays to take care of visiting teams. This year we won over one of the best known coaches in track work. He has promised us a letter for publication. Really we do not need it but it will be a fine thing to have a sincere testimonial of the

The Round-up

(Continued from page 3)
of delegates and newspaper men came out and got treatments.

This is the first convention I've ever seen that Virge Halladay wasn't somewhere in the crowd with his "Squirrming Vertebrae." (Ed. note. Virg is a Republican) However, I see in the Journal that he will be on deck at Kirksville at the A. O. A. Convention. I hope Des Moines gets the 1929 Convention and then you all had better consider Houston for the next. We have a brand new Convention Hall, for business, a flock of good hotels for sleeping and other things, an' we're only one hour from Galveston, the "Playground of the Great Southwest," Gulf fishin' and swimmin'.

Well Mr. Editor I think this will just about fill a colyum in your paper. If the applause is heavy enough I'll write again and tell you about some of the advantages Texas has to offer Osteopaths, as a location.

Your for bigger and better Osteopaths.

Alkali Ike,
alias Dr. Reginald Platt, Jr.
D. M. S. C. O. Class May, 1927.

Announcement



Dr. John H. Voss and Miss Dorothy A. Zeck were married Wednesday, June 27th, at the Little Brown Church in Nashua, Iowa. They will be home after August 1st at Albert Lea. The future is theirs and our wish is for the most happiness and success.

* * * * *
* **A. O. A. CONVENTION** *
* **KIRKSVILLE - 1928** *
* **DES MOINES - 1929** *
* * * * *

X-Ray Movies

Now comes discovery of a way to make X-ray movies, heretofore impossible because these rays cannot be converged by lenses of glass or quartz. In the past it would have been necessary to make all such movies lifesize.

The new method involves use of screen which convert X-rays into ordinary light rays to be photographed in the usual manner.

Until now it has been possible to get at best an incomplete view of the functioning of bodily segments under observation by X-ray. A whole new field of research opportunities has been opened.—Des Moines Register.

good work and the service rendered by our students.

Preliminary training counts. You should want your students to have every advantage in the line of diversified clinics.

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 6

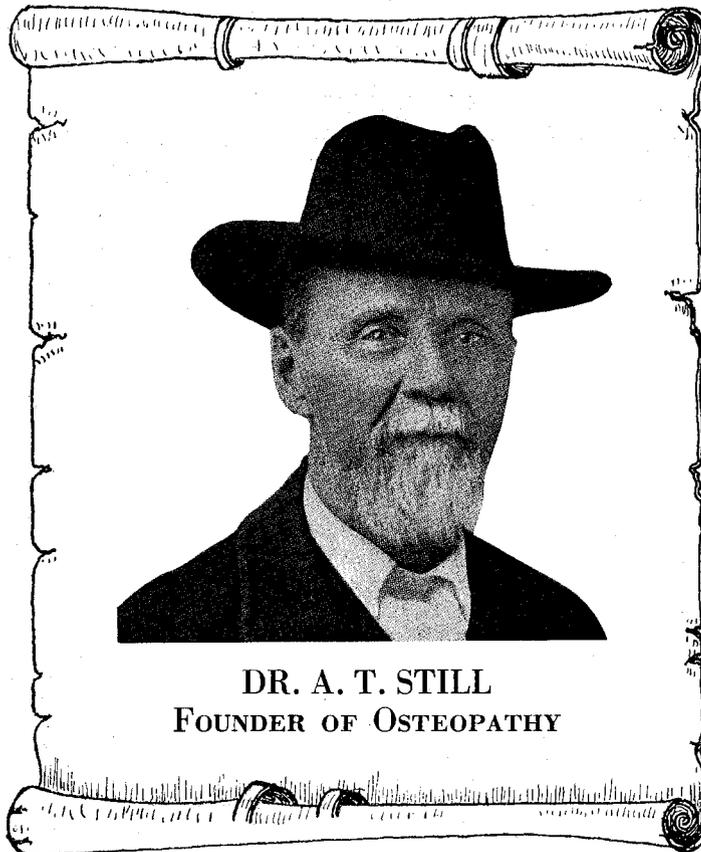
August 1, 1928

Number 2

AND
Little Stillonian

— — — — —
Special Convention Edition

*In Memory of the Birth
of Our Founder*



DR. A. T. STILL
FOUNDER OF OSTEOPATHY

N. B.

A GAIN WE TAKE PLEASURE in presenting to your our special Convention Edition of The Log Book. As has been our custom, many of the pictures are taken from the last edition of The Stillonian, our annual. It is impossible for us to offer in this small way a complete report of the many activities of the college but you will note that we are advancing and progress is the key to success.

Our Faculty shown on pages three and four remains practically the same. This is evidence of satisfaction on the part of the student body and cooperation on the part of the instructor.

Page five introduces you to our trustees who bear the burden of the management of the college. We also give you a resume of the work of the clinic. Since our occupation of a new home the clinic is of a much higher class and is enlarging rapidly.

A brief history of the college is given on page six.

The college building with a descriptive text will be found on page seven.

Pages eight and nine show the 1927 and 1928 student body.

The schedule of classes will be found on page ten. Note the calendar and regulate your arrival to Des Moines accordingly.

Iowa's Osteopathic Hospital, conducted for and by Osteopaths is shown on page eleven.

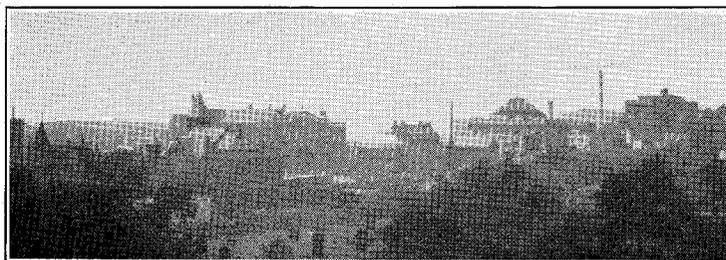
Our organizations, of which we are proud, have been given page twelve.

Still College is known in the athletic world. See page thirteen.

A word about student activities will be found on page fourteen.

Just a bunch of snap shots from the Stillonian, page fifteen.

Des Moines—the Convention City—where we want you to see us in 1929—page sixteen.



D. M. S. C. O. FACULTY



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



DR. C. F. SPRING
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.



DR. H. V. HALLADAY
D. O.

D. M. S. C. O. FACULTY



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



DR. B. L. CASH
D. O.



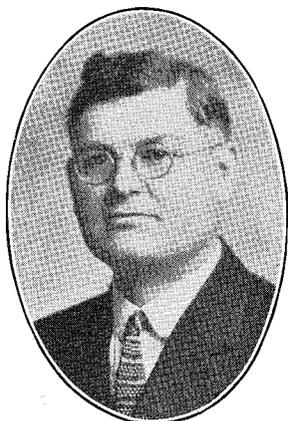
DR. H. J. MARSHALL
D. O.



MRS. Z. A. INNES



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



PROF. I. C. GORDON
B. A.



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.

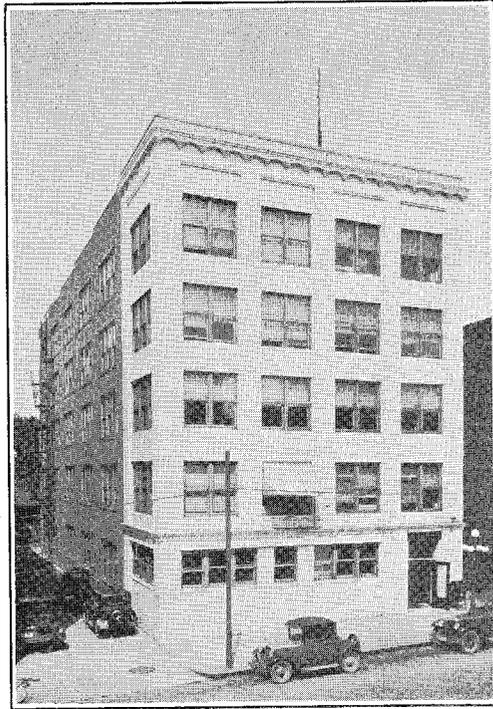
Those who were instrumental in starting this school were Dr. S. S. Still, nephew of the "Old Doctor," Dr. Ella Still, Col. and Mrs. A. L. Conger, Dr. W. L. Riggs and Dr. Helm. To this group were soon added many more, who were well known in the Osteopathic world, and thus was formed a faculty which ranked 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 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.

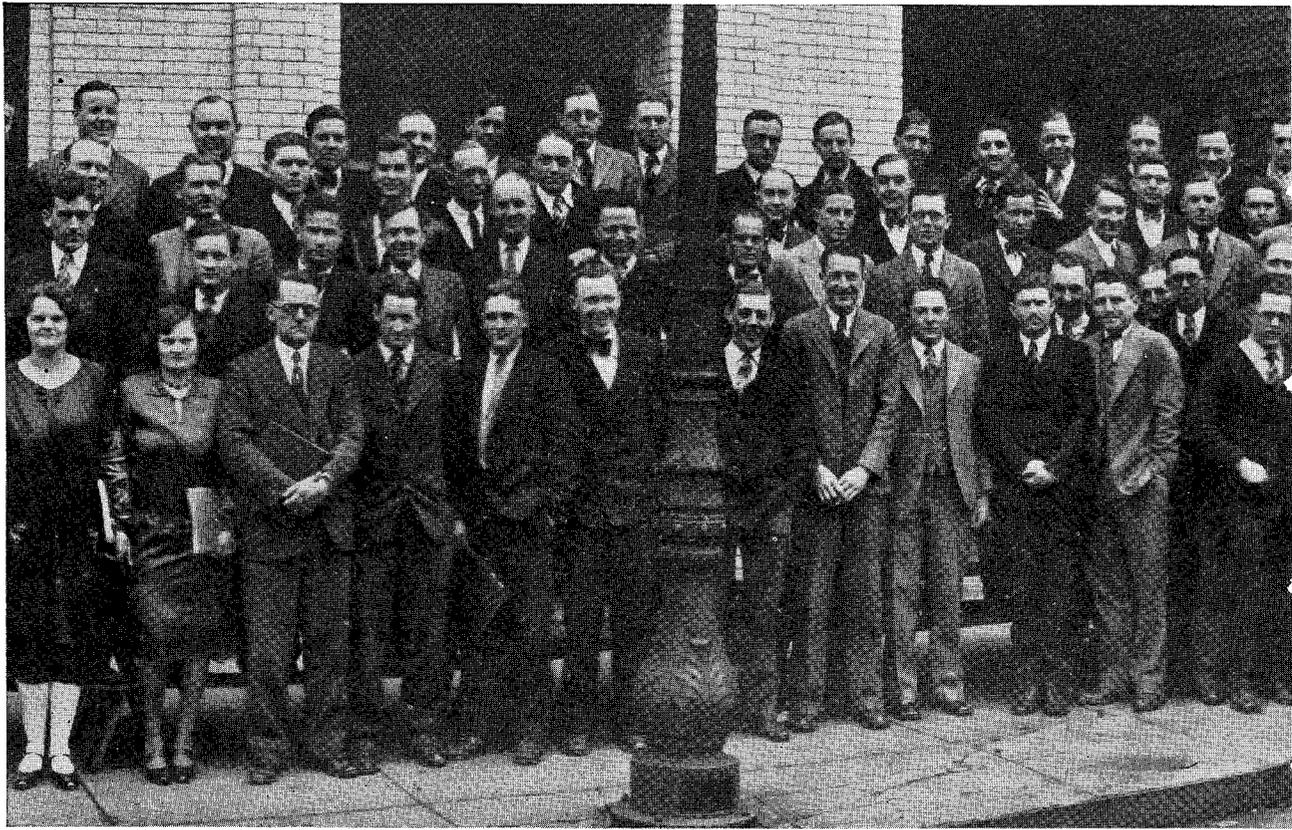
The New Still College Building



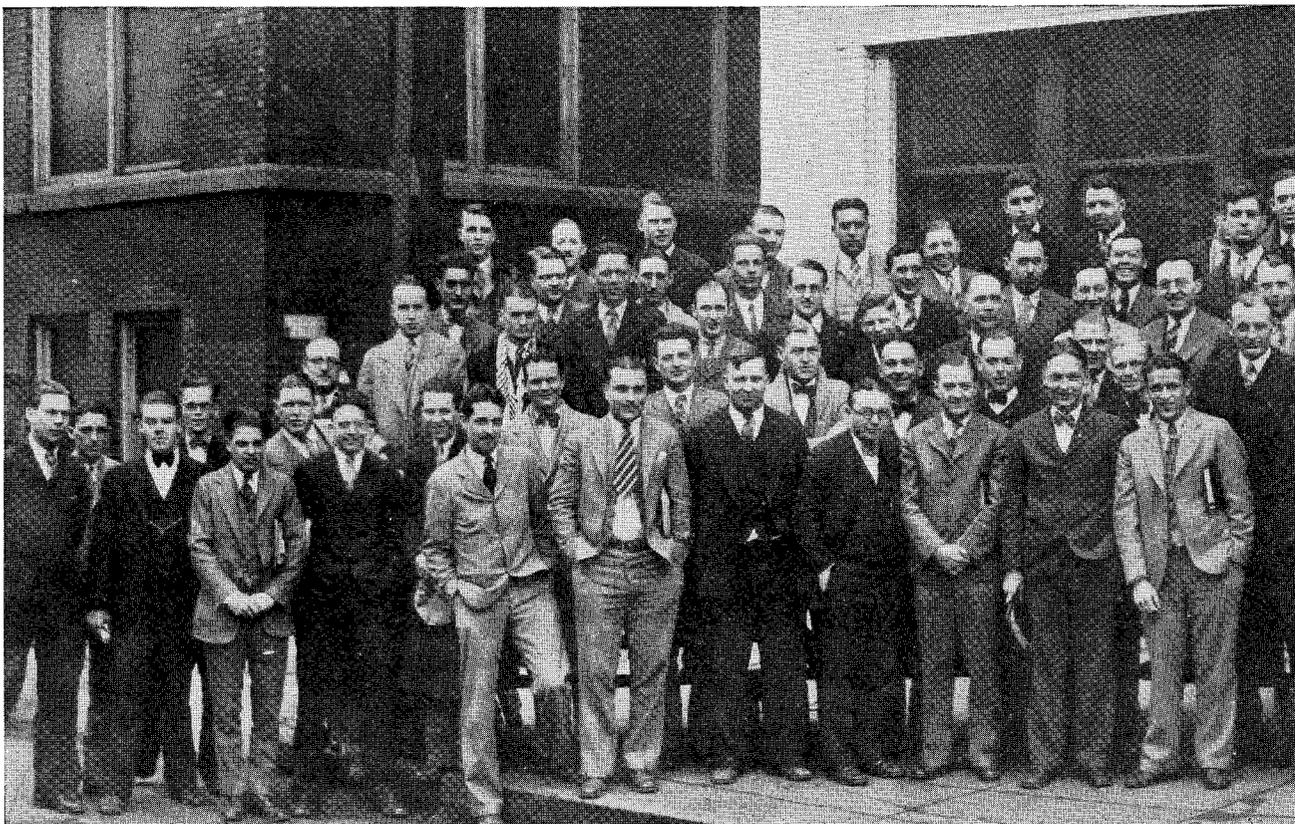
THE DES MOINES STILL COLLEGE OF OSTEOPATHY is occupying a new home. This is something we, as a group, have looked forward to for some time. Our new site and building is a great pride to us, and it has come to us at a time when most needed. Our old location on Locust Street has been over run for some 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 fulfils 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 forms 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.

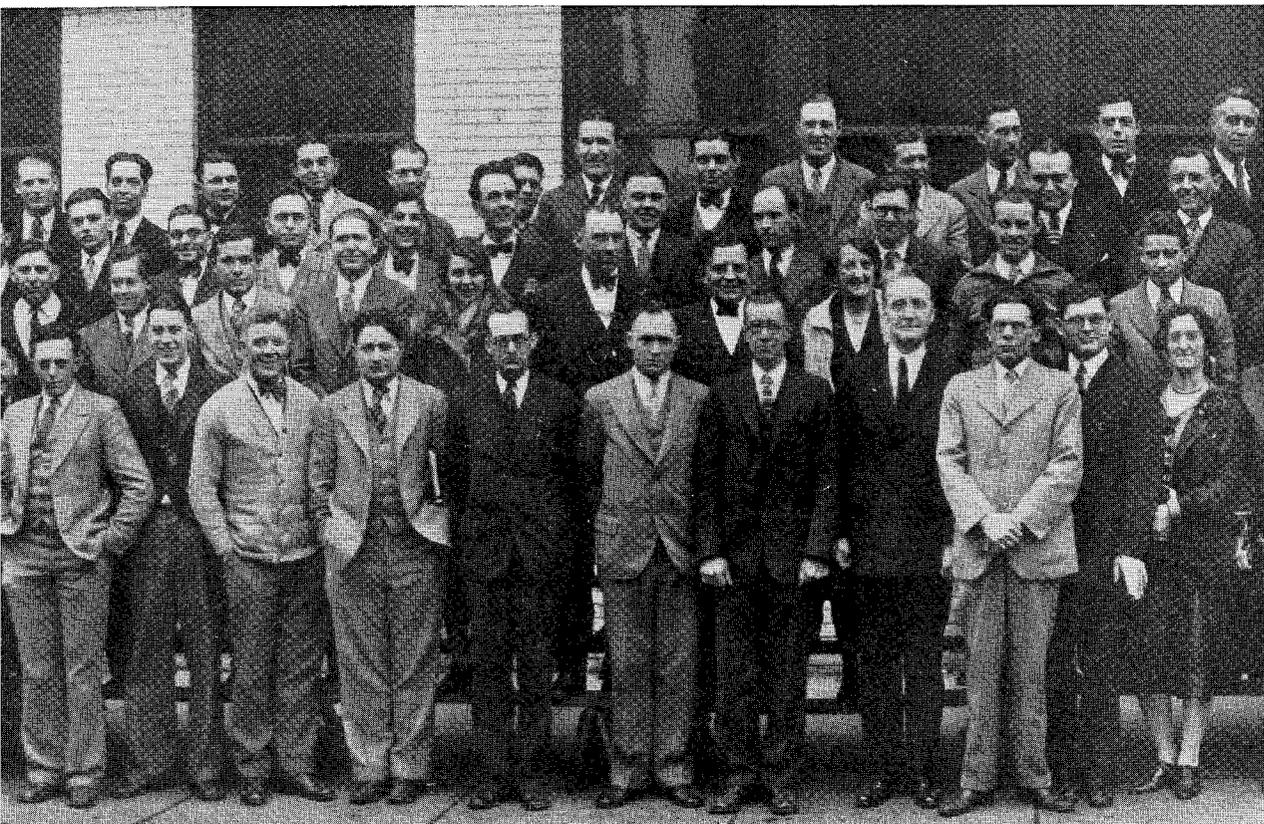


Des Moines Still College of Os





Pathology Student Body 1927-1928



SCHEDULE OF CLASSES

FIRST YEAR—First Semester

ANATOMY.....	H. V. HALLADAY
BIOLOGY.....	W. J. NOWLIN
CHEMISTRY.....	F. R. SUTTON
EMBRYOLOGY.....	W. J. NOWLIN
PHYSICS.....	I. C. GORDON

Second Semester

HISTOLOGY.....	A. L. JOHNSON
ANATOMY.....	H. V. HALLADAY
PHYSIOLOGY.....	A. L. JOHNSON
CHEMISTRY.....	F. R. SUTTON
BACTERIOLOGY.....	A. L. JOHNSON

SECOND YEAR—First Semester

ANATOMY.....	H. V. HALLADAY
CHEMISTRY.....	I. C. GORDON
HISTORY AND THEORY.....	C. F. SPRING
PATHOLOGY.....	J. M. WOODS
PHYSIOLOGY.....	A. L. JOHNSON

Second Semester

NERVOUS PHYSIOLOGY.....	C. W. JOHNSON
SYMPTOMATOLOGY.....	C. F. SPRING
PATHOLOGY.....	J. M. WOODS
PRINCIPLES AND TECHNIC.....	C. F. SPRING
ANATOMY.....	H. V. HALLADAY

THIRD YEAR—First Semester

TECHNIC.....	J. M. WOODS
LABORATORY DIAGNOSIS.....	Z. A. INNES
PHYSICAL DIAGNOSIS.....	H. V. HALLADAY
COMPARATIVE THERAPEUTICS.....	W. J. NOWLIN

Second Semester

OBSTETRICS.....	R. B. BACHMAN
GYNECOLOGY.....	C. W. JOHNSON
OSTEOPATHIC THERAPEUTICS.....	J. M. WOODS
NERVOUS AND MENTAL.....	C. W. JOHNSON
ORTHOPEDICS AND TECHNIC.....	H. V. HALLADAY
CLINIC.....	

FOURTH YEAR—First Semester

DIETETICS AND SANITATION.....	A. L. JOHNSON
OBSTETRICS.....	R. B. BACHMAN
NERVOUS AND MENTAL.....	C. W. JOHNSON
OSTEOPATHIC THERAPEUTICS.....	J. M. WOODS
SURGERY.....	J. P. SCHWARTZ
EYE, EAR, NOSE AND THROAT.....	H. J. MARSHALL
CLINIC.....	

Second Semester

PEDIATRICS.....	M. E. GOLDEN
PSYCHIATRY.....	C. W. JOHNSON
PROCTOLOGY and UROLOGY.....	J. P. SCHWARTZ
SURGERY.....	J. P. SCHWARTZ
X-RADIANCE AND PHYSIO-THERAPY.....	B. L. CASH
MEDICAL JURISPRUDENCE.....	JUDGE UTTERBACK
CLINIC.....	

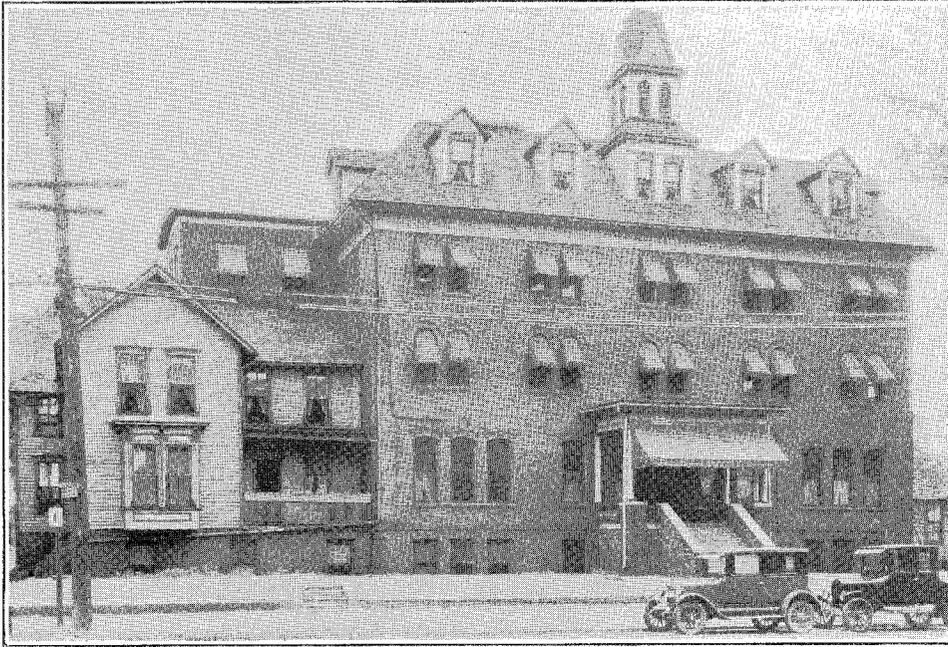
LABORATORY TECHNICIAN..... Z. A. INNES

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.

1928-1929 CALENDAR

REGISTRATION.....	SEPTEMBER 6, 7,	8
CLASS WORK BEGINS.....	SEPTEMBER	10
ARMISTICE DAY RECESS.....	NOVEMBER	12
THANKSGIVING RECESS.....	NOVEMBER 29 TO DECEMBER	3
CHRISTMAS VACATION.....	DECEMBER 20 TO JANUARY	3
GRADUATION.....	JANUARY	17
REGISTRATION.....	JANUARY 18,	19
CLASS WORK BEGINS.....	JANUARY	21
INAUGURATION DAY RECESS.....	MARCH	4
GRADUATION.....	MAY	23

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.

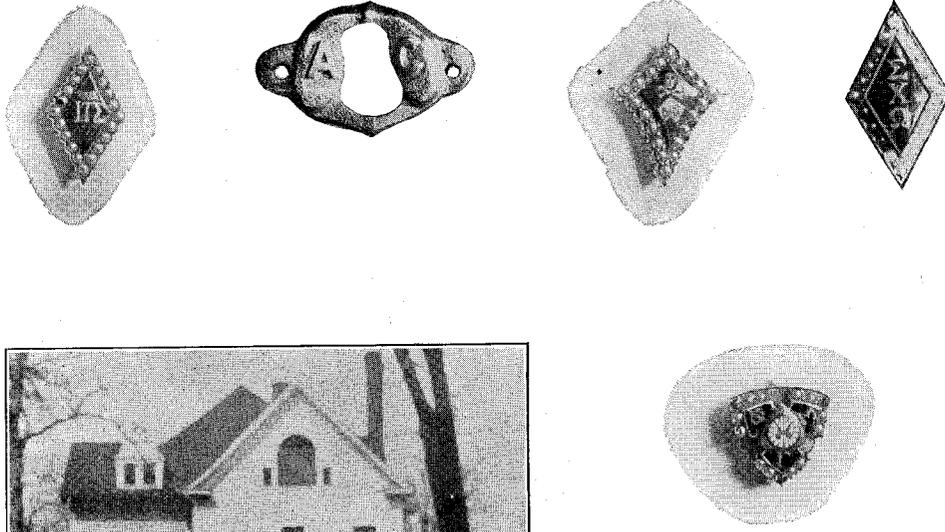
Extensive plans are under way for the erection of a new and strictly modern building for the hospital which will replace the present structure. With the new college building a reality and prospects for a new hospital, the profession can be truly proud to point to Des Moines as a greater Osteopathic Center.

Organizations

STUDENTS OF OSTEOPATHY have for many years supported several organizations that are national in scope. Those represented at Still College are Iota Tau Sigma, Phi Sigma Gamma, Atlas Club, Delta Omega and Axis Club. The official honorary fraternity of the profession, the Sigma Sigma Phi, has established its Beta Chapter in our college. The Sigma Chi Omega and several other organizations are local but each fulfill a need in the activities of the student body.

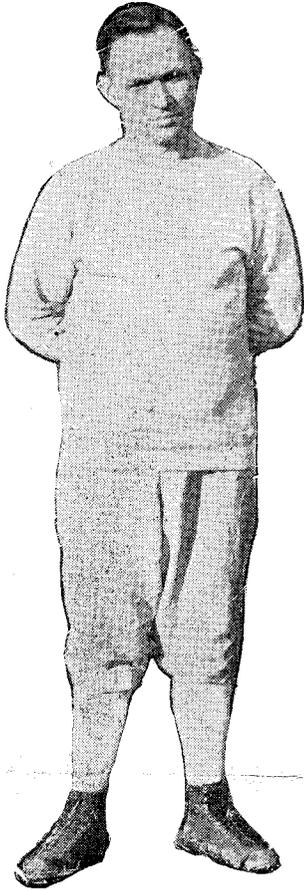
Recently we have been honored by the installation of the Still Square of the Square and Compass Fraternity, an affiliated organization of the several Masonic fraternities. Still College is the only Osteopathic College having a chapter in this organization.

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



One of the Fraternity Houses

Athletics



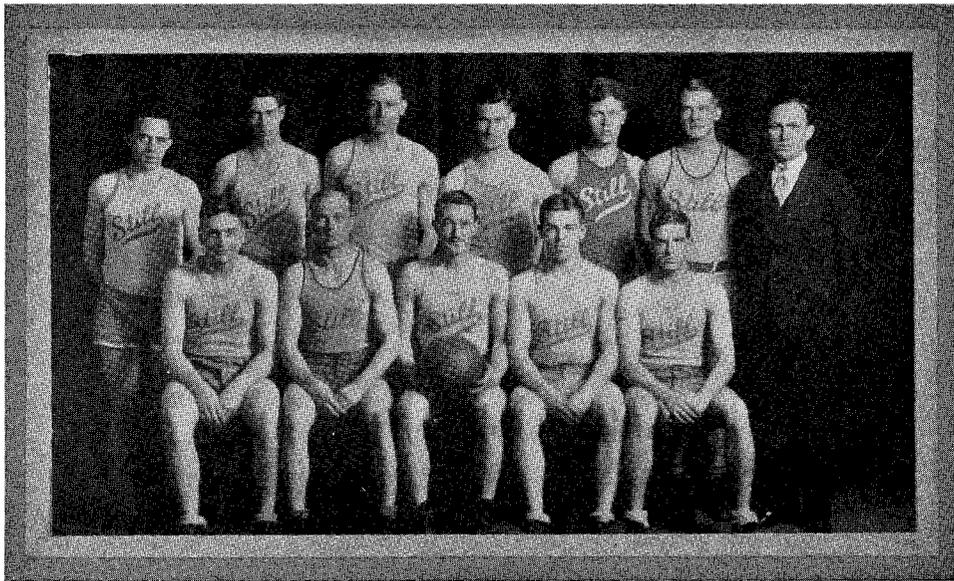
SUTTON, STILL AND SUCCESS are linked together during the greater part of the year. Coach Sutton is well known for his work with the boys and has, even under adverse conditions, brought out teams that were successful.

This next season in football promises to be one that will attract more than the ordinary attention. The schedule is full and the material is at hand. Our past basketball season speaks for itself, fourteen games won out of twenty played.

The trustees of the college are fully aware of the effort the average student has to make to keep up his work in the college and play football or basketball. In consequence, our athletes are allowed a credit that fully compensates them for the time spent in this work.

Coach Sutton

and His 1928 Basketball Team

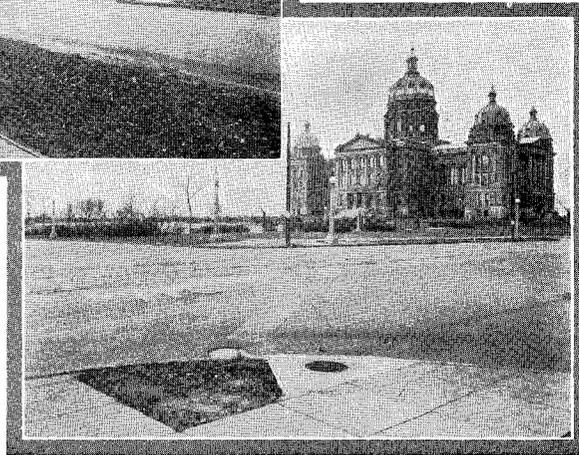


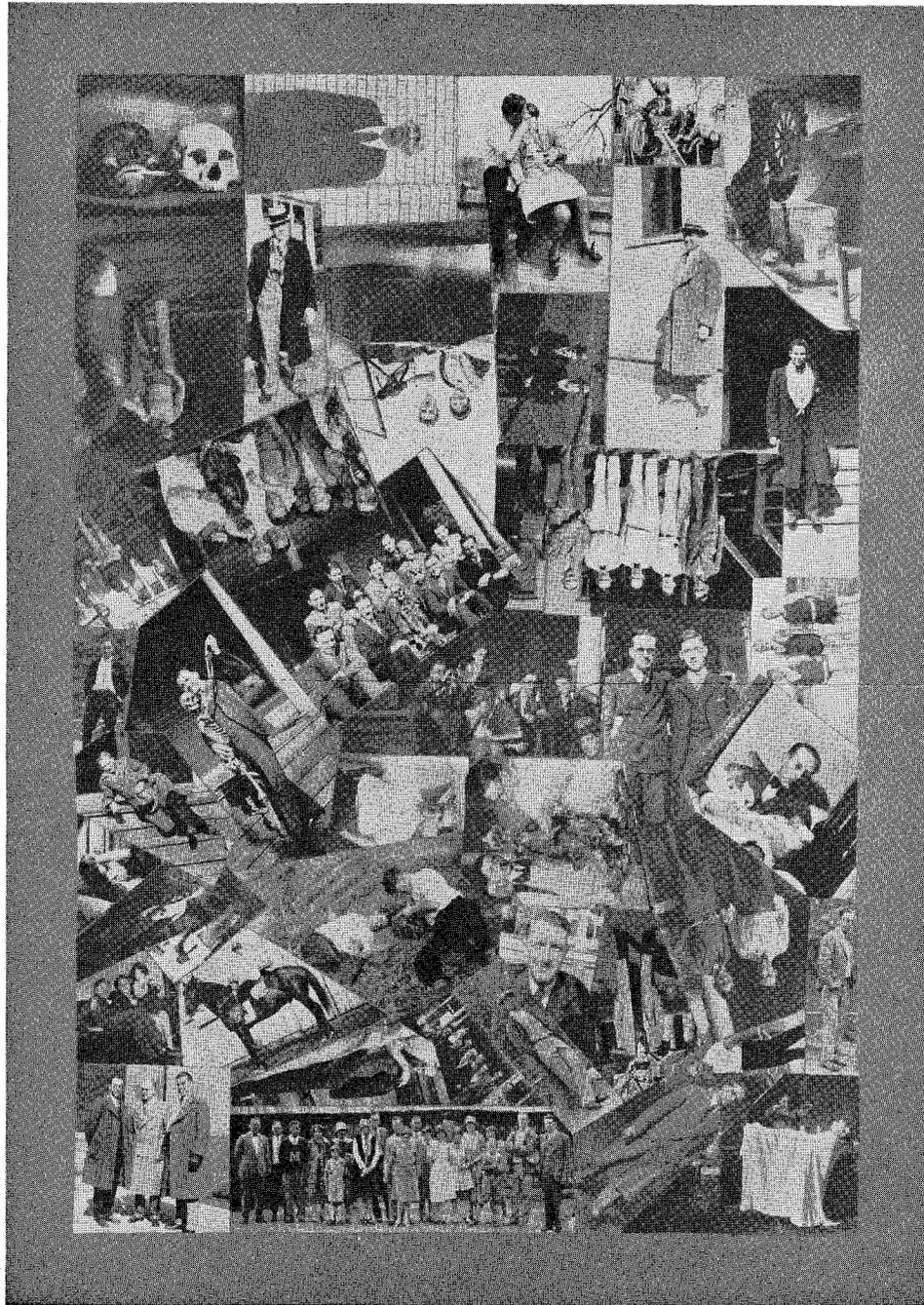
Student Activities

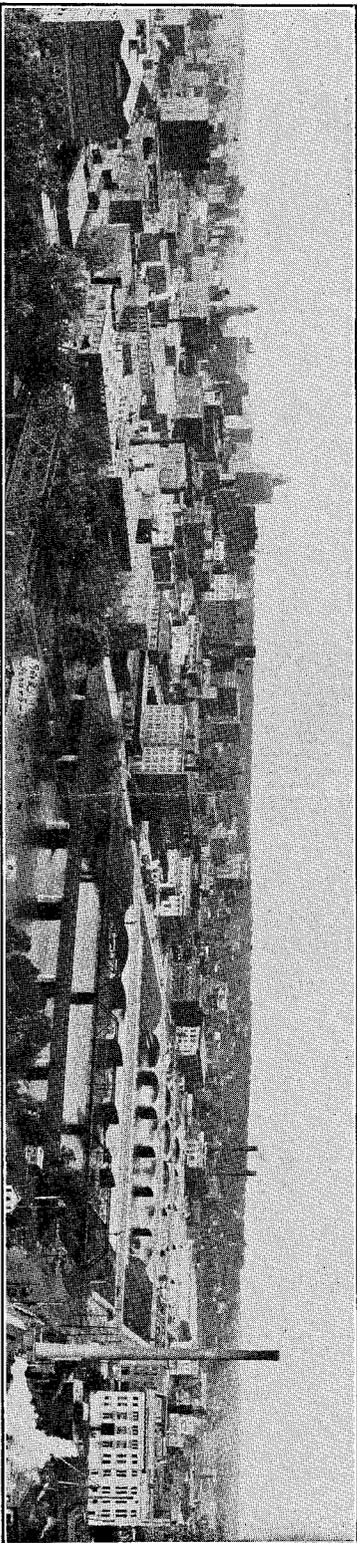
AS IN OTHER INSTITUTIONS of a like nature, student activities are not limited to those related particularly to the fraternities. The Sigma Sigma Phi and Pan-Hellenic Council, whose memberships are made up of representatives of all organizations, initiate many functions where the entire student body takes 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 by 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.







DES MOINES—THE IDEAL

College City

The years you spend acquiring your professional education are the most important of your life. Your choice of a college should be based upon good judgment after comparisons are made. If you consider a tried and efficient faculty as a factor, Still College will be your college. If you consider clinical facilities with unlimited opportunities for experience as important in your education, you will attend Still College. You will certainly want to live these four years in a city that offers all the advantages of a metropolis. Des Moines is not too large—not too small. Ideal from every standpoint.

"Come to the City of
Certainties"

Convention City

The ideal convention city must offer you something. You are interested in transportation. Des Moines is located on the main line of five great railroads. You are interested in comfort. Des Moines had five thousand rooms available for visitors. You are interested in the staging of the program. The Fort Des Moines Hotel was constructed for this special service. You are interested in entertainment. The fact that many conventions return to Des Moines is ample evidence of excellent management in every need. You are interested in practical work. The city offers thru its Osteopathic College and Hospital a variety and quantity of clinics unexcelled.

Supplement to

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THE
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Volume 6

August 1, 1928

Number 2

In Recognition of the Achievements of the
FOUNDER OF OSTEOPATHY



DR. A. T. STILL

THE ROYAL UNION LIFE INSURANCE Co. of Des Moines, appreciates his contribution to science, and extends its best wishes to those who are following in his footsteps.

EACH YEAR that rolls by Osteopaths everywhere are continuing to build to the memory of the "Old Doctor," and if he were living today he would be the most ardent and enthusiastic backer of the Endowment Fund being created for the Des Moines Still College. Dr. Still would be quick to catch the vision of what this far-reaching Program would mean to the General Profession and Science of Osteopathy as a whole.

One of the giant Companies of the West, THE ROYAL UNION LIFE, is pioneering and backing this new idea. The plan is new, is perpetual, is original, is equitable, is practical, is uniform, unique and within the reach of all those interested in the betterment of Osteopathy.

It is a "double duty" financial investment whereby you may contribute towards this Endowment and yet receive property, the value of which is much more than your cash deposits, and the insurance feature completes your contribution in case of your "premature death" and also pays your estate five hundred per cent more than is paid to the Endowment.

The simple method by which these contracts are placed is a new departure in underwriting. The transaction is all handled by mail. There is no red tape; no chance of loss; no time-wasting interviews; no medical examination. The Company recognizes the Osteopathic Profession by allowing Osteopaths to make examinations when they are deemed necessary.

Our Mr. E. J. Strong will see you this year in Kirksville. Your visit to our home office in Des Moines in 1929, is anticipated with pleasure.

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Number 3

A.O.A.—1929—DES MOINES

Annual Convention of the O. & O. L.

The O. & O. L. Society held its annual convention the week prior to the A. O. A. convention. About 200 doctors were present, although these were not all ear, nose and throat specialists. There are a lot of men and women in our profession who are not specializing but who are interested and are doing some nose and throat work and they are invited to hear the papers and discussions and to attend the clinics. There were about twelve of our specialists examining and operating. The clinics were so large that many of the doctors had to operate every day during the week of the A. O. A. convention.

Dr. Edwards, the program chairman, arranged a splendid program and everyone who attended said that it was one of the best programs that they had ever listened to. Eighty-five attended the banquet which was held Friday night at the Travelers Hotel. Dr. T. J. Ruddy served as toastmaster and you can guess that it was some banquet. Everyone was impressed with the new plans of not allowing anyone on the program, to read their papers. They were only allowed to talk on the subject of the paper that they had prepared.

Dr. C. C. Reid of Denver is the program chairman for the 1929 convention so prepare now to be held in Des Moines next year and hear this splendid program and see the clinics.

Clark Elected President

Dr. D. L. Clark of Denver, Colo., was elected president of the American Osteopathic Association at the thirty-second annual convention held at Kirksville. Dr. John A. McDonald of Boston, Mass., first vice-president; Dr. Arthur Allen of Minneapolis, Minn., Dr. Phillip Russell of Fort Worth, Texas, and Dr. Ray B. Gilmour of Sioux City, a former president, were named trustees.

Most people think of it in terms of getting, but success begins in terms of giving.—Henry Ford.

The Kirksville Convention

The Kirksville convention was a success. Those attending were not pleased 100 per cent but those of us who attend conventions and have to do with them realize that if 75 per cent of the customers are pleased we have done a good week's work.

We might criticize the arrangements of the program. If we did it would be the same old thing that has been said for years. There was too much going on during the hours allotted to papers and discussions. Each year we have been trying to benefit by the mistakes made in the past. It is to be hoped that at this next convention to be held in our city that there will be some plan used that will do away with the many conflicts along this line. There is so much to be done in the week that this is a big job in itself.

The one thing that we can highly commend was the spirit of hospitality and good fellowship shown by the people of Kirksville and Macon. It is true that there were many who were inconvenienced. We know of several cases where the individual went out and found more convenient and livable accommodations. For the most part we heard little of this. Yes it was hot. But what else would you expect in August in practically every part of our country. We think that the convention should be held about the middle of June. Many object to that time and say to have it in July and some claim that August is the best time on account of so many vacations being taken then. Whenever it is held it will not please all.

As a convention, considering the scientific worth of the meeting we would say that others have surpassed it. As a reunion we doubt if there will ever be another such as this. The program was filled with memorial and commemorative addresses. It was an opportunity to show our respect for and allegiance to those things that we associate with our founder. To fail to be a part of these is indicative of a sad lacking in an important mental attitude towards our science. Sentiment is not essential in business. It is a flavor-

(Continued on page 3)

Are We Happy?



Iowa should be. There are reasons.

We went to Kirksville with the determination that the next annual meeting of the A. O. A. would be held in Des Moines. After four years of concerted effort this has been decided in our favor.

We went to Kirksville determined to make a showing at every opportunity. Iowa, under the leadership of Dr. Harry Marshall attracted favorable attention and won the prize for the largest delegation in the parade. Harry's ability has been suspected in years past but it has been proved now to the satisfaction of all.

Iowa went to Kirksville with speakers of know worth. Dr. C. W. Johnson, president of the college; Dr. Robert Bachman, expert obstetrician; Dr. J. P. Schwartz, surgeon; Dr. Harry Marshall, eye, ear, nose and throat specialist; Dr. Ray Gilmore, past president of the A. O. A.; Dr. H. V. Halladay of spine fame; Dr. W. C. Chappell, Dr. Rolla Hook and others left their hearers deeply impressed with the sincerity of these workers in our profession.

We went to Kirksville hoping to secure a president in sympathy with Iowa's plea for the 1929 convention. We were delighted in the election of D. L. Clark of Denver. Dr. Clark, to you we pledge our undivided support so that when the convention closes next year in Des Moines the profession will say this has been our best year.

We went to Kirksville with the hopes that the program chairman would be one with whom we could co-operate. Chet, we are for you and we want to help make this meeting as near perfect as such a thing can be.

We are happy and we have returned home with a determination to make you equally so.

Des Moines has been chosen as the 1929 convention city by the American Osteopathic Association. The vote to hold the next meeting in Des Moines was unanimous and the date of the convention will be set later.

The decision to hold the convention came about after many years of work on the part of those interested in Des Moines Still College and the city of Des Moines as a convention city. We cannot say too much for Dr. H. V. Halladay of the faculty and Geo. Hamilton of the Des Moines Chamber of Commerce convention bureau for their untiring efforts in working for the convention for this city.

Plans are all ready for the convention and those that are in charge assures us that any convention in the past or any in the future will be judged by the one that will be held in this city in 1929.

As ceaseless as has been the efforts of those interested in securing the convention for Des Moines—so their activities will not end until that day and that hour when the 1929 convention has been brought to a most successful close.

New Students

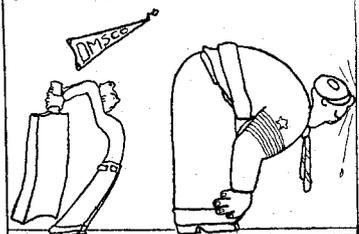
The prospects for an unusual large freshman class are very promising. Each week finds many new names added to the list of those who will September 1st begin the four years of preparation in their chosen profession. It looks like a great year ahead for the D. M. S. C. O.

Students and alumni! Boost your school and your profession! Tell those interested in the study of Osteopathy about the true science of the normalization of structural integrity, so that they will send in their application to Still College this fall.

Keep in touch with your prospective students. Increase their enthusiasm. Inform us as to the date of their arrival and we will assure them of a real welcome.

The first thing a man wants is to have his heart right, and the last thing is to have his mind right. If they are right he sees the world in the right way.

FRATERNITY NOTES



IOTA TAU SIGMA

Gradually the fellows are returning to the house which makes the place look like home again. Some of the Alumni dropped in on their way to Kirksville and it was good to see them for it looked like old times.

Wigal is still working the "Hoffman" in his effort to keep all the Beau Brummels of Des Moines in shape. If he can find time to dress he comes up to the house to get ready to visit the marathon dance at the Coliseum where he is doing his best to help one couple win.

Spaulding is doing double duty at the Des Moines Club and he relieves Wigal occasionally at the Marathon. Wigal is also a member of the Des Moines Club now.

The job of taking care of the lawn rests on other shoulders when the freshmen are so busy but give us time and it will be in shape by the time school starts.

Dr. Wadkins is back at the house after taking over Dr. Hanan's practice for the summer when the doctor took time out for a vacation.

Dr. Earl Shaw paid us a visit on his way to Kirksville to attend the convention. He has now returned to the house and will be with us for a few days.

Bro. Sluss returned for a day and accompanied Dr. Shaw to Kirksville. Later Mark and the wife paid Dr. and Mrs. W. E. Russell a visit at Leon, Ia., where Dr. Russell is practicing.

We might add that Dr. Ross has been back a couple of times from Boone where he is taking over a practice for the summer. He reports that everything is going fine.

Now is the time to line the new and prospective students up for D. M. S. C. O. and for I. T. S. Bring them along with you. Get on your toes and get set for the first day, so be back as early as possible.

Get a few Sheckles out of your jeans and send them in, and don't wait.

P. S. Please note what happened to "Lew" Hughes in the Marriage Notes and beware. Bestwishes and congratulations from all the fellows to both.

Office Secretary

Miss Crawford is back on the job again getting things in shape for the coming registration. During her vacation she spent some time with relatives and friends in Chicago and from all reports she had a wonderful time. She later spent some time with her mother in Parkersburg, Ia., and then returned to D. M. S. C. O. with the same happy smile.

West Virginia

The West Virginia State Board of Osteopathy met in the First National Bank building, Huntington, W. Va., July 16 and 17, 1928.

The following recently graduated Osteopathic Physicians presented themselves for examination: Lando F. Price, Sardis, W. Va.; Geo. O. Smith, Marietta, Ohio; R. Kenneth Dunn, Adams, Miss.; J. D. Flasco, Akron, Ohio, and R. B. Thomas, Greenville, Pa.

Reciprocity applications of Florence May Town, Holliday's Cove, W. Va., and Earl H. Gedney of Grove City, Pa., were approved by the Board.

The next meeting of the Board will be held in the same place February 11 and 12, 1929.

Application blanks may be secured by writing the secretary, G. E. Morris, D. O., 542 Empire Bldg., Clarksburg, W. Va.

Congratulations



Melcher-Hughes

Word has been received announcing the surprise marriage of Miss Kathryn A. Melcher, daughter of Mr. and Mrs. Asa Melcher of Nogales, Ariz., formerly of Des Moines, to Mr. Llewellyn S. Hughes of Detroit, Mich.

The wedding took place at the First Presbyterian Church in Toledo, Ohio, Saturday, July 28, with the Rev. Elwood Rowdy officiating.

Mr. Hughes is a member of the class of 1932 of the Des Moines Still College of Osteopathy where he is affiliated with the Iota Tau Sigma fraternity.

At present the bridegroom is associated with the Ford Motor Co. in Detroit, where the couple will make their home.

Rucker-Lathrop

We have received word that Ralph W. Lathrop also of the class of 1923 and Miss Alys Rucker, both of Decatur, Ill., were united in marriage on July 3. We shall look forward to meeting both this fall. Our best wishes and congratulations.

Dolan-DeLong

Dr. Clifford DeLong of the June class and Miss Nellie Dolan of this city were married on the fourteenth of April. They are now located at Humboldt, Iowa, where Doctor DeLong has opened an office. Success and happiness is all we can say.

A Great Constructive Convention in 1929

By G. E. HAMILTON

Secretary Convention Bureau

The action of the house of delegates in selecting Des Moines for the 1929 Annual Convention of the American Osteopathic Association by unanimous vote, is indeed most pleasing and a fulfillment, on the part of the Association, of the recognition of the claims of Iowa, and its capital city for this honor, expressed at the Denver convention in 1927.

The large number of invitations that were extended by representative cities of the nation for the 1930 convention is evidence of the reputation that A. O. A. has established.

Now that this outstanding convention has been secured it is up to every practitioner in Iowa to assume an active interest and a personal responsibility of making the event here in 1929 the largest attended and the most constructive in the history of the association.

Des Moines is prepared to meet every requirement of the National Convention in a manner equalled by few cities. Iowa will be a garden of beauty in convention time and will afford the delegates and visitors an opportunity of personal contact with the great state that produces one-tenth of the food stuffs of the nation to visualize its resources and attractions.

The convention bureau urges every member of the profession to BEGIN NOW to make use of every opportunity that will contribute in producing a record breaking attendance.

Chairman of Arrangements

As chairman of the arrangements committee for bringing the A. O. A. Convention to Des Moines in 1929, I want to take this opportunity to thank the profession for accepting our invitation to hold the national A. O. A. convention in Des Moines next year. At the same time the same committee in behalf of the profession of Iowa, wants to extend to you an invitation to be with us in 1929. We assure you that you will be given hospitality that you will not forget and we will do everything in our power to make you comfortable and enjoy every minute of your stay with us.—(Dr. Harry Marshall.)

Internship

Dr. Cecil M. Jones of the January class of 1928 stopped to visit the school on his way to California. He accepted an internship at the Los Angeles Osteopathic Hospital and was on his way to report for duty. He spent some time in Ohio with his parents during the summer.

Great stuff "Deke" and good luck on your trip. Let us know about the hospital and your work—yes and the wife.



Patient, (after having taken treatment)—"Doctor, how much do you charge?"

Doctor—"I charge nothing. Three dollars please."

The doctor found that the grocery boy's ear, which had been painning him, was full of water. "How did that happen," he asked. "Have you been swimming?" "No," replied the boy. "Been eating watermelon."—Progressive Grocer.

Mashee—"I don't know you from Adam."

Masher—"You ought to, I'm dressed different."

Hotel Clerk—"Have you a reservation?"

Lady Traveler—"Do I look like an Indian?"

Visitors were present. "Daddy, may I have a dime?" asked little Georgie.

Dad obliged, with a smile. "This time you won't make me give it back after the company's gone, will you daddy?" was little Georgie's loud remark.—Legion Monthly.

The young son was sick and the doctor was called. He told the boy he must go to the hospital.

Boy: "Oh, doctor, I don't want to go to a hospital."

Doctor: "Why, a hospital's a fine place—clean and convenient."

Boy: "But, doctor, I don't want to go there. I don't want a baby. I want a pup."

One balmy night recently a beautiful young girl sat on the sands at the bathing beach. Her bashful swain was by her side. She cuddled close to him and laid her head on his stalwart shoulder, but it brought no result, except that he stealthily kissed her hair, of which she was unaware. She sighed wistfully, and looking up at him with soulful eyes whispered, in a voice husky with emotion, "Kiss me."

"I can't," he managed to articulate, "some sand got into my mouth."

"Then swallow it, boy, swallow it," she snapped. "If ever anybody needed sand you certainly are the guy."

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

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 to the credit of only a few 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 dilutionment 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 process out of which a great scientific, and humanely helpful profession shall grow as the years pass by.

MODERN VERSION

Children should be seen and not heard.—Everybody's Weekly.

The Kirksville Convention

(Continued from page 1)

ing. Things taste better, the memory lingers, if we halt and give thought to those who have cut the path and led the way for our progress.

The one outstanding feature of the week in the way of entertainment was the trip to the Still-Hildreth Sanatorium. From the time we left our car until we started it on the homeward trip we saw evidence of co-operation, unity, unselfishness, hospitality, generosity, organization and all those things that have to be in order that a small community may entertain a large crowd in comfort and with dispatch. We had ample parking facilities nearby. We had room at the sanatorium grounds to sit, run, swim or do almost anything the heart desired. When it came time to eat we had a most generous barbecue lunch topped with ice cream and real home made cake. Dancing was provided in the evening at two places and in spite of the heat both were filled to capacity until a late hour. The ladies of Macon deserve a word of highest praise. It was not the ladies of the Methodist church nor the Monday Bridge club but the whole town working as one to please the visitors. And they pleased them. We realize of course that Dr. Hildreth was the power in the lead but his ideas and efforts would have fallen flat without the unselfish efforts and perfect organization of the community. We salute Macon.

We enjoyed the convention thoroughly.

Clinics

Those who have remained at the school during the summer months and attended the clinics have been repaid many times. The clinics during June and July of this year have been larger than at any time during the history of the school. The variety of the cases that came to the school have been very gratifying and has provided those who remained with some unusual experience.

Many times during the summer it was found necessary to ask the patient to return the next day as the time allotted was insufficient to examine all. This gives to the student, and those interested in Des Moines Still College, ample proof that the clinics of D. M. S. C. O. are the largest of any of the Osteopathic schools.

The value of this experience cannot be over emphasized for once again we realize the fact that the students of D. M. S. C. O. go out into practice with a vast amount of actual experience, and that they will meet the same type of cases in the office in practice. Such practical work is valueless.

Word From the Dean

It is hard to realize that after many attempts to secure the national meeting for Des Moines that our hopes are finally fulfilled. This is something that we have been anticipating for years and while we have been prepared in the past, each year adds to our confidence in our ability to give the profession what it wants.

We know that this opportunity will not come to Des Moines again for many years unless the meeting is of the type that calls for an encore. This is our objective.

Osteopathy is well thought of in the state of Iowa and especially so in the City of Des Moines. Even without the facilities offered through the college and hospital, Des Moines alone could take care of your needs in a satisfactory way. This will be your first official visit to the state of Iowa. You will want to return.

The college has recently acquired a new building and is prepared as never before to assist in making your stay a success. The Des Moines General Hospital offers you an Osteopathic institution with every convenience and need for surgical work. Our extensive clinic will be opened to you. The quantity and variety of cases that you will be able to see will convince you that we are performing a real service in this community.

It is early to announce definite plans, but we can assure you now that your convention in this city will be practical and demonstrative.

We feel highly honored by this decision of the association and in the discharge of the obligation will sincerely work to make it your most successful meeting.

J. P. SCHWARTZ, D. O.
Des Moines General Hospital.

Iowa Wins Attendance Prize

Iowa Osteopaths swarmed down on Kirksville and carried off the coveted honor of first prize for having the largest attendance at the convention. This delegation consisted of some of the most prominent men in the field. Des Moines Still College is proud of the members of the faculty who were speakers on the program.

Upper Classmen

Plan on returning early for O. B. and General Clinic for there will be plenty for all to do with the number of patients that are reporting daily.

"Jimmy" Shaeffer is lining up quite a few O. B. patients and will need someone to help him out. Those who are still here found it necessary to do double duty very recently when there were two cases in one night.

Word From President Johnson

The decision of the American Osteopathic Association to hold its next annual meeting in Des Moines is highly gratifying. Our city has been prepared for this event for many years. Our college and hospital are functioning better than ever before and we are confident that we can give the profession a convention that will be remembered for years. Des Moines will set a mark that will be followed in future conventions.

As president of the Des Moines Still College of Osteopathy it gives me great pleasure to offer every facility of our college building and clinic. Every member of the Board of Trustees and faculty will be at the service of the association and its members. We know what we have here in Des Moines. Very few of you realize the important position we occupy in the life of the city. We know that you will not be disappointed with your visit to this city.

To say that we are proud and happy for this opportunity to serve you would be using a well known phrase. We are the superlative of all that.

We urge you to make your plans early to attend. We want a crowd here that their very presence will overshadow the tall corn and everything else that has made this state famous.

Fraternally yours,
C. W. JOHNSON, D. O.
President.

It Won't Be Long Now

The realization that the days and weeks are rapidly bringing the summer vacation to a close brings us face to face with the facts that in less than another month school with start for another year. Some say "why mention it" while others are glad that it won't be long.

Many will return for their final year and other will enter the doors of D. M. S. C. O. for the first time. The Seniors return to enter their final mile and the Freshmen to enter a race that will carry them far into life's ways—to chart unknown seas. Little do these new men know how the four years ahead will change their ideas and views of their chosen profession, yet well do those who have cleared the trails and gone before realize what it will mean. The other students will return to carry on a work that has been well begun—to advance further in the knowledge and science of Osteopathy.

Everything is rounding into shape and those who have remained at school look forward to seeing everyone and await to give them the glad hand of welcome when they return.

Who says the soul of art is dead in an industrial age, when every other gas station is dolled up with whitewashed cobblestones.

Des Moines Smiles

1929 will assure you everything for your convenience, comfort and concept.

Arriving by railroad, auto, airplane or any other method we will have reception committees, information booths, free parking spaces, ample camping facilities, plenty of hotel rooms at no increase in price. Your choice of a multitude of cafes where meals can be secured at the price you want to pay.

Bring your family. Special provision has been made for the entertainment and care of wives of children. Des Moines parks, playgrounds and other amusement places will delight your family. We have playground supervisors, nurses, story tellers and chaperones on the list now ready at a moment's notice to care for your family.

The entertainment committee has five expert program supervisors ready to take care of your spare time. There

will not be an idle minute to drag through when you come to Des Moines.

The registration of clinics for the convention has begun and you will see the greatest array of cases in the history of Osteopathy. The list begins with Alopecia and runs through to flat foot.

There is so much to be told about the coming convention that we can only give you a hint now. Every issue of THE LOG BOOK will carry more information about the greatest Osteopathic convention. Every facility of the college and hospital will be placed at your disposal. It is our opportunity to show you the work of our institutions and to prove to you that Osteopathy is appreciated in Des Moines.

This will be Des Moines' first National Osteopathic Convention, but not the last. You will want to return.

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THE LOG BOOK

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Volume 6

September 1, 1928

Number 4

Board of Osteopathic Examiners

The Iowa State Board of Osteopathic Examiners, in its recent examinations held in the Senate Chamber of the Iowa State Capitol, May 31, June 1-2, examined sixteen candidates for certificates to practice. Fifteen of whom were for the Osteopathic Physicians certificate and one for the Osteopathic Surgeon's license. Of this number thirteen were granted licenses to practice in Iowa as Osteopathic Physicians and one was licensed to practice Major Surgery. Those successful in the Osteopathic Physicians' examinations were Drs. Robert W. Ross, Francis W. McIntosh, Oscar J. Dubois, Max Orin Vosburg, Clifford DeLong, Harry A. MacNaughton, Ralph P. Westfall, James Otis Ewing, Hilliard M. Sasa, Don Burton Sheets, Kenneth E. Schurr, Roy Guy Trimble, and Arthur M. Friend. Dr. Sidney A. Helebrant was successful in his examination in Major Surgery.

The Iowa law grants two types of certificates, one in Major Surgery and one as Osteopathic physician, and candidates for certificate to practice as Osteopathic physician, must have completed the regular course in a recognized college of Osteopathy, which requires for admission a

(Continued on page 3)

Sigma Sigma Phi Meeting

The Sigma Sigma Phi, national honorary fraternity of the profession held its annual meeting in the parlors of the Elks Club at Kirksville on August 10th. Following a discussion of the policies to be assumed by the organization during the coming year the officers of the Grand Chapter were elected as follows:

Grand President, Dr. H. V. Halladay, Des Moines, Iowa.

Grand Vice-President, Dr. Herbert Locke, Gainesville, Texas.

Grand Secretary, Dr. Paul Parks, Des Moines, Iowa.

Grand Treasurer, Dr. C. H. Britton, East Lansing, Mich.

Grand Trustee (one year), Dr. M. E. Green, Sac City, Iowa.

Grand Trustee (two years) Dr. A. Markovitch, Wellsville, Mo.

Grand Trustee (three years) Dr. J. P. Wood, Detroit, Mich.

Correspondence will soon be instituted with the field members and chapters as a number of important features have to be taken care of before the reunion which is planned for 1929 in Des Moines.

There is
no present.
The future
merges into the
past with a swiftness
that leaves no dividing
line. Things must
be done now. To wait for
tomorrow, to do that which
can be done now is to put a mortgage
on the future. Success comes
to those who know what to do and do
it today. The only consideration that
should be given tomorrow is to plan for
tomorrow. But today—STUDY OSTEOPATHY !

House Cleaning

The passing of the summer months have found many changes taking place throughout the entire building. Mr. Thompson has been busy with the numerous and varied work that is always necessary around any institution after the long winter and spring months. Starting on the very top floor in the assembly room, the walls were cleaned and polished. The waiting room and the office appear as if they had been completely refinished and many have spoken of this fact. After completing the entire building it was decided that a wainscoting should be used along the stair wall and the halls. This has been finished in an Olive Green and it vastly improves the appearance of the building.

When the students return they will find the rooms have been completely rearranged and thoroughly cleaned. Mr. Thompson is certainly to be commended on the way he went about the work and upon the general appearance of the building now.

Who's Who

Dr. Mark Herzfeld of Detroit, Mich., a graduate of the Des Moines Still College was appointed to the Michigan State Board of Examiners for a period of five years.

Accept no substitute for work—there is nothing "just as good."

O. B.

Since the last issue of the Log Book the O. B. department has had their hands full taking care of the many calls that come from the various parts of the city. As this issue goes to press there has been fifteen cases. One of the cases was a face presentation which was handled in the very efficient manner of all the cases that are delivered by the students.

The interesting part of all of the cases that are handled by the O. B. department is the praise and satisfaction of the patients after delivery.

McManus Tables Cleaned

Representatives from the McManus Table Company of Kirksville were at D. M. S. C. O. for almost a week giving the tables a complete overhauling and cleaning. There was no doubt that the tables needed such a going over and the work that was done has added greatly to the appearance of the treating rooms. It is planned in the near future to cover the tables that need such attention. Percy Wally has been placed in charge of the tables to keep them in shape so that it will be but a minor job to place them in excellent condition for the convention in 1929.

Everything comes to him who waits, but to get it in time to be of any use to you, you have to go after it yourself.

Convention Preparations

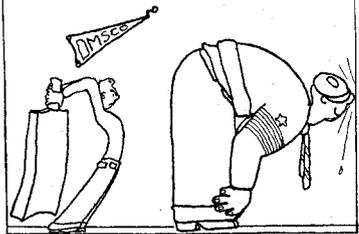
The Iowa Osteopathic Association, host to the A. O. A. in 1929, has held its first official convention meeting. Dr. Ray Gilmore of Sioux City, former president of the national association, presided. The association in the state is indeed fortunate this year in having secured as its leader a man who has had experience and training along organization lines. Dr. Gilmore has already accomplished something. The hub of an efficient organization has been completed and you will soon see evidence of the lines of radiation reaching into the various departments so that a complete and perfect machine will be working for your convenience, instruction and entertainment at the next convention.

The official executive committee consists of Dr. R. B. Gilmore, president; Dr. Rolla Hook, vice-president; Dr. C. N. Stryker, secretary-treasurer, and Drs. Clow, Furnish and Kline, trustees. These men met Sunday, August 26th, and adopted plans and policies that will be carried out during the year. The organization plan called for the election of three Des Moines physicians to be designated as a local Executive Committee each to act as chairman of a group of activities and to become a part of the general executive committee. Dr. H. J. Marshall was elected chairman of this group with the responsibility of organizing committees to handle train reception, transportation and automobile service, decoration, entertainment, reunions, and golf tournament. Dr. Della Caldwell, acting as treasurer of the local group will also attend to the organization of clinics, hospitals, health talks, women's organizations, examinations for physicians, allied societies and halls and furnishings. Dr. H. V. Halladay as secretary of the local group will in addition be responsible for registration, publicity, information, program publication and hotel reservations.

The next announcement will be the selection of a date for the national meeting, following which you will be treated to the latest news relative to the activities of this group. Watch the Log Book.

Let me do the thing that ought to be done, when it ought to be done, as it ought to be done, whether I feel like doing it or not.

FRATERNITY NOTES



Iota Tau Sigma

There is but little to say this issue. We await the return of everyone. We can say that the house is still upon the hill—high and dry.

The lawn has finally received a trim but it took some tough old swinging plus a few blisters.

To prevent a reoccurrence of previous years' experience the house has been thoroughly fumigated and now with a little work will soon be in ship-shape for the opening day of school. We still need help.

Dr. Robert Ross has returned to the house for a few days. He has been taking over a practice in Boone for the summer and reports some valuable experience. He has been looking over all the used cars in the city and later expects to leave for Elgin, Ill., to visit his folks before definitely deciding where to locate.

Letters have been received from Gephart, Herrick and Harry Kale. They all report a great summer and are now anxious to be back.

Phi Sigma Gamma

Bro. Shaffer quietly left town last Friday. He said for a vacation trip to the lakes???

Bro. Heinlen left Sunday to join Shaffer. We never expect to hear the last of the new Buick, suppose it's functioning perfectly.

Bro. Stone is suffering from poison ivy as the result of a week-end "fishing" trip.

A card was received from Bro. "Tom" Clark who is spending his honeymoon up in the wilds of Minnesota. He reports that he and the Mrs. are having a great time. We feel for you, Tom, but can't reach.

News has drifted to the Convention City to the effect that Bro. Westburg will also return this fall with a "Ball and Chain."

Bro. Cuff reports his practice at Wells, Minn., is hotter than a little red wagon.

Bro. Jennings has returned from his vacation to relieve "Jim" of the O. B. department. Shaffer has received a better proposition. Better ask him about the new Buick.

The latest arrival to the house is Layton Long. All goes well in the fair city.

Perhaps we ought to be thankful to the bore who keeps us so busy listening to a recital of his troubles that we haven't time to think of our own.

Football Prospects

The prospects for the 1929 football team are very promising according to the report of Coach Frank Sutton. There will be eleven of the regular lineup from last year, who will return to give their best for D. M. S. C. O. Two of these men, Capt. D. N. Shaw, fullback, and Frank Dornbush, center, are three year men. Those of the regular squad of last year are: James Shaffer and Allen Nelson, guards; Lee Lindbloom and Donald Hughes, tackles; Harold Davis and Ralph Lang, ends; Mikael Cronen and Obie King, halfbacks. These men will find it necessary to fight all the time and to be on their toes every minute when there are such men from the squad available as Faus, fullback; Monger and Ward, guards, and Schwartzbaugh, end. Gill, quarter; Loftus, tackle, and Dye, halfback, are expected to be out and give a good account of themselves.

It will be hard to replace the men lost last year by graduation in view of the fact that Coach Sutton has scheduled ten of the toughest games this year that he has ever scheduled. The team will be light but we know from last year there will be plenty of fight.

There no doubt will be some finds in the freshman class and it looks like there will be plenty of weight according to letters that the coach receives regularly. Material that will add weight as well as power to the team is needed and will strengthen the team greatly, and aid materially in making for a great year for D. M. S. C. O.

The first practice is scheduled for Monday afternoon, Aug. 10th and the coach is desirous of having all the men on the field and ready for the first practice. Boost Coach Sutton, the team and D. M. S. C. O.

Francis-Shideler



Of interest to the graduates of D. M. S. C. O. is the marriage of Dr. Maisie Francis and W. Durward Shideler which occurred Friday evening, Aug. 3, at 8:30 o'clock. The ceremony was performed at the home of Rev. H. E. Hutchinson, pastor of Grace Methodist church at Morning-side, Sioux City, by Rev. A. J. Quirin, executive secretary of the Methodist hospital at Sioux City.

Mrs. Shideler is a graduate of the Des Moines Still College of Osteopathy. After completing her course she opened up an office in Storm Lake, where she built up a large practice.

Their many friends join in wishing them much happiness and success.

Moving Pictures

The pictures of practical Osteopathy that were shown at the A. O. A. Convention at Kirksville this year are being shown in connection with the educational films at the Register and Tribune booth. This booth is in the Educational Building, not far from the College Booth, at the Iowa State Fair. Those who saw the pictures at Kirksville will have a better idea than that conveyed by the article in the Log Book some time ago.

It is planned to add to this film soon after school starts. Pictures of the football team, basketball team and various other athletic teams and athletic activities will be made. The various phases of school life as Freshmen-Sophomore activities, school parties, etc., will be filmed, and later pictures of the various fraternity houses, and the men representing various activities of fraternal life.

This will be used to advance Osteopathy and to show student life at D. M. S. C. O.

I. T. S. Welcomes A. O. A.

We too are pleased that the A. O. A. has decided in favor of Des Moines for the 1929 convention. We unhesitatingly say that the convention decision to hold the 1929 convention in Des Moines meets with the heartiest approval of every member of Iota Tau Sigma.

Our newly acquired house, of which we are justly proud, will be open to those of the profession at all hours of the day. We shall be more than happy to welcome you to the convention and to help you in any way to enjoy your visit here in 1929.

Branching Into Athletics

Many requests are constantly coming to the Log Book in regard to the articles on Branching into Athletics which were written by Dr. H. V. Halladay. Due to this fact that so many want the back numbers sent to them we are going to have them reprinted in the coming issues.

When one reads of the inspiring work that is being done in Kansas University along this line it is an added incentive to the men in the field who are taking care of athletes and athletic teams to carry Osteopathy farther into this field of work. The story shows to those interested in this work what Osteopathy will do for the athlete.

According to those who have written in to the office it is one of the finest series of articles in regard to the care of athletes that has been published and they value it highly in their treating and caring for the athletic teams of their town and vicinity.

Don't be content with doing only your duty. Do more than your duty. It's the horse who finishes a neck ahead who wins the race.—Andrew Carnegie.



Judge—"So you tried to drive by the officer after he blew his whistle?"

Motorist—"Your honor, I'm deaf."

Judge—"That may be, but you'll get a hearing in the morning. Next case."

Mother (entering room): "Why, Mabel get right down from that young man's knee."

Mabel—"No, I got here first."

Her—"Don't you love driving on a beautiful night like this?"

Him—"Yeah, but I thought I'd wait until we got further out into the country."

Bobby—"Pa, what becomes of a baseball player when he gets old and blind and deaf?"

Father—"They make an umpire of him."

Husband (arriving at 3 a. m.) Er—sorry dear, sorry to be so late, but I've been out with Baker.

Wife (poising rolling pin for action): I suppose that's baking powder on your coat, then!

Mrs. Naggs—"You deceived me before I married you. You told me you were well off."

Naggs—"So I was, but I didn't know it."

Worried Mother—"The baby swallowed a dime today."

Father—"I didn't notice any change in him."

"Let's get up a university," said the enthusiastic organizer. "I've got a philanthropist, a corner stone and a good half-back."

THE APPEAL

He glanced at the beautiful woman beside him, his look heavy with anxiety and humble pleading, but she was unconscious of his appeal. For long moments he watched her, struggling with his emotion, desiring, yet afraid, to ask the question that trembled on his lips. At last he spoke, wistfully, yearningly:

"Ma, c'n I have the little piece of pie that was left over from dinner?"—Goblin.

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

"That Something"

It has been most gratifying to receive letters from the practicing Osteopaths in the field in regard to their enjoyment of the article entitled "That Something" that has been printed in the Log Book. Such statements as: "I enjoy your little paper and especially the article 'That Something.' Be sure to send me the paper containing all of that story," and others to the effect that they have either missed the article or it has not yet been continued. The fact is this, there was so much news of the convention which the editor wanted to be "red hot" that it was impossible to print any of the story in the last issue. The remainder of the story will be printed at the earliest possible convenience.

Illinois Public Hospitals Cannot Bar Osteopathic Physicians

Osteopathic physicians and surgeons in every state must pass similar or equal tests with the older school of medicine. Our students are required to take not less than four years of intensive study in order to graduate. Most of these students entering our schools have had some college training, many have degrees, none have less than a high school education.

The second largest county hospital in the world, the one in Los Angeles, recently turned over to the osteopathic profession one complete unit of more than two hundred beds. All sorts of conditions of patients will be cared for at this unit.

Our contention has always been that osteopathic practitioners who are legally recognized, and their patients, should have the same privileges in any hospital that is maintained wholly or in part by public funds or contributions.

The attorney-general of Illinois sustains this viewpoint in a recent ruling as follows:

"The hospital in question is maintained in part by public funds. I am of the opinion that if the governing body should adopt a rule refusing to permit regularly licensed physicians professing a certain system of treating to practice therein, the same would be discriminatory and unlawful."

—Health Factors.

Change in the pocket relieves the monotony of life.

Mrs. Robinson

Mrs. Robinson, secretary of the school, has returned to her office after an extended motor trip. She spent the entire two weeks motoring, visiting many relatives and friends. "Sandy" proved to be a faithful companion throughout the trip and never once did she have to change a tire or stop along the road. Mrs. Robinson claims this to be the joy of motoring.

She is planning a long trip into the east for next summer. She expects to drive to New Hampshire where with relatives they will have a cottage along one of New Hampshire's famous lakes.

THERE IS NO DEATH By Bulwer Lytton

There is no death! The stars go down

To rise upon some fairer shore;

And bright in Heaven's jewelled crown

They shine forevermore.

There is no death! The dust we tread

Shall change beneath the summer showers

To golden grain, or mellow fruit,
Or rainbow tinted flowers.

The granite rocks disorganize
To feed the hungry moss they bear;

The forest leaves drink daily life
From out the viewless air.

There is no death! An angel form

Walks o'er the earth with silent tread;

He bears our best loved things away,

And then we call them "dead."

He leaves our hearts all desolate,
He plucks our fairest, sweetest flowers;

Transplanted into bliss, they now
Adorn immortal bowers.

Born unto that undying life,
They leave us but to come again;

With joy we welcome them—the same,

Except in sin and pain.

And ever near us, though unseen,

The dear immortal spirits tread;

For all this boundless universe
Is life—there are no dead.

IS LIFE WORTH WHILE?

In a recent book, entitled *Twice Thirty*, Edward W. Bok raises the interesting question, "Is life worth while?" In answer to it, he says, "There can be no question of the worthwhileness of life if one gets at it thoroughly and plays it true. But one must bear such thoughts as these among others in mind:

"To work for the love of work and to finish what you start, while others idle around you and leave the day's job unfinished."

"To do the thing at hand that is waiting to be done, instead of looking around for something else to do.

"To put more into the world

than you take out of it, and to give everyone more than you get.

"To believe that you were put into the world to take part in its activities for the purpose of a share in its accomplishments.

"To have the conviction and let no one shake it, that there is always one real factor in Life, and that is Truth"

Board of Osteopathic Examiners

(Continued from page 1)

four year high school course or its equivalent and a professional course of four years of nine months each year. An applicant for the major surgery license above, two additional years post graduate work in Major Surgery, one of which shall be in college and one in a hospital equipped for doing Major Surgery and having twenty-five beds.

The Iowa State Board of Osteopathy have always prided itself upon the fairness of the questions asked in its examinations. Nothing catchy or unfair is intentionally asked of any of the candidates, and the general course of study is covered in a practical manner, in an honest effort to determine whether or not the respective applicants are competent to go out and enter upon the general practice, and according to Dr. D. E. Hannan, who has been secretary of the board for the past two years, it is certainly a pleasure to scan the list of applicants during the past few years and note the high type of preliminary education which they have pursued preparatory to taking the regular professional course, many of whom have college degrees. This type of preparation is surely bound to react most favorably upon the profession as a whole in years to come.

Those About School

Those who have remained about the school for the entire summer or at least most of the summer are:

L. J. Grinnell,

C. V. Moore,

Roy Lypps,

H. M. Stillwell,

Fred Nazarene,

Grace Nazarene,

Fay Kimberly,

Helen Peterson,

Wm. S. Edmunds,

H. Jennings,

J. M. Shaffer,

Rudy Gauger,

Dwight Stone,

Walter Heinlen,

Carl Seastrand,

Dr. W. J. Miller,

Gladys Cohen,

Edgar Kapfer,

Robert Plash,

Theodore Richenbacher,

R. B. Kale.

Much valuable experience has been gained in all the clinics and many cases were in themselves worth the time.

After all, who else can fail as utterly and publicly as the average popular song writer rising to a great national occasion?

From the Field

The following letter was received from Dr. A. E. Welch of Mountain Grove, Mo.:

Dear Sir:

You of course receive inquiries regarding locations for practice. I want to move to New Mexico and of course would like to dispose of my practice here. I trust that you will put my proposition before doctors who may be interested.

Mountain Grove is a nice Ozark town of 2500. In four years I have established a general practice among a good class of people.

My office is simply but nicely equipped and is in the house we rent for our home. I will sell my equipment and the practice for \$500 cash. Considering the time and money it takes to build up a practice to a paying basis, \$500 is not much to pay to locate here and do well at once.

Thanking you for helping me. I am

Very truly,

A. E. WELCH

To whom it may concern.

Will sell my equipment to a good practitioner, I want to rest for two years. Have a fine practice in the capital city of ten thousand. We have a girls' state college of three to four thousand girls nine months of the year and summer school of six and seven hundred women teachers.

I will work with new doctor until March, 1929, give him half of what he makes, furnish everything, get him acquainted, and sell to him in March, or sell to him before then and let him pay a reasonable amount each month on account. I believe this is the easiest way I know of some one getting started in a good practice without waiting to work up a practice. I am the only Osteopath here and friendly with the M. D.'s and Chiro.

This is the best town in the state of Florida and has never fallen under a boom. Please write soon if interested. We have the best law of any state in the Union.

Fraternally,

DR. IVA CARR,

Tallahassee, Fla.

Gentlemen:

I have an office in Toledo and confine my work to diseases of the rectum. Would like to find some good Osteopath wanting to build up a practice in Toledo who would share my office with me. I have an excellent location and an Osteopath would do good there in a few months time.

Fraternally,

R. O. BUCK,

Wauseon, Ohio.

"You're right, Sherlock, my wife is in the middle of house-cleaning. But how did you know?" "That's easy," said Holmes, "your right shoulder is dislocated and I assumed it was from eating off high mantel pieces."

SCHEDULE OF CLASSES

FIRST YEAR—First Semester

ANATOMY—DESCRIPTIVE	DR. H. V. HALLADAY
CHEMISTRY—INORGANIC	PROF. FRANK SUTTON
BIOLOGY	DR. W. J. NOWLIN
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
HISTORY & THEORY OF OSTEOPATHY	DR. C. F. SPRING
PATHOLOGY I	DR. J. M. WOODS
PHYSIOLOGY II	AVA L. JOHNSON
ANATOMY—DESCRIPTIVE	DR. H. V. HALLADAY

Second Semester

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

THIRD YEAR—First Semester

LABORATORY DIAGNOSIS	Z. A. INNES
TECHNIQUE—OSTEOPATHIC	DR. J. M. WOODS
PHYSICAL DIAGNOSIS	DR. H. V. HALLADAY
COMPARATIVE THERAPEUTICS	DR. W. J. NOWLIN

Second Semester

OBSTETRICS	DR. R. B. BACHMAN
GYNECOLOGY	DR. C. W. JOHNSON
NERVOUS AND MENTAL	DR. C. W. JOHNSON
OSTEOPATHIC THERAPEUTICS	DR. J. M. WOODS
ORTHOPEDICS AND TECHNIC	DR. H. V. HALLADAY
CLINICS	
COMPARATIVE THERAPEUTICS	DR. W. J. NOWLIN

FOURTH YEAR—First Semester

OBSTETRICS	DR. R. B. BACHMAN
NERVOUS AND MENTAL	DR. C. W. JOHNSON
OSTEOPATHIC THERAPEUTICS	DR. J. M. WOODS
SURGERY	DR. J. P. SCHWARTZ
EYE, EAR, NOSE and THROAT	DR. H. J. MARSHALL
CLINICS	
DIETATICS, P. H. and SANITATION	ADA L. JOHNSON

Second Semester

PEDIATRICS	M. E. GOLDEN
ANATOMY REVIEW	DR. H. V. HALLADAY
PSYCHIATRY	DR. C. W. JOHNSON
PROCTOLOGY AND UROLOGY	DR. J. P. SCHWARTZ
SURGERY	DR. J. P. SCHWARTZ
X-RADIANCE and PHYSIO-THERAPY	DR. B. L. CASH
MEDICAL JURISPRUDENCE	JUDGE HUBERT UTTERBACK
CLINICS	

LABORATORY DIRECTOR	Z. A. INNES
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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.

1928-1929 CALENDAR

REGISTRATION	SEPTEMBER 6, 7, 8
CLASS WORK BEGINS	SEPTEMBER 10
ARMISTICE DAY RECESS	NOVEMBER 12
THANKSGIVING RECESS	NOVEMBER 29 TO DECEMBER 3
CHRISTMAS VACATION	DECEMBER 20 TO JANUARY 3
GRADUATION	JANUARY 17
REGISTRATION	JANUARY 18, 19
CLASS WORK BEGINS	JANUARY 21
INAUGURATION DAY RECESS	MARCH 4
GRADUATION	MAY 23

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 6

September 15, 1928

Number 5

Call Issued for Football Men

Coach Frank Sutton has issued the call for the candidates for the 1928 season. It was impossible to do anything before the opening date of school, but on Monday afternoon, September 10, he met the fellows in the locker room and issued suits and equipment necessary for men engaged in this sport.

About fifty men reported the first day and it certainly was gratifying to the coach to see the large number of men out. The return of so many of last year's varsity and the amount of material available from this year's freshman class gives hope of a team that will be able to cope with the strong schedule that the coach has already signed for this season.

The men are being put through some hard paces each night, and the coach is certain that the men will be in shape when the whistle blows for the opening play of the Parsons game, September 28th. Realizing the fact that the first game is not far distant, the men are getting down to business in every practice and putting all the vim and vigor into the practices that they can muster.

The coach is anxious that every man that has played football or thinks that he would like to play to report early. If you have the old fight and the desire to serve D.M.S.C.O. report at once to the coach. The success of the team and the coach depends largely on the amount of material that is available and from which the coach will select the squad.

Let's all get behind the men and the coach. Boost the team and support them in every game of the year.

Another Trip

Dr. H. V. Halladay will leave on the 24th of the month to attend the Nebraska State Convention to be held at Lincoln, Neb. on the 25th and 26th of Sept.

The 18th of October he will journey into Indiana and he will be a speaker at the Indiana State Convention at Rushville.

Letter Received

A letter was received in regard to a practice for sale in Dallas, Tex. Information may be had by addressing your letter to 605 S. Western Life Bldg., Dallas, Texas.

LEAVE FOR EUROPE



DR. JOSEPH L. SCHWARTZ



DR. S. A. HELEBRANT

Dr. Joseph L. Schwartz, proctologist at the Taylor Clinic and Des Moines General Hospital, and Dr. S. A. Helebrant, house physician at Des Moines General Hospital, are planning an extended trip abroad this fall. They leave Quebec September 12th on the S. S. Empress of Australia bound for Southampton, England. After a short stay with several of the London Osteopaths they plan to tour Germany, Czechoslovakia, Belgium, Austria, Switzerland, France and Italy visiting a number of the large clinics and taking specialty work. They expect to return on the Leviathan some time in December and after a short post graduate course in New York City will resume their respective practices here in Des Moines.

O. B.

The Obstetrical Clinic at Des Moines Still College of Osteopathy has passed through a successful summer season. Our records show that there were thirty-four cases delivered from June 1st to the opening of the fall term, September 10th.

Our regular routine of sending four students on each case gave the twenty-two students registered for O. B. work a wonderful opportunity for getting his obstetrical training by making deliveries and assisting; together with the experience of giving the anaesthetic and getting a demonstration as well on assisting in making repairs when necessary. Those of the student body that registered for summer O. B. work feel that they have been amply repaid by the experience received.

The cases during the summer were of an uneventful nature. Our routine care and attention (Continued on page 4)

Student Contributions

Again we make the annual appeal for student contributions for the Log Book. This publication is primarily a student affair and should be filled with student contributions, so don't be backward about handing in the articles that come to your attention.

Every class should have its reporter who should be held responsible for the publicity on the activities of that particular group. The class functions, personal activities of the members of the class and the jokes and boners pulled by classmates. It is such items as these that make our paper interesting and truly representative of the student body. Your ideas on subjects akin to our work are worthy of publication.

Don't sit back and wait for some one else to break the ice. When you get hold of something you think should be in The Log Book, hand it in! This is your paper—help make it the best in the field!

Soph-Frosh Activities

Early Friday morning the Sophomores invaded the quiet of the Freshmen lecture room to lay down the traditional laws for the Freshman class. The responsibility is left to the Sophomore class to see that these laws are put into effect and they certainly are not neglecting their duty.

We have heard many reports from the Freshman class as to what they will and will not do but then we will await the outcome of the activities which are brought to a successful close on Homecoming day. We remember the past but now our eyes turn to future events and activities. Let's go Sophs—and Frosh what have you.

Rules for the Class of 1932

1. All freshmen must wear the regulation Freshman cap at all times, Sundays, national holidays and formal social functions excepted, until the end of the first semester. Freshmen are not permitted to write upon or deface them in any manner. The caps are to be worn in military style, i. e., set straight upon the head with the visor down over the eyes.

2. Freshmen are not permitted to smoke on the east side of the street, between Park and Center at any time.

3. Freshmen must not hold any class function without first securing the permission of the President, Dean, or Secretary.

4. Freshmen must wear black socks and black ties.

5. Freshmen must be present if at all possible, at all athletic contests, and must obey orders of the cheer leader at all times.

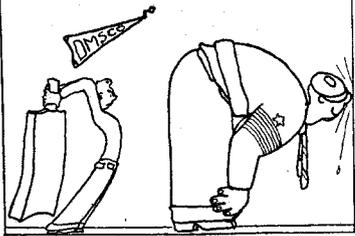
6. Freshmen must speak respectfully to all upper classmen.

7. Freshmen must learn the "Freshman Speech" and repeat the same at the request of an upper classman: "Des Moines Still College of Osteopathy was founded (Continued on page 4)

Local Meeting

The local officers met last week and appointed the committees for the A. O. A. convention to be held in Des Moines in 1929. Dr. H. V. Halladay sent a list of all the appointments to the state officers. Drs. Gillmour, Stryker and Hook and now await their approval. As soon as this approval is received the list will be published and work will be begun immediately.

FRATERNITY NOTES



Iota Tau Sigma

Now that all the hand shaking is over and we hear all the "Well; I'm from OH-10 too," we are gradually getting more acquainted with each other to get the nose on the old grindstone again for another year of ye ole knowledge.

We miss several of the boys as we look the gang over. Among them are A. E. Cudden, who is at home filling up the empty ice boxes, Dubois, who, we understand, is attending Ohio University, Hewlett, who has met some misfortune and finds himself unable to again be with us, and last but not least is Bunny Rorick. On this gentleman we cannot commit ourselves to pass an opinion. Some surmise matrimony and some of us think it just a minor kind of hard luck. Anyway, these men will be back with us soon.

Our used car department is sadly in need of some material. Gephart is the only stockholder right now. Dignified, too, mustache and all.

Bros. Russell and Wadkins are seen quite frequently around the house, but Bro. Russell has a practice at Leon, Iowa, while Bro. Wadkins is looking the situation over a bit.

Bro. Richardson reports a successful summer playing with a dance band at an Iowa summer resort.

Pledge Spalding, Bro. Wigal, and R. B. Kale have been keeping the home fires burning while the rest of us were at Ohio and some of the rest of our respective states.

Bro. Morrow still has a full little red book with the Maple 1111 etc. He's rather busy with the work, as Billy Long is not here. (His only competitor.)

Nobody has had any mail from the one back home but our own Lily Peterson. He boasts a great deal of the new girl from Rochelle. Let's hear about her, Pete. We want to know her. Presumably the romance was again resumed while he was canning Del Monte products this summer at Malta.

Monday evening a smoker was held at the Chapter House for the frosh and new men from otherschools. Dr. J. P. Schwartz gave a very valuable talk to us, and we are overworking our memories to remember it. They all went home somewhat dazed from the cloud of tobacco smoke which surrounded them most of the time.

Bro. R. B. Kale will just have to take that bottle out of his room or put a label on it. After

FOOTBALL SCHEDULE

Sept. 28—Parsons	there
Oct. 5—Midland	there
Oct. 13—Doane	there
Oct. 20—Peru State Teachers	here
Oct. 27—Trinity	there
Nov. 2—Western Union	there
Nov. 10—Columbus	here
Nov. 16—Buena Vista	here
Nov. 23—Iowa Wesleyan	here
Nov. 29—Kirksville	here

telling Brother Gill that it was a horse's tail (Cauda Eppina), he very hurriedly asks where the rest of the horse went and why they killed it.

Wanted.—One freshman to take the sore muscles away from Red Lang after the initiatory football workouts.

NOTICE—I shall not be responsible for any debts except those contracted by myself.—Dr. M. James Sluss.

P. S. G. Notes

Seems mighty good to have all the boys back in familiar surroundings and pass the hand-shake around and elucidate scandals of the past three months. Pardon—Chuck Auseon is still vacationing but we expect him shortly.

Brother Westberg brought his "better half" back along. Congratulations Mickey!

Shaffer traded his Essex in for a Ford coupe but you should see that new Buick.

Walt Madson drove a great big black coach back. He was a saw and hammer man all summer.

Bro. Reeves spent his vacation working in Yellowstone National Park helping Uncle Sam propagate trout for ye fisherman.

We're looking for Widmer soon from the OH10 state.

Ripley and Purdie were brakemen on the road and had many exciting experiences.

Red Stewart and Bob Hubbard are back—and how! You should hear those Melody Boys go to it.

Smitty drove in Sunday after a hard summer in Ottumwa.

Dick and Scatt are with us again after tearing the motor out of the Ford twice.

Bros. Jennings, Gauger, Heinen and Stone kept each other from getting lonesome here at the house all summer.

Dusty is back in the Chrysler and wants it announced that he's still in the cleaning business.

Bro. Long was waiting at the door to welcome all the gang back.

Pat drove in with a big Stutz Bearcat. Look him over girls.

Tom Clark and the summer's bride are residing on Cottage Grove.

Bro. Loftus, the big 200 pound wrestler, has moved into the house.

Scotty spent his spare time in Des Moines and Fort Des Moines this summer?

Ike Taylor reports for class duty after a vacation with the American Express Co.

Red Grandberg and friend wife, accompanied by a new Ford arrived from Denver a few days ago.

Doc Groff returns from a successful summer's practice with a Ford coupe.

Bro. West from Kirksville has visited us several times in the past week.

Sigma Sigma Phi Smoker

Almost the entire Freshman class gathered at the Shrine Temple to enjoy the Smoker given by Sigma Sigma Phi, national honorary fraternity, in their honor as the new class at Des Moines Still College of Osteopathy.

Dr. H. V. Halladay delighted the entire group of men by giving a very interesting talk on the history and the principles of the fraternity, also telling the new men what is expected of students of Osteopathy.

He especially emphasized the reasons of the founding and what the fraternity stands for as an organization.

1. To strive for a higher scholastic standing.

2. Service to and the betterment of the profession.

3. Work for a better and closer relationship between Faculty and Student body.

4. Act as a medium between the students and the board of trustees.

5. Aid in promoting better school activities.

Dr. Paul Park gave a short talk following Dr. Halladay stressing the need of study from the very first day and the attainment of higher scholastic standards.

The men then enjoyed an excellent get-together meeting. Smokes were liberal in amounts and many lasting acquaintances and friendships were formed before the meeting adjourned.



Around Our Merry Campus

Teacher, to tardy student—"Why are you so late?"

Bobby—"Well, a sign down here—"

Teacher—"Well, what has a sign got to do with it?"

Bobby—"The sign said, 'School ahead—go slow.'"

Mrs. Innes: I'm as peaceful as a dove.

Dupnlap: You know this is open season on doves and we're shooting them.

Poppa—So you would like to be my son-in-law?

Fellow—No I don't, but if I marry your daughter I can't help it.—Outlaw.

Do you think that plastic surgery would improve my features? No.

Then what would you suggest? Blasting.—Punch Bowl.

Did you see the "Big Parade"? No, dammit—I bought a ticket but the thing never passed.—Virginia Reel.

John—"Can someone be punished for something he didn't do?"

Teacher—"Why, no, of course not."

John—"Well, I haven't done my arithmetic."

"Speaking of old families," said the aristocrat of the party, "one of my ancestors was present at the signing of Magna Charta."

"And one of mine," said little Ikey, who was one of the push, "vos present at the signing of the Ten Commandments."—Selected.

He—You have a wonderful form, dear.

She—Must you go over all that again?—Annapolis Log.

I never sausage eyes as thine And if you'll butcher hand in mine,

And liver 'round me every day, We'll seek some ham-let far away;

We'll meet life's frown with love's caress

And clever road to happiness.—Awgwan.

Comparison: No more conscience than a rushing chairman.—Siren.

The Log Book

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Osteopathy Without Limitation

Welcome Frosh

The faculty, the student body, and all those connected with D. M. S. C. O. take pleasure in giving a hearty welcome to the incoming Freshman and all the new students of the College.

All indications lead us to believe that there will be a large registration. As yet no definite report can be made. Everyone has spoken very highly of the personnel of the Class of 1932, and they are a mighty fine looking group. The pleasing fact especially is to know that such a large percentage have had college work.

The registration of the class brings representatives from practically every state in the union. A selective group of students whose life aim is to take the Science of Osteopathy into the field of life to aid those in need of Osteopathy.

Many of the men come to D. M. S. C. O. with excellent reputations as football and basketball stars, and of the rest we shall hear later. As to those who are not athletically inclined, we know they will speak for themselves and carry the ball over the line in school work.

But to all, whether from East or West, North or South, we are glad you are here; we are happy to have you in Osteopathy. We extend to you the hand of fellowship. You are WELCOME.

The "Athletic Heart"

Study at the Gorgas Memorial institute seems to make obsolete the old belief that heavy exercise causes an "athletic" or enlarged heart.

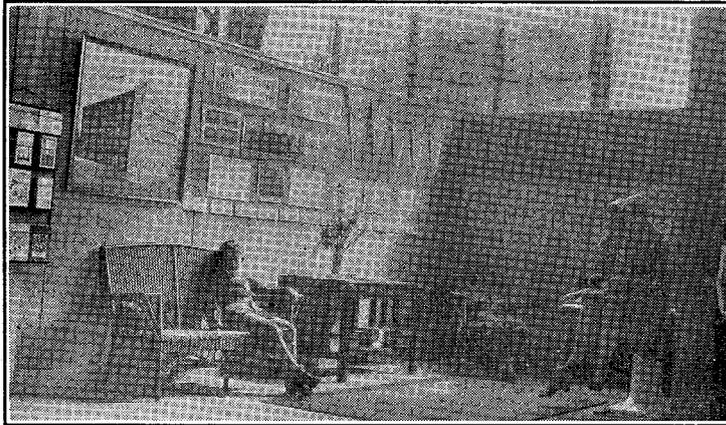
Not strain but disease antedating the strain is responsible for the heart troubles commonly ascribed to athletics, according to these late findings.

Experiment has shown that strenuous exercise does not make a heart enlarge but may actually cause its size to be reduced slightly. Predisposition to enlargement is the result of infectious diseases, such as scarlet fever, pneumonia, rheumatism.

If at the beginning exercise is ended before the fatigue point, there seems later no reason for avoiding the most strenuous exertion. Accelerated breathing is highly desirable, holding the breath while lifting or otherwise straining is injurious.

The net result of all this is to emphasize the importance of thorough physical examination before exercise is undertaken. If the heart is sound, go ahead.—Des Moines Register.

OSTEOPATHIC BOOTH



The booth at the Iowa State Fair again attracted much attention and comment as it did in the years past. Located in an excellent place in the new Educational building next to Drake University the booth of Des Moines Still College of Osteopathy, as pictured above, placed Osteopathic literature in the hands of thousands as they passed and stopped to look over the booth.

The walls of the booth were very appropriately decorated in pennants, papers and cards telling about Osteopathy and a large picture of the new building that now houses Still College. Chairs, a table covered with Osteopathic literature and a treating table completed the furnishings. The literature was secured through the A. O. A. office, and that which was not all used was placed in the autos the last day so there was not one

piece of this literature that was wasted.

The College Catalog, Log Book and Halladay's Smile Cards were all in demand. The interesting thing is that people seemed to want to know more about Osteopathy and welcomed such literature. Many inquiries were made by people from all walks of life and many who are taking treatment or who have been helped in the past stopped to tell us about it. There were doctors from various parts of the state and country, students in different schools of Osteopathy and prospective students and then those who wanted to know what Osteopathy is and what it can do for various conditions. Many asked questions about health and diet.

Two students from the college alternated each day in caring for the booth and with Dr. H. V. Halladay, who was in charge, the college feels that they were doing a great deal in advancing the science of Osteopathy.

Senior A Class Election

Pres.—Lillian B. Tracy.
V-Pres.—Christy V. Moore.
Sec.—Treas.—Chas. S. McMurray.
Reporter—Eldon C. Carlson.

Most of the members of the class have returned and are all ready for the last short semester and to date no one has been found who knows where they will locate after Jan. 17, 1929. The vacation was too short for all. Some of the members of the class took over practices during the summer while others remained in the city for O. B. and General Clinic. Some of the others had the roaming fever, especially McMurray, who thoroughly explored the wilds of Nebraska. Dutt has returned to school after being indisposed most of the summer through sickness. Seastrand and Dutt are both minus their tonsils, having had tonsilectomies during the summer. Goepf's State Board Text seems to be the best friend now—and probably will be until state board time.

The bright scholar in the school of experience doesn't miss the same question twice.

I. T. S. Smoker

Despite the fact that showers threatened and the sky was none too friendly, a large number of the freshman class gathered at the Iota Tau Sigma House to enjoy the hospitality of that organization.

The members of the Iota Tau Sigma held open house in the form of a smoker in the honor of the incoming Freshmen of Still College, Tuesday night, September 11th. Dr. J. P. Schwartz was the speaker of the evening. Some well timed remarks and advice in regard to Osteopathy and the school work made the evening a complete success. Dr. Schwartz expressed the idea that the standing of Osteopathy in any community was in proportion to the standing of the Osteopaths of that community.

Later the men fully enjoyed the evening smoking and playing bridge and cribbage.

One ounce of financial assistance prompted by love of your fellow creatures is worth more than a pound of wise thoughts, sensible theories and good advice.—Jefferson De Angelia.

Branching Into Athletics

So many inquiries have come to the writer, relative to the work of our Seniors with the athletic departments of the various schools, that we are unable to answer these by letter. It seems that more of the profession are getting interested in this type of service and it is with considerable pleasure that we attempt to put down for those of you who are interested, a few of the things we have found out.

In the beginning, let us say that we consider this type of work an essential in the practice of Osteopathy. Those doing athletic work are merely so many machines provided with a brain, but subject to physical damage the same as if the brain were absent. The presence of the brain enables the machine to avoid some damage, but not all.

The necessity for a doctor in athletic training is because the body has responded to external mechanical irritation in excess. The boys go into the game physically fit. They come out damaged, due to trauma. It certainly is logical to conclude that the physician who is educated along mechanical lines is much better fitted to care for such injuries than one who in the practice of his profession has given little or no thought to the mechanical cause of disease. It is for this reason that we have been so successful in the care of these cases and this year as in the past, have been requested to take over the care of teams in our five high schools.

At the writing of this article our Senior students are taking care of over three hundred football boys, and have every opportunity to observe the variety and quantity of injuries received. We venture to predict that in the future you will see every college team using, during its training season, one or more capable Osteopaths. Work with them one season and they are spoiled. They want Osteopathy from then on.

If you are just getting into this work there are some things to be considered on both sides. The coach must be sold on the idea, and we are happy to state that in our experience we have not found a coach that we had to convince. The rule is that they seek our services.

With the coach with you, the next thing is the necessary equipment at the gym. You cannot take care of the boys on one of the low benches usually seen in the gym. Have two tables made, like the old straight Osteopathic table, but without padding. Use an old blanket over the plain wood top. Two good portable lamps are needed. These may be secured from several firms. Aloe puts out a dandy at about \$15.00. These are needed to throw a concentrated dry heat on most of the cases of "Charley-horse."

See that you are provided with plenty of adhesive. You need

(Continued on page 4)

Branching Into Athletics

(Continued from page 3)
moleskin and the ordinary light type. Ankles, knees and wrists are provided with ligaments sufficient for ordinary use, but need to be reinforced when subjected to the severe strains in most athletic work. Better to use a little too much tape and save an ankle, than too little and see the boy go out for the season in the early part of the game. Gauze bandages in 1, 2 and 4-in. widths must be handy. Used sometimes to put on under strips of adhesive. Some of the boys will acquire skin injuries and will need dressings every day. Keep plenty of bandage and both dry and liquid germicides. Use the dry during the game. No boy wants to go back into the game with a wet dressing.

Your own emergency bag should contain the following:—Gauze bandage, cotton, adhesive, dry and liquid dressings, two plaster bandages. Material from which you can make a splint, a minor surgical kit, new skin, scissors, of course, and your stethoscope and thermometer.

Do not rely on your sense of touch to determine temperature. We have seen boys report for a game with a temperature of 101. So anxious to play that they would go in when they should be in bed.

We are supposing that the gym is equipped with plenty of towels, hot and cold water.

Now take off your shirt and call loudly for the squad. You are ready to go to work.

Senior B Class Election

The first meeting of the year was held Thursday morning at which time class officers were elected for the ensuing year.

Pres.—Neil Holton.

V-Pres.—Wm. S. Edmunds.

Sec.—Treas.—Frank Dornbush.

Class Reporter—L. J. Grinnell.

It is expected that this is only the first of many spirited meetings that will be held by the class this year.

O. B.

(Continued from Page 1)
given the patient in the O. B. Clinic is a point of major importance, as we feel that avoiding complications deserves more in the way of credit than bringing a mother successfully through a complication that has arisen.

Two cases that were of interest to some of the students, who had not witnessed cases of this nature before, were a face presentation and delivery, and a child with an incomplete closure of the foramen ovale.

The prospects for the O. B. department lead us to believe that we are going to have the largest number of cases for delivery this year that we have had in the history of the school.

ROBT. B. BACHMAN,
Prof. of Obstetrics.

The mill will never grind with the water that is past.—Herbert.

Rules for the Class of 1932

(Continued from page 1)
ed in 1898 in a reconstructed building on Locust Street. In the following year they located in the new building across the street at 1424 Locust Street. In the summer of 1927 they purchased the present site, which is now known to the world as Des Moines Still College of Osteopathy. The college was founded by Dr. S. S. Still, Dr. Ella Still, Col. and Mrs. A. L. Conger, Dr. W. L. Riggs, and Dr. Helm. It was first known as the S. S. Still College of Osteopathy but was later changed to the Des Moines Still College of Osteopathy. A phenomenal growth and a faculty of the best in the Osteopathic world has placed D. M. S. C. O. among the first of the Osteopathic institutions. I have chosen D. M. S. C. O. as my Alma Mater, believing that this college meets all the requirements that an institution of its kind should, and will ever work for the advancement of the science. I will strive constantly to carry on the work, and to uphold its traditions and honor."

8. Freshman shall hold open the door of the school building and allow the upper classmen to enter the building first.

9. Freshmen must assume a statuesque position, with the index finger pointing to the button on cap, when any upper classman calls, "Button Freshman."

10. No freshman shall wear a mustache of any kind.

11. All freshmen shall learn the school song, "We're Osteopaths."

12. All rules will be strictly enforced by the Sophomore Council and enforced by the Sophomore class.

Organizations

Do not forget to elect a member of each organization to report the activities of the year. This material is essential for the field members and the alumni who are interested in the "local" news of the school. Select your representative at once and instruct him to have the material in the Log Book office on the tenth and twenty-fifth of each month in typewritten form.

THE COLLEGE FORD

They bump
Along the highways,
They slump
When there's a hill.
And when they come a-calling
The girl friend's smile is chill.

They rattle
In the dead of night
They tattle
When the hour grows late
And irate parents know your coming
Just because the old thing's humming!

Oh, they are great
If you can stand them.
If you can't
They're just the same.
Bumping vehicles of knowledge
Helping many a son through college.—Selected.

"That Something"

(Con't. From Previous Issue)

He was a little man, with unreasonable hair on his face, and very thin on his head.

He wore thick glasses perched on a beaked nose.

His eyes were small and black like shoe buttons.

He watched me covetly as I ate.

When the meal was finished, he invited me to sit with him in his room.

"I hope you don't think me prying," said he, when we were seated, "but I have been trying to figure you out."

"Yes?"

"Yes," he reiterated, "and I have come to the conclusion that you are a student of sociology." I laughed.

"Bobby tells me you are packing boxes down at his store."

I nodded assent.

"Then," he said triumphantly, "of course, it is for the study of the conditions of the working masses that you are down there."

"Yes," I admitted. "I am very much interested in conditions of the masses right now."

"Then you can help me," he cried. "I am writing a series of papers on this very subject. Will you answer me this, please? What is it that keeps the under dog down? What is it that the upper ten possess that the under ten thousand does not have?"

"Why, it's 'THAT SOMETHING,'" I answered.

"What do you mean? Education? Environment?"

Before my mind was flashed the picture of my boyhood. I say my home, I remembered the tender care of my parents, the love of a mother, the guiding hand of a father. I saw myself in college, at the head of my class. I remembered that day when I was given a sheet of parchment, and was told that I was a Master of Arts. And then, in the twinkling of an eye, the scene changed, and I saw that awful room, with a hundred men lying around me on the cold, hard floor.

"No," I answered thoughtfully, "it is neither of those things. 'THAT SOMETHING' is different entirely. I don't just know what it is myself now, but I am going to find it, pin it down and then I will tell you more of it."

And as I looked into his face I noticed the same puzzled expression as the boy had worn. And so, by mutual consent, the subject was changed and we talked of trivial things.

And for a week or more I packed boxes and drove nails.

I made 'THAT SOMETHING' work with me all the time.

One day I noticed the shipping clerk had ahead of him more than he could handle.

There were men in the department idle.

They could do nothing until he checked up to them.

I laid down my hammer and walked over to where he stood.

"I am to help you this afternoon," I said simply.

He looked up with a start.

"Oh," he exclaimed. Then: "Well, that's good. I'm glad they have sense enough to give me somebody to help out at last."

He handed me a bunch of papers, and made room for me at the desk.

The superintendent of the department was out of the room at the time.

"So they've got you helping out Dickey?" he asked.

I shrugged my shoulders without looking up, and continued figuring.

When I left the room that night the superintendent of the department joined me.

"Say," he said, as we turned up the street, "I never did just get onto how you were put in there. What's the idea? Working to learn the business?"

"Yes," I answered with confidence, "just that. I am to learn every detail of it."

"Well, I thought something of the kind. Which one of 'em are you kin to?"

"I do not think it is wise to discuss that at this time," was my answer.

"Oh, sure," he hastened to say. "I don't mean to be inquisitive. Anything I can do to help you, let me know."

And then he left me.

The shipping clerk was a bright young fellow.

I liked him, and he liked me. One day, shortly after I had received my first raise in wages, he came to me with a problem.

That night I stayed down with him and we worked it out together.

We soon got in the habit of staying down one night of every week, and working over his systems.

He lacked originality.

I helped him.

He had been doing things just like the fellows before him had done them.

The business had been growing rapidly—practically doubled.

We worked out an improved system.

We drew up forms.

We planned it out in every detail.

One day we carried our plans to the man in authority.

There came up a question that the shipping clerk did not quite understand.

And so they sent for me.

I was a well dressed man at this time.

Nothing flashy, nothing loud, but well clothed.

That had been my first investment.

My approach was far from that of the sniveling beggar who had asked the man on the street corner for food.

The man in authority looked at me in surprise.

"Who are you?"

I handed him my card.

These cards were my second investment.

He thumbed it a moment in silence.

(To Be Continued)

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THE LOG BOOK

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Volume 6

October 1st, 1928

Number 6

Pirates Hold Wildcats to Scoreless Tie

The Still College Pirates opened the football season by battling the Parsons Wildcats to a scoreless tie. A drizzling rain fell most of the afternoon forcing both teams to resort to straight football.

Shaw opened the game by kicking off to Olin of Parsons, who was downed on his own 25-yard line. Parsons punted on the first play, Cronen receiving the punt on his own 16 yard line. Both teams continued to punt, neither team gaining very much ground on the exchange. A fumble by Cronen almost spelled disaster for the Pirates, but Dornbush made a quick recovery after which Still started a series of line plunges.

The Pirates opened up late in the second quarter with a line plunging attack coupled with a beautiful end run by Murray with perfect interference which brought the ball down with five yards of the goal line as the half ended.

Shaw opened the second half by kicking off to Akins of Parsons. Parsons then started a series of line plunges, which together with the Still penalties brought the ball into the Pirates territory, where the play continued in the remainder of the half. The game ended with Parsons in possession of the ball on their own 35-yard line.

Both lines were strong, holding like a stone wall when their goal was in danger. Parsons very nearly spelled disaster the last quarter by barely missing two place kicks. McIntyre Akins and Warren of Parsons and Shaw Hinds, Lang and Murray of Still starred.

Hold District Picnic

The local Osteopaths were invited by Drs. Wade and Parks to hold their first fall Picnic at Winterset. Between 45 and 50 of the District Osteopaths gathered at the Winterset Park to enjoy a get-together in the form of a picnic. The lady Osteopaths were in charge, and all who attended verified the report of an excellent picnic.

Dr. Marshall spoke in regard to the 1929 A.O.A. Convention, to be held in Des Moines. Dr. Wade of Winterset, told about the District Convention to be held in that city sometime during the first part of November. Several other professional and educational talks were given.

D. M. S. C. O. Founded Thirty Years Ago

Thirty years ago last month D. M. S. C. O. was founded in a reconstructed building on the south side of Locust street. The following year they moved into the location at 1424, just across the street and in 1927 moved to the present location at 722 6th avenue. Each step has been a decided advancement.

A rapid growth has taken place and today D. M. S. C. O. is ranked as one of the foremost in the teaching of Osteopathy and is unequalled in any kind of clinical work. We realize the advancement that has been made in view of the fact that since 1917 there has been over a 500 per cent increase in the student body.

The Effect of Boney Lesions and Diet on Pregnancy

The article given before the A. O. A. Convention at the recent meeting at Kirksville by Dr. Robert Bochman on "The Effect of Boney Lesions and Diet on Pregnancy," will soon appear in the Journal.

Comments have already returned to Des Moines, by men that are not even acquainted with Dr. Bachman, stating that it was one of the best if not the best talk on the subject that has been given before any Osteopathic Convention.

This excellent paper is worth some time and consideration of the busiest doctor. We are mighty proud to say that Dr. Bachman is head of the O. B. Department of Des Moines Still College of Osteopathy.

\$2,500 for New Pathology Slides

The recent purchase of slides valued at \$2,500 for the Pathology department of D. M. S. C. O. will complete a collection of slides owned by the college, that include practically every pathological condition, and the various stages.

These slides were purchased from the University of Chicago under the direction of Dr. W. J. Nowlin. He especially selected the slides to cover the various stages of inflammation and thru and including the various types of tumors.

Dr. Kingsbury Visits D. M. S. C. O.

Dr. W. O. Kingsbury, Gastro-Enterologist of New York Osteopathic Clinic, 205 East 20th St., New York City, visited Des Moines Still College of Osteopathy in the interest of Gastro-Enterology. He is traveling over the United States visiting the various institutions doing or teaching Gastro-Enterology in an effort to secure a complete report on the work being done along this line.

The work in this clinic is carried on by Osteopathic doctors of the city of New York, who donate their time four evenings a week and on Wednesday and Saturday afternoons. This clinic is entirely charitable accepting those cases who are unable to pay for Osteopathic care. The clinic is organized with both general and special departments. Dr. W. B. Strong is associated with Dr. Kingsbury in the Gastro-Enterology department.

Throughout the city of New York the clinic is recognized as an Osteopathic center and hundreds of patients are treated weekly, averaging over one hundred a day. We realize the value of such an organization and its proficiency means much to the advancement of Osteopathy. We will be interested in the report of Dr. Kingsbury and the result of the work in the clinic. We are for you, Dr. Kingsbury, and wish you success in your work as well as the entire clinic. Come again—you are welcome.

The Nebraska Meeting

Nebraska has just closed another successful state meeting. Dr. Shickley as chairman of the program committee crowded the program with good speakers. We heard nothing but favorable comment on the work given but we did hear some rather bitter remarks about the time required from the set program to take care of legislative and other state work. When it comes to state conventions where time is limited to speakers time should be limited for the other business of the association or provision should be made to take care of this work in some committee that can meet after the regular session of the slated program. When a speaker travels several hundred miles to make a thirty minute talk every one of the allotted thirty minutes is costing both the speaker and the association time and money and both should get

(Continued on page 4)

A. O. A. Convention Date

Word has just been received from the central office that the third week in June has been selected for the 1929 A. O. A. convention, which will be held in Des Moines.

The annual convention of the O. and O. L. Society will be held the week prior to the A. O. A. convention.

The selection of committees with the exception of a few name, have been completed and approved by the state and national officers and this list will be printed in the next issue of The Log Book.

Faculty Assembly

The first assembly of the year was held Friday morning at the regular assembly period. Dr. Johnson, president of D.M.S.C.O. opened the meeting with a few introductory remarks, after which he introduced Dr. J. P. Schwartz, dean of the school, who took charge of the assembly. Dr. Schwartz immediately launched into an explanation of the formation of the corporate board and the choosing of seven of these as a board of directors, emphasizing the fact that the school is owned and run by the profession. He explained in detail the financial status of the institution in an effort to clear up the "Whispering Campaign" that has gained impetus lately. Let it suffice to say that D.M.S.C.O. at present enjoys an era unknown here-to-fore in the history of the school. The prophesy of Dr. Schwartz is: "In 5 years, 8 at the most, D. M. S. C. O. will take its place as the leading institution of Osteopathy."

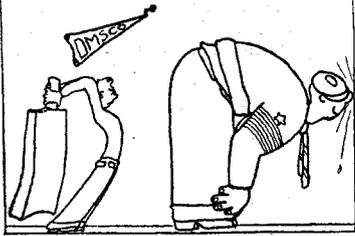
(Continued on page 3)

New Hot Water System

A complete automatic hot water system has been installed in the basement of the college, which will supply the entire building with hot water at all times. The tank is of 220 gallon capacity and has its own separate heating system, but it is so constructed that the main heating system automatically heats the water through the coils as it heats the building.

The purchase was made from the Kiwanee Boiler Co., and is compact in its arrangement. The clinics, and the showers for the athletic teams will now have a constant supply of hot water. Mr. Thompson says "it works perfectly and will save much fuel."

FRATERNITY NOTES



ATLAS CLUB NOTES

The Atlas Club is pleased to announce the pledging of the following men: Jack Campbell, Defiance, Ohio; Harold McDonald, Detroit, Mich.; Dean Moore, Denver, Colo.; Venzel Mikan, Detroit, Mich.; William McKinley, Slippery Rock, Pa., and Edward Swartzbaugh, Dayton, O.

The freshmen were our guests at a smoker, Tuesday evening, Sept. 18th. Talks were given by Drs. Halliday, Trimble and Park, and music furnished by Larry St. Amant. After which a general good get-together was had by all.

The first social event of the year was a dance at the house Sept. 21st, in honor of the pledges. Music was furnished by the Marigold Serenaders. Dr. and Mrs. Halladay and Dr. and Mrs. Woods were the faculty guests of the evening. A good time was had by all.

Drs. Bryson and E. T. Grove of the class of '27 took a few days off from their practice and paid us a visit. We were glad the doctors were with us again, even though their stay was short.

Dr. Roy Trimble, interne at Des Moines General hospital finds time to journey out Sixth avenue to pay us a visit.

The fraternity welcomes back in their midst Bros. Stingley and Harmon, who have been out of school for the past year. We regret it very much that "Casey" Jones finds it impossible to return this term.

One of the additions to the house this fall is "Nosseks" Hall or Anatomy room. Here lies the bones of many a man.

The pool room is attracting a good bit of attention though the "foreign" still maintains that the old fashioned game of English billiards is the best.

IOTA TAU SIGMA

All the boys are glad to extend a big welcome to Dr. Englund, a graduate of the '19 class. Dr. has been in Kansas City for some time, but is now to be one of the Des Moines Osteopaths.

Dr. and Mrs. W. E. Russell of Leon, Ia., were Sunday visitors at the house.

Apparently "Butch" Beldon was involved in a bit of romantic confusion which gave him considerable mental unrest. We all hope it was the folks' letter that got mixed up with the one in question, Butch, but nevertheless, the roommate's advice was fully correct!

The chapter takes great pleasure at this time to report that the following men have been pledged: Justin Koch, Columbus, O.; Walter Beldan, Marathon, Ia.; Herbert Peck, Buchanan,

Mich.; Wm. Hines, Bellingham, Wash.; Carl Routzahan, Dayton, O., and Herbert Murray, Columbus, O.

The Table started off with a BANG Sunday noon with a goodly delegation. Bro. Lang, assisted by Bro. Morrow, supervised, and, judging by the looks of things, it will be a big success.

Has anybody found an extra fraternity pin? We have all looked on Bro. Morgan's vest and see it not!! He fails to offer even the most halting of explanations. (I guess I must have lost it—)! The plot is thickening, Russ. Break right down and own up!

Bros. Richardson and Stenninger, with the saxophone gave Butch a lot of competition with his fog-horn Saturday while the remainder of the house was trying the rest up from the week's hard study. Wait till you hear the Kelly Klub Parade and you'll know they had a method to their madness.

Just to show you that one never knows what will happen, think this over.

Place: Dormitory of
Time: 4 A. M. X.,
Occasion: Unknown,
Drama:

Hap Nowlin rolls in with a great anxiety to see all the boys and shake the hands of all he could awaken at this "wee" hour. He had good luck with all but two of the boys.

He says Harry Kale talked too him, but Harry does not seem to remember, and John Wigal had his mouth open but spoke not. He also fails to recall the occasion!

"Hap" reports that all the Movie actresses are still O. K. and that a great improvement in motion pictures is due at any moment in response to his trip.

WANTED: (Immediately if not sooner):

(1)—20 grs. Chloral Hydrate for Pledge Peck. His insomnia is rather troublesome;

(2)—One mouth gag for Holly Morrow;

(3)—Also, a new "book," PAGES FULL!;

(4)—Treatment tickets for Buddo;

(5)—A secluded woodshed for Beldon when he "gets hot" with the brass;

(6)—That's all for this time.

Bro. Cudden just insists on his afternoon nap. BUT HERBIE! DO BE CAREFUL!! Notice where you are, especially when in the Lab. Diagnosis class, where the floor is not soft wood.

Funny how these boys are so FAINT HEARTED, isn't it? Faint heart never won Fair Lady, Charles Harold!!!

If you think this job was hard to do, try the RENFUS TUBE!!! —"The Reporter."

We welcome Bros. Melvin and Benton Kinter from Alpha chapter, who have enrolled at our school.

PHI SIGMA GAMMA

Phi Sigma Gamma takes great pleasure in announcing the pledging of D. H. Grau, Muscatine, Ia.; E. J. La Chance, Greenfield, Mass.; R. E. Jagnow, Jack-

son, Mich.; F. C. Shaeffer, Worthington, Ohio; W. A. G. Armbrust, Omaha, Neb.; H. C. Toepfer, Tarentum, Pa.; C. F. Stoike, Austin, Minn., and J. I. Royer, Dallas Center, Iowa.

WANTED—Someone to solve that famous trick brought up from "Melon Town", Iowa. We bet any amount, at any time. C. A. Reeves and A. G. Ripley. "Zez Confrey" Stewart is one of our latest miracles. He stays in and studies every night.

Handsome Scatterday does more worrying about other boys' troubles than he does his own, so Dixie Reeves turns his over to him.

Bro. Long seems to have deserted us now days. Can't find him at all any more.

Pinky Ripley has a funny glint in his eye. What's up, Rip?

Chuck Aueson had his tonsils removed, so now's our chance to get even with him for a while.

Bro. Loftus says it takes a lot to put a big man down, but does it Lofty?

Walt Madson says his girl is a friendly sort of a girl. So we notice. Ask Ed.

Polo seems to be the main sport at present. Our star player is Rudy Gauger, with Bro. Smith a close second.

Dusty Darwart seems to like the dark better than the light. Why all this sitting in your room in the dark?

Heinie Heinlen seems to be the miracle man of this year. Guess he's trying to break endurance records. Bro. Strittmatter held it last year.

We all seem to agree that Jimmy Shaffer has good taste. Has she any nice girl friends, Jim?

Bros. Stone and Jennings still keep Valley Junction in connection with the outside world.

S. C. O. Club

The club held their first meeting on Sept. 17th. This meeting was mostly of a business nature, at which time it was decided to have a smoker for the new men, rather than the usual banquet.

The smoker was held on the 24th, at which time Dr. C. W. Johnson and Dr. J. P. Schwartz gave very interesting talks.

Several new men were out. We welcome these men and want to help them as far as possible.

The Club will meet again regularly this year at the Y.M.C.A. on Monday evening, starting with October 1st as its regular meeting night (every two weeks).

All new men who are not members of one of the Fraternities, are urged to be present.

Opportunities never come a second time, nor do they bide our leisure. The years come to us but once, and swiftly pass away, bearing the ineffaceable record we have put upon them. If we make them beautiful years, we must do so moment by moment as they glide before us.—Booker T. Washington.

Try to do something today that another will think of kindly tomorrow.



Around Our Merry Campus

Too Hard

Overweight Woman—Oh, Doctor, what will I do to reduce?

Doctor—Take the proper kind of exercise.

Overweight Woman—But what kind of exercise would you recommend?

Doctor—Try pushing yourself away from the table three times a day.

It Takes Pluck

Millionaire (to some of his proteges)—I owe all my success to only one thing. Pluck, just pluck.

Sagacious Questioner—How do you find the right people to pluck?

The younger son was sick and the doctor was called. He told the boy he must go to the hospital.

Boy: "Oh, doctor, I don't want to go to a hospital."

Doctor: "Why, a hospital's a fine place—clean and convenient."

Boy: "But, doctor, I don't want to go there. I don't want a baby. I want a pup."

Wife—I've put your shirt on the clothes-horse, Jim.

Jim—What odds did you get? —Sidney Bulletin.

Ugh! Another of those "modern art" atrocities, I presume?

No, madam, that is a mirror! —Goblin.

Doc—Do you sleep on the flat of your back?

Patient—No, the back of my flat.—California Pelican.

Doctor—It's a boy, professor.

The A. M. Prof—What is? —Hamilton Royal Gaboon.

Laboratory Notes

Talkibus allere, longis et louda,

Hearibus soonere terribilis sounda ("CLASS ATTENTION")

Innesibus scoldere, ("Will somebody kindly tell me? Is this a group of grown men learning a profession, or is it a gang of small boys playing I-spy in a back alley? Please confine your conversation to the work in hand and address your desk partner only.")

Silentis profunda.

Endibus soonere, talkibus abunda.

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

Always Another Fight Left

I have failed in a thousand cases,
But I still have the heart to try;

I am scarred in a hundred places,
No darling of Luck am I!
In many a crucial hour

I have hoped and been scorned
and kicked;
But never has Fate had power
To convince me that I am
licked.

I have trusted and been mis-
taken
My friendship has been be-
trayed;

I have struggled alone forsaken
By men who have had my aid;
I have listened to those who
flattered,

Their motive misunderstood,
But my faith has remained un-
shattered;
I believe in the ultimate good.

I ask for no unearned pleasure,
No pathway through flowery
lanes;

I offer a full, fair measure
Of effort for all my gains.
I'll try, though the pace be grill-
ing,

Nor whine if I'm tripped or
tricked,
So long as my soul's unwilling
To let me believe I'm licked.

Immunity

Future advances in the science of immunity, which is the body's resistance to disease, will be made largely by chemists, either alone or in association with immunologists, was predicted by Dr. H. Gideon Wells, of the University of Chicago, at the recent meeting of the Institute of Chemistry of the American Chemical Society.

"Immunity may be appropriately called the chemical warfare of existence," said Dr. Wells. "The disease germs attack and kill us by the poisons they produce. Our bodies are constantly producing poisons to defend themselves by killing the germs. Through chemistry we can gain knowledge of just what these mysterious protective agents are, how they act and how to produce them artificially. Then we shall not have to depend on the dilute solutions of these agents that we can extract from a horse or can cause to develop in man's own blood, such as our present serums and anti-toxins, but can give man as much as he needs of the active agent that has been prepared by synthetic chemistry." — Science.)

Faculty Assembly

(Continued from page 1)

The success of the Assembly was practically assured from the start, but was concluded certainly, when Mrs. Z. A. Innes read the following poem:

THE DRAGON'S WAIL

I have only one word to say
To this class so young and so
fair,

I have only one word to say,
And that one word is—
"BEWARE."

Down in the dungeons below
Is a dreadful, direful lair,
Where a terrible dragon is
crouched,

Oh, my dear young friends, be-
ware.

A dragon of ghastly white,
With one rolling, fiery eye,
That eats young students alive.
Friends, are you prepared to
die?

Sharpen the sword of your wits,
Make your shield of attention
bright,

So shall you pass to the depths
of that lair
Armed and apparelled for
fight.

And when, the agony o'er,
You rise to the upper air,
With a shining "100" on your
shield,

And your record writ large and
fair,

You shall hear, if you listen
close,

The dragon's low, baffled moan
As it couches again at the door
of the lair,
And waits—alone—alone.

For other young victims of
wrath,

Who will come, as you come, to
the fray,

And using their armor of youth
and of bluff,
Make, as you made, a good
get-away!

Dr. Spring, the "Will Rogers of the faculty," according to Dr. Schwartz in his brief remarks, stressed upon the quality of the Student Body. He told the students that as far as speech making, the only difference between Zachius and himself was that Zachius was up a tree and he was up a stump.

Dr. John Woods, next on the program, brought to the front of the platform, a man who weighed his words in advice. He stated that the student should always keep in mind one object, "to be Good Osteopathic Physicians," and further, that the college is known by the quality of the practitioners they place it the field, and the standing of the college in the city was according to the standing of the students.

From the sublime to the athletic, as Dr. Schwartz cleverly expressed it, Coach Frank Sutton who was next introduced, reminisced for a short time on the past football teams. Concerning the team for the present season, the material looks very promis-

ing and there is a predominance of experienced men. The entire team will be composed of high caliber men, who will climax the season with the Kirksville game, to be played in Des Moines on November 29th.

Next in turn, Prof. Gordon extended greetings to all the new men with the advice to "stick to it" even through the State Board and to remember that what we do effects three—yourself, D. M. S. C. O. and the Profession.

Dr. Robert Bachman expressed his enthusiasm on the outlook of the college, both as to the number of the students and to the excellent financial condition of the institution. A fine spirit permeated the whole student body with increased interest in Osteopathy. The phenomenal growth of the clinic is due mainly to the patients realizing the high grade work of the students.

Dr. H. V. Halladay made a delightful repartee to the introductory remarks of Dr. Schwartz. Dr. Halladay commented on the fact that many come to D.M.S. C.O. from other schools, but that no transcripts had been issued to another school, also on the feeling of unity between the faculty and the student body and the desire to advance the school. The school has much to be proud of in regard to the fact that D.M. S. C. O. has the finest clinical work and O. B. department of any school, and in caring for athletes of the high schools there is a high sense of appreciation. He emphasized the fact that the A.O.A. is to be in Des Moines in 1929 and that the students will share the large responsibility.

The youngest member of the faculty, Dr. Nowlin, left parting advice to the students, to by all means avoid matrimony while in school—"and we ask, who is he, to speak!"

Miss Ava Johnson, our president's daughter, brought the Greetings and Welcome of the faculty to the Freshmen and new men—and we hope they won't forget a nice red apple.

The final message of the faculty to the students was given by Dr. Groff who specifically called the attention to the fact that school prestige was rapidly and surely losing ground—and that D. M. S. C. O. had advantage that surpassed any school of Osteopathy, in fact we should be proud today we were from Des Moines Still College.

Dr. Johnson now concluded the faculty messages in explanation of the future assemblies. He brought to mind the fact that D. M. S. C. O. was the oldest consecutive school of Osteopathy in the world.

The singing of the Iowa corn song and the school song brought to a close the most interesting faculty assembly ever held in the assembly room of D. M. S. C. O.

Elbert Hubbard said that it is a greater disgrace to be ill than to be in the penitentiary. He should have added that the disgrace is still greater when the sick fail to pay the physician.

BRANCHING INTO ATHLETICS

Chapter II.

We left you with your shirt off ready to go to work. Your first job is to go over each boy and give him a thoro physical examination. Why? You know as well as anyone that there are many boys whose greatest desire is to play football or take part in athletics, regardless of being physically fit for the game. They are running on pep and nothing else. They will hang on longer than one who is not in quite as good shape, but they will come out of the game completely exhausted and are really doing themselves a grave injustice, regardless of their enthusiasm. Also for your own information you want to know something in advance about these boys. If you discover any conditions that may influence their work, report it to the coach and warn the boy, himself. Watch the boys in scrimmage. Try to figure why some always lag. Your business is to watch them, physically.

Your greatest number of injuries will be of the muscular type and these will occur mostly in the first ten days of practice. The most of the boys have had very little, if any, summer training, and here they come into strenuous physical training—straining every muscle beyond its power of endurance. The result is a series of "Charley Horse" cases. These will make up twenty-five percent of your total injuries, so you must be prepared to properly take care of them.

This chapter will be devoted entirely to the care of this type of injury; the remaining seventy-five per cent will have to wait.

When we think of the pathology of this muscle injury, we picture a bruise of soft tissue. There will be the usual resultant infiltration of blood around the part, and consequent swelling. Nature has started the repair immediately. But in the process Nature takes her time, and that means considerable loss of playing time to the boy. He resents this and uses the limb and aggravates the condition. Suppose we have a case here. A boy has suffered a strain or trauma affecting the heavy muscle of the front of the thigh. Get him to the gym as soon as possible. The sooner the better. If you can get this case within twenty minutes, you will save hours of suffering. DO NOT start in by manipulating over the injury. This will cause more contractions to start up. Leave the swelling alone as far as manipulation is concerned. Apply immediately, alternate hot and cold packs. Two minutes hot—and we mean hot—followed by one minute cold, and keep this up for about thirty minutes. These thirty minutes now will save you hours later and will in some cases get the case up the next day without much pain or suffering. Following the packs, manipulate the muscle around the point of injury to within about one inch of its margin. DO

(Continued on page 4)

Branching Into Athletics

(Continued from page 3)

NOT start chopping the muscle with the edges of your hands like an old fashioned butcher chopping a piece of round steak. That is not considered good practice now. Normalize the part of the spine that has to do with controlling the involuntary impulses to the arteries that in turn supply the injured muscles.

Try this once and you will be surprised at the results. The response is in proportion to the extent of the injury. The slight injuries naturally respond much quicker, but let one go for a few hours without treatment and note the results.

If you have an understanding with the coach in the beginning and you say a boy will have to lay off three days, the coach knows you mean it and that it is best in the end. Don't let them out too quick, and keep them on light practice until you feel that they can go in without being carried off the field in a few minutes. Repeats should be rare unless acquired accidentally. If you are getting repeats, there is something wrong with the way that boy handles himself.

Also look for chronic lesions in the area of the spine, associated with the origin of the motor nerves to those sensitive muscles. Find it, fix it and let it alone. Watch for injuries to the abdominal muscles. A strain here, not always mentioned by the boy, may lead to hernia later on. Study the leg muscles. They may contract, and while not completely disable the boy, may lead to foot trouble.

So far you have needed nothing but your head, hands, towels, hot and cold water.

From the Field

The following letter was received from Dr. S. C. Reid of Bonaparte, Iowa:

Des Moines Still College,
Des Moines, Iowa.

Dear Sirs:

I will sell my practice here, which has run \$7,000, or better, for the first three years I've been here, for price of the equipment. The office is equipped for general practice and ear, eyes, nose and throat work. The office is modern except gas, and practically new. I am first occupant.

My reason for selling is this: I am taking up surgery and wish to dispose at once. If you know of any young practitioners wanting to locate—send him down. The whole country is "osteopathy conscious." I have spent \$25 per month advertising since I have been here.

Very sincerely,

D. G. REID, D. O.

Going Edison One Better

The master was holding a lesson on modern inventions.

"Now, James," he said, "can you tell me one thing of importance which did not exist fifty years ago?"

"Me," was the surprising reply.

The Nebraska Meeting

(Continued from page 1)

value received. It is our opinion that we could do more and better work if we would be there on time and do what we are supposed to do in the time allotted. In other words just do what we are supposed to do.

We wanted to hear Dr. Frank Moon and Dr. A. E. Moss. One was cut out on account of his time being taken by a business meeting and the other was called home.

The one big outstanding feature that appealed to the writer was the fine work being done in Lincoln by Drs. Shickley and Moon. Dr. Shickley has charge of the treating of the Nebraska State athletic teams. It was a great privilege to go with him into the training quarters of this wonderful team and to come in direct contact with the boys of that big squad and to know that they know and appreciate the work of Dr. Shickley. There are only a few of us who realize the educational value of such work and the wonderful results that are being obtained.

Another extremely gratifying visit was to Cotner College where Dr. Frank Moon is the coach and trainer. Frank is the king of the camp. The college has improved the gym and built a completely equipped office and training quarters for Dr. Moon. The faculty, trustees and students are backing him to the man. I had the pleasure of working with some of his boys and talking to them about the results obtained under Dr. Moon's direction.

Dr. Bolles of Denver conducted a children's health conference for which she is so famous. It was unusually successful. The hotel was crowded with children. Here is another Osteopathic specialty that is educational and promotes good will wherever it is used.

It was a good convention. The business crowded the program a little too much but we need more time for all this work.

New officers for next year are:

Dr. Harold R. Shickney, president, Lincoln, Neb.

Dr. H. I. Magoon, vice-president, Scotts Bluff, Neb.

Dr. H. E. Lytton, secretary-treasurer, Nebraska City, Neb.

PART OF THE EDUCATION

Some one has called defeat education. Few successes are won without preliminary failures. No child ever learned to walk without falling. No boy ever learned to spell without making mistakes.

The difference between the successful and failures is chiefly this, that the latter except the defeat as final, the former regard it as part of their education.—Selected.

The ability to grow whiskers is about the only distinctive thing left to the male sex, and we may have to wear 'em for distinguishing purposes.—Columbus Dispatch.

"That Something"

(Continued From Last Issue)

"You are packing boxes?" he asked in surprise.

"I am in the packing room—temporarily."

And then he went over the shipping clerk's plans in detail.

"I think they are all right," said the man in authority finally. "I'll have these forms sent to the printer in the morning."

As we turned to leave the office, he called me back.

"How long have you been in the packing rooms?"

"Sixty-three days," I answered.

"You've been there long enough. There is nothing more for you to learn there, is there?"

"No."

He studied me for a while in silence.

"Funny neither of 'em has ever said anything about you to me," he said at length, speaking half to himself. "I suppose the old man's idea was for you to work out your own salvation. Is that it?"

"In a way," I replied. "What any man accomplishes must eventually come from 'THAT SOMETHING' within him."

He pondered this for a moment.

Then he scrawled a few words on a piece of paper.

"Hand this to Perkins in the auditing department tomorrow morning, and we'll see how you show up there."

I thanked him, turned to leave the room.

"And say," calling me back a second time, "better forget about my having said anything about your relations with the Old Man. After all, you see, it's none of my business."

"Certainly," I answered, and left the room.

Three months later I left Bob's mother's boarding house.

It hurt me to do this.

She had been almost a mother to me.

There was a home life about the place that I had learned to love.

Even the little hairy Ology Professor and his fanciful theories had become dear to me.

But "THAT SOMETHING" demanded that I move on.

And so I moved on up the hill.

I arranged for a small suite of rooms at a quiet family hotel.

It was at the suggestion of the Man in Authority that I chose this hotel.

It was where he lived.

And so we became at first acquaintances.

Then friends.

He urged me to join his club.

I made friends of the right sort there.

All of these things were investments.

And never once did the Man in Authority mention the fact that I was "learning the business."

And so a year rolled 'round.

It was the time Perkins took his vacation.

I was given the place until he returned.

One day the Old Man came into my office.

He looked at me keenly.

Directly the Man in Authority came in.

The Old Man called him aside. I overheard a portion of their conversation.

"Who's the man at Perkins' desk?" the Old Man asked.

The Man in Authority mentioned my name.

"Funny I never heard of him before," said the Old Man.

The Man in Authority gasped. And the rest was spoken in guarded tones, and I heard no word further.

That night the Man in Authority came into my sitting room.

"Say," he began, "you've certainly got me locoed or something of the sort. I have been figuring you out all along as a ward or a long lost cousin of the Old Man's. Now, today he comes in and jumps on me about putting you in this place of responsibility without first knowing all about you. Of course, I know you're all right," he added kindly, "but, by Jupiter, I'm placed in a deucedly unholy kind of light, anyhow."

"What's all the trouble?" I asked. "My work going wrong?"

"I should say not," he exclaimed with enthusiasm, "but that's aside from the question. What's got me going is how the dickens you did it. How you could hold down the most responsible job on the works without anybody knowing just what you really are. Tell me about yourself, will you?"

"Well," I began in a sing-song voice, "I was born of poor but honest parents, in a quaint little hamlet of Virginia, where the rising sun—"

"Oh, drat the history and the rising sun. Tell me who you are kin to, or who is backing you up? It's pull that counts these days. Who gave you your start with the company?"

I leaned back in my leather Morris chair. Memory brought back the picture of that drab day of just a year before.

And that brought to my mind the card that had been given me.

I had not thought of it before until that minute.

I arose, and went to a closet, where hung the very suit I had worn on that eventful day. I had kept it as a souvenir of my awakening.

And, as I had hoped, the card was in the pocket of the shabby vest.

For the first time, I read the name engraved thereon.

**Matthew Morrison Randolph
Bonds**

I handed it to the Man in Authority.

Now, Randolph was the silent partner of the business.

Impossible coincidence?

You may think so.

I know men who believe success is impossible.

And to them, success IS impossible.

And so, perhaps you believe this impossible.

But I'll tell you it as it happened.

(To Be Continued)

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THE LOG BOOK

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Volume 6

October 15, 1928

Number 7

A.O.A. Convention News

Immediately following the convention in Kirksville this year, Dr. Ray Gilmore, president of the Iowa state association called a meeting of the officers and trustees. The main object of this meeting was to adopt plans and start the ball rolling for the 1929 meeting. A group was elected to serve as an executive committee. This group consisting of Dr. Gilmore, general chairman, Dr. Hook, vice-chairman, Dr. Stryker, secretary-treasurer. Doctors Marshall, Caldwell and Halladay have met and corresponded with the result that we have below the list of appointments that will function under the stated headings at the next annual meeting. It has not been the intention of the committee to slight any one. We realize that this is just a beginning. There will be more members of the state association that will be drafted as the need arises, and at the next meeting of the committee as a whole we know that items will be brought to our attention that will necessitate additions to the published list. A general meeting of the entire roster has been called for 1 P. M. Sunday, October 21st, at the Ft. Des Moines Hotel and there will be a report of that meeting in the next issue of The Log Book.

Many plans have been made already. The work has already progressed but we realize that there is much to be done and we are anxious to show the profession that we can deliver what we have claimed.

Committees of Group I.

Dr. H. J. Marshall, General Local Chairman.

Train Reception

Drs. J. R. Beveridge, Des Moines, Chairman; J. K. Johnson, Sr., Jefferson; Robinson, Des Moines; L. L. Wade, Winterset.

Transportation and Auto Service

Drs. F. D. Campbell, Des Moines, Chairman; C. W. McCutcheon, Des Moines; J. D. Cole, Des Moines.

Decoration

Drs. Avis Payne, Des Moines, Chairman; C. F. Samp, Des Moines, Chas. Keating, Des Moines; Nina D. Thompson, Des Moines; Erma V. Townsend, Des Moines.

Entertainment

Drs. H. J. Marshall, Des Moines, Chairman; G. E. Moore, Des Moines; E. V. Townsend, Des Moines; V. A. Englund, Des Moines.

(Continued on page 3)

Freshman Reception

Tuesday evening, Oct. 23rd, at eight o'clock, the reception line will form at the Hoyt Sherman place to welcome the Freshmen and the new men of D.M.S.C.O. The reception line will be composed of the Faculty and Board of Trustees. This is an annual custom of extending a welcome to the students of Des Moines Still College.

Following the reception, the evening will be spent in dancing, and bridge tables will be provided for those who do not care to dance. Al Levich and his music makers will furnish the music and those who have attended before, will know that a most enjoyable evening awaits all the students and their friends.

D.M.S.C.O. Band



The first meeting of the band was held Wednesday night at the P. S. G. House with much talent appearing which should make a band that might compete with some of the larger universities.

Dr. Halladay has charge of the men and with such a large number, will make an excellent showing for the school—pep will be added to the football games and additional school spirit developed. The band should add much to the last five games, which are in Des Moines. The band will make their final appearance in football with the termination of the season, when Kirksville plays in Des Moines in Thanksgiving Day.

The members of the D.M.S.C.O. Band are:—

Cornets—Henry, Toepfer, Dorwart, Stoddard, Shideler and Ollom.

Clarinets—Smith, Perry, Skinner, Hall, Chance and Grau.

Saxophones—Steckler, Taylor, Brudder, Mikan, Steninger, Utterback and Brace.

Trombones—Baldwin, Gill, Lenhart and Nicholson.

Baritones—Dahl and Stillwell.

Alto—Sutphin.

Drums—Herrick and Koch.

Bass—Fedson.

I pity from my heart the man who has no patternman whom he can thoroughly admire and esteem.—Phillip Brooks.

New Era Stillonian

This year the staff of the Stillonian will edit a book that will be a credit to the college and the city that will entertain the 1929 A. O. A. convention. It will be a Convention number and one that will be a source of pleasure to every student and alumnus of Des Moines Still College of Osteopathy.

The Stillonian of previous years, and very naturally too, has not been well supported in advertising and the purchase of the books by the field members. This year the book will be of such quality and value that your "Five Dollar Bill" will be well invested.

We know that for the next twenty years your Stillonian of 1929 will be a book of pleasure and reminiscences of not only your college years but of the very pleasant and profitable week spent at the convention, in the Convention City, the third week in June.

Look for more news about your 1929 Stillonian in the succeeding issues.

The Staff.

Dr. Schwartz to Wichita

Dr. J. P. Schwartz, dean of the college and surgeon-in-chief at the Des Moines General hospital, journeyed to Wichita, Kan., to attend the first meeting of the American College of Osteopathic Surgeons.

The amount of clinical material and the variety was exceedingly gratifying to those attending. It was well attended by Osteopathic surgeons from all over the United States. The convention was held at the Southwestern Sanitarium and it proved to be a very enthusiastic meeting, which lasted for three days.

This organization is destined to set the standards of the Osteopathic surgeons in the future.

Afternoon Classes Are Resumed

Now that the winner of the world series has been decided and the home runs of the season have been put over, the classes that meet in the afternoon will resume work.

The Board of Trustees has issued an order that next year there will be only one world series, and that will be played at night. This has been necessary to avoid cutting the afternoon classes.

Still Loses First Game of Season

A two hundred mile trip and all the incidences of such a trip was too much for the football men of D. M. S. C. O. in their battle with Midland College. It was a great game, filled with thrills every minute of the play and only in the last quarter did the Midland team take advantage of the tiring efforts of the Still men. Hynke of D. M. S. C. O. bucked the line for Still's first counter and later threw a pass to Lang for the second. Midland scored first when Sackett dropped a pass into Kistler's arms behind the goal line.

Sackett was dropped behind his own goal line shortly after the second quarter started, by McDonald. A 45-yard run by Nordstrom later put the ball over Still's goal for the second touchdown and a 13-8 lead at the half.

Still took the lead in the third quarter when Brewer, in an attempt to block a pass, knocked it into Lang's arms, who went over for another touchdown.

The last quarter opened with Midland one point behind. Nordstrom made a 50-yard heave to Kistler who gathered it in behind the goal and later Brown, after intercepting a Still pass, sprinted 60 yards to account for the last touchdown of the game.

Shaw and Hynke were Still's best defensive agents, while McDonald and Lang showed up on the defense. The game ended in a 25 to 14 score.

First Home Game Oct. 20

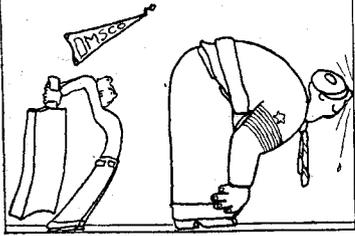
The first home game of the season will be played on the Des Moines Catholic College field with Peru State Teachers' College. There is no doubt that this will be one of the best games of the season, for Peru State was Nebraska state college conference champions last year, with no games lost and only seven points scored against them.

Dr. Halladay is drilling the band hard, so plenty of music will be had for the first game. The student body will be out 100% and will be given the opportunity to help the Pirates win the first game.

Our slogan will now be "Beat Peru."

The world often wakes up and finds a man famous, but you can calculate that the man has been awake all the time.

FRATERNITY NOTES



ATLAS CLUB

The Atlas Club is pleased to announce the pledging of George Bashore of Franklin, Ohio.

The club welcomes Bro. Baken of Axis Chapter, who is in our midst this year.

The fraternity enjoyed a weiner roast Saturday evening, Oct. 6th. After the roast they enjoyed a dance. During the dance we were entertained by the world's greatest trio, composed of Harry Skinner, Roy Trimble and one other than Ken Ward. After this pleasing entertainment, "Tuck" Nossek proceeded to explain the difficult steps of the Virginia Reel.

There seems to be a mystery which the Sophomore Class has been unable to solve, and that is the whereabouts of Pledges Jack Campbell and Venzel Mikan, the night of Oct. 1st, 1928. There has been many tales told about them, such as barn sleeping, etc. But of course these stories are rather doubtful.

News in Brief

Lost — One Maximeter, for which Lew Stingly would pay a reasonable sum as to its whereabouts.

Ken Moore is handling more sweets than ever this year.

Ole Nicholson has discovered a way to keep his hair down.

Brute Monger shows the Perry high school team how to play "Collegiate Football."

The boys all know that Harry Skinner is back, as the telephone rings as much as ever, and the same sweet voices ask, "Is Dr. Skinner there?"

Karl Harmon seemed to be very put out about the fact that some one liked his hat. Fair exchange is no robbery, Brother Harmon.

PHI SIGMA GAMMA

Phi Sigma Gamma takes great pleasure in announcing the pledging of Dean Spencer, Arkansas City, Kansas; D. G. Perry and J. J. Stivenson of Ashtabula, Ohio.

"Boston Bean" Patterson says congratulations are in order. Ever see or hear of mellow lips?

"Brute" Scatterday relinquishes his title of "Handsome" to Pledge Armbrust, our bouncing baby from Omaha.

"Ivory" Grau is still safe. But watch out for our D. M. girls.

We're all glad to be able to recognize Jim Shaffer again. He darn near scared us all.

Say Chuck! Why all this "mystery trip" to Ames? Dish us the dirt.

We can't understand the "Boone Boys," (no relation to

Hallroom Boys) Rip and Purdie. Still water runs deep.

Everything's all right now, fellows. Frank Shaffer is on the good side of the police matron at the Cotillion. But it took some tall arguing.

Eddie "La Plante" says he finally gives up. "Don't give up the ship," Ed.

Rudy Gauger still bats 1000 in polo. Keep it up.

Dusty and Spence enjoyed a very good week end.

Widmer seems to be taking good care of Pledges Toepfer and Jagnow.

Pledge Stoike is taking Yidd's place up on the third floor now. So now Jen and Rock have an even break for long distance calls.

Red Stewart has some funny habits. Ask him about them.

Clifford is a big, bold, bad man. You should see his display of artillery.

Smitty took some of the boys on a tour of inspection Saturday night.

Ask Pledge Stivenson about that new PASTE. What's it good for John J.?

Come up and visit us some time Leighton. Haven't seen you for a long time.

Anybody want a good paddle? Just see Walt Madson.

Can't get a thing on Dick Stritmatter this time. But I'll try hard next time.

Loftus is in the cleaning business. He cleans at a moment's notice. He also has his Official Coat Holder.

IOTA TAU SIGMA

The news for this issue will have to be limited, as the boys have been so busy with their school work that the humorous side of things has been neglected.

However, there are a few things we would like to inquire as to the why and wherefore? Pledge Peck, "Our Little Michigan Peach" has, beyond all probable doubt, felt the sting of Cupid's dart. The best part of it is the convenience that the "Valve in head" offers. There's no two ways about it, boys, the fair sex just cannot resist that handsome, black, wavy hair and the school girl complexion.

How about the boy from Marathon? We suppose the "jam" that "Butch" was in some time ago has been all straightened out and the letter did go to the right party, "The Folks." * * * So he celebrates his mental rest at the ballroom at Second & Euclid. He and "Herbie" set out one Friday evening, full of romance, and apparently had a marvelous time. We noticed the dust was absent from the "Grumble" seat, so we guess Charles Herbert also celebrated. We forgot to add that Dr. Cudden is improving with the mashie and putter.

The Beta Chapter wishes to announce the pledging of Clyde Hynke of Des Moines and Sherman Meyer of Bonaparte, Iowa. We extend a hand of welcome to these new men.

A letter was received from Dr. H. C. Belf, who is located in

Detroit, Mich., in connection with the Public Health Clinic. Bro. Belf reports that everything is progressing nicely and we are are mighty glad to hear it. We are expecting to see him here for the convention, which is to be in Des Moines next June.

Speaking of Osteopathic students being followers of their profession, Bro. Morrow surely takes part in some very unique exercises—such as jumping rope at 1:30 a. m. Of course, he either had to jump it, or fall over it, and Holly took the more dignified way. He was overheard immediately after it happened, and we would all bet that Holly has had some Biblical training. In other words, he was all "tied up with his bed."

For quite some time we have been wanting some place, away from civilization, to go for our vacation, and at last we have a promise; Bros. Wigal and Nowlin are intending to go to South America to practice. This will be a very fine place for us to have a change. We do not know what influenced these boys, other than Mr. Lilly's talk on foreign lands.

The Chapter is pleased to be able to supply D.M.S.C.O. with some more "Heavy" Artillery for the band. "Jud" Koch comes from Columbus and has demonstrated his supreme talent on the bass drum.

MYSTERY IN THE AIR—Who gets the new pin, Nick??? Maybe we can tell you all about it next time.

That's all this time—THANK.

S. C. O. CLUB

Last Monday evening, October 1st, was our first regular meeting for this season. Dr. Robert Buchman gave a very interesting and instructive talk on Spinal Technique, demonstrating as he lectured. We wish to thank Dr. Bauchman for his efforts, and feel greatly enlightened on many of the intricate types of spinal lesion and correction.

We are glad to see the old familiar faces of our previous year members, and are pleased to see the new students who attended our last meeting. Our doors are open to any interested, so feel free to attend our meetings at any time.

Meetings will be held every other Monday evening all through the school season. We meet at 8 o'clock at the Y. W. C. A. building on 9th and High street. So let's all get acquainted and get the benefit of these peppy and high class meetings.

A local resident lighted a match to see if there was any gas left in the tank. He is no longer a local resident.—Watertown (N. Y.) Times.

When a man faces facts fairly and squarely he will take every step with a degree of certainty not possible otherwise.—Edward Mott Woolley.

Avoid misjudgment. A man may be economical because he is rich, or he may be rich because he is economical.



Around Our Merry Campus

McMurray—Sure, I am going to vote for Al Smith.

Moore—You certainly are a fine Osteopath, to vote for him, when you know that he favors internal medication.

A "blind" beggar sat at the entrance of a subway kiosk with a tin cup in his hand. A passer-by, slightly under the influence of alcohol, took out his pocket flask, and started to pour a drink into the man's cup.

The beggar opened his eyes suddenly, saw the flask and yelled—"Nix, nix! None of that stuff. Do you t'ink I wanta go blind?"

"Are mine the only lips you ever kissed?"

"Yes, dear, and the nicest?"

I was suffering from liver trouble and the doctor told me that if I laughed fifteen minutes before each meal, my condition would improve. One day in a restaurant, while having my little laugh, a man at the opposite table walked over to me and said in an angry manner:

"What the devil are you laughing it?"

"Why, I am laughing for my liver," I said.

"Well, then I guess I had better start laughing, too. I ordered mine half an hour ago."

Frosh — (R u s h i n g into Library): Quick, I want Caesar's Life.

Librarian—Sorry, but Brutus beat you to it.—Lyre.

A teacher had given a number of examinations. These were some of the answers she found:

"In case of drowning, put on dry clothes as quickly as possible and yell for help."

"When chickens get old, their teeth fall out, so they eat stones and the stones fall into the holes left by the old teeth, and make new teeth."

"A molar is what my daddy is in the factory."

"Will the anaesthetic make me sick, Doctor?"

"Oh, I don't think so," said the Doctor.

"Well, how long will it be before I know anything?"

Came the wifely interruption: "Aren't you expecting too much of an anaesthetic, dear?"—(On the Square.)

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

Osler's R^x For the Inner Man Called Physician

"Personal contact with man of high purposes and character will help a man to make a start—to have the desire, at least; but in it's fullness, this culture—for that word best expresses it—has to be wrought out by each one for himself. Start at once a bedside library and spend the last half hour of the day in communion with the saints of humanity.

"There are great lessons to be learned from Job and from David, from Isaiah and Saint Paul. Taught by Shakespeare you may take your intellectual and moral measure with singular precision. Learn to love Epictetus and Marcus Aurelius. Should you be so fortunate as to be born a Platonist, Jowett will introduce you to the great master through whom alone we can think in certain levels, and whose perpetual modernness startles and delights. Montaigne will teach you moderation in all things, and to be 'sealed of his tribe' is a special privilege.

"We have in the profession only a few great literary heroes of the first rank, the friendship and counsel of two of whom you cannot too earnestly seek. Sir Thomas Browne's *Religio Medici* should be your pocket companion, while from the Breakfast Table Series of Oliver Wendell Holmes you can glean a philosophy of life peculiarly suited to the needs of a physician."

BELIEF

Belief—in self, in others, in all that is worthy—has always been the most constructive, generative force known. And, contrariwise, doubt has ever been the anathema of personal advancement and achievement.

And, of all the doubts that beset us, doubt of one's ability to do is the most destructive of ambition; and because doubt has a habit of creeping in quietly, often unnoticed in the beginning, it is, like other flanking enemies, difficult to guard against. Only by building and maintaining a stout "standing army" of confidence can doubt safely be made to keep its distance.

Physicians seek to build up within their patients' bodies a resistance against disease by a reserve of vitality with which to combat the onslaughts of germs. A similar procedure is essential with confidence to combat doubt.

To climb steep hills requires slow pace at first.—Shakespeare.

A.O.A. Convention News

(Continued from page 1)

Reunions

Drs. H. H. Halladay, Des Moines, Chairman; R. W. Morgan, Des Moines.

Golf Tournament

Drs. C. M. Proctor, Ames, Chairman; J. L. Schwartz, Des Moines.

Care of Sightless

Drs. J. W. Macklin, Anita, Chairman; C. E. Thompson, Des Moines; C. H. Collier, Clarinda.

General Reception

Drs. C. W. Johnson, Des Moines, Chairman; W. N. Hartupee, Des Moines.

Still College Reception

Dr. C. W. Johnson, Des Moines, Chairman; Mrs. K. M. Robinson, Des Moines.

D. M. General Hospital Reception

Drs. B. L. Cash, Des Moines, Chairman; Lowell Morgan, Des Moines; Roy Trimble, Des Moines.

Physic-Therapy

Drs. J. E. Gray, Newton, Chairman; H. D. Wright, Hampton; J. H. Hansel, Ames; Georgie Chalfont, Pella.

Committees of Group II.

Dr. Della Caldwell, General

Chairman

Clinics

Drs. R. B. Schultz, Mason City, Chairman; R. B. Bachman, Des Moines; Bertha Crum, Ames; A. J. Collard, Coon Rapids; Monnette; D. M. Kline, Malverne.

Hospitals

Drs. J. P. Schwartz, Des Moines, Chairman; J. L. Schwartz, Des Moines; L. Green, Sac City; G. C. Trimble, Montezuma; H. B. Williard, Manchester; Rolla Hook, Logan.

Health Talks

Drs. Mary Golden, Des Moines, Chairman; C. W. Johnson, Des Moines; J. E. Gray, Newton; H. W. Gamble, Missouri Valley; W. J. Forrest, Carrol; J. E. Still, Des Moines.

Women's Organizations

Drs. Della Caldwell, Des Moines, Chairman; L. Miller, Adel; M. B. Morrison, Clearfield; N. D. Thompson, Des Moines; Avis Payne, Des Moines; Mildred Trimble, Grinnell; Katherine Ridgway, Des Moines; J. K. Johnson, Sr., Jefferson.

Examinations for Physicians

Drs. M. E. Bachman, Des Moines, Chairman; Sherman Opp, Creston; W. C. Gordon, Sioux City; C. Mitterling, Webster City; C. F. Spring, Des Moines.

Allied Societies

Drs. C. N. Stryker, Sioux City, Chairman; E. E. Steffen, Des Moines; M. Biddeson, Nevada; J. K. Johnson, Jr., Jefferson; S. H. Klein, Des Moines.

Halls and Furnishings

Drs. H. V. Halladay, Des Moines, Chairman; D. W. Roberts, Des Moines; R. E. Brooker, Grinnell; F. D. Campbell, Des Moines; I. W. Rinaberger, Keosauqua; C. F. Christenson, Keokuk; F. Lindbloom, Des Moines.

Committees of Group III.

Dr. H. V. Halladay, Local General Chairman

Registration

Drs. Paul Park, Des Moines, Chairman; C. N. McMullen; C. H. Porter, Des Moines.

Publicity

Drs. H. V. Halladay, Des Moines, Chairman; A. W. Clow, Washington; Della Caldwell.

Information

Miss Ava Johnson, Des Moines, Chairman; Drs. Ellen Phenicie, Des Moines; Helena Messerschmidt.

Program Publication

Drs. J. L. Schwartz, Des Moines, Chairman; W. E. Butcher, Des Moines; Raymond Kale, Des Moines.

Hotel Reservations

Drs. J. M. Woods, Des Moines, Chairman; J. O. Woodmancy, Des Moines; George Hamilton, Des Moines.

Local Section Committee

Dr. R. B. Bachman, Obstetrical, Chairman; Dr. C. W. Johnson, Nervous and Mental; Dr. J. P. Schwartz, Surgical; Dr. B. L. Cash, X-Ray; Dr. H. J. Marshall, E. E. N. and Throat; Dr. S. H. Klein, Technic; Dr. Mary Golden, Pediatrics; Dr. J. L. Schwartz, Orifical; Dr. C. M. Proctor, Gastro-Intestinal; Mrs. Z. A. Innes, Laboratory; Dr. C. I. Groff, Foot.

Local Exhibit Committee

Dr. C. F. Samp, Des Moines, Chairman; Dr. E. E. Steffen, Des Moines.

"Pep" Rally

Due to the fact that the date of the game with Midland College was changed to the fourth of October, a "pep" rally was called before the men left on their trip. Dr. Halliday was in charge and he gave a short review of the Parsons game and the excellent brand of football displayed by the D.M.S.C.O. players. He expressed confidence in the team, due to the fine teamwork that was demonstrated in the Parsons game.

Coach Sutton was cheered to the platform and he immediately put some rosin on the bench. He then gave some inside information on the team. The team this year has more weight than last year, with five center men averaging two hundred pounds. There is not one, but two teams, and one is as good as the other, which was evidenced by the fact that Still made nine to Parsons four first downs in their recent game. He is more than pleased with the interest and the hard work of the team.

Captain Shaw, the man with the ability to lead a real fighting team, was called on, and after telling of the men and the team, appealed to the student body for loyal support to the team. He introduced all the men as they came to the platform.

All Lit Up

Having been told that it was electricity that made his mother's hair snap when she combed it, Johnny bragged to a visitor: "We're a wonderful family, mother has electricity in her hair and grandma has gas on her stomach."

Osteopathy at the Parsons Game

Dr. Virgil Halladay walked out on his classes the day of the Parsons game and stepped into a lively osteopathic practice as the result of injuries on the field of valor. Parsons was out to win at any cost, and at times got a little rough. Not so that there was any hard feeling, but remember that the Parsons boys had the advantage of us in about three or four weeks of intensive training before the regular college work begins.

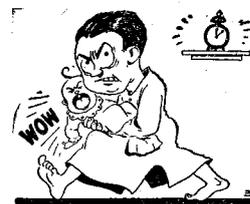
Aside from the usual number of bruises and sprains that are to be expected in any game, we had a dislocated elbow, which was corrected one minute after it happened, while the patient was sitting on the bench. Another player was out with a complete loss of memory, as a result of a cervical injury. He later returned to the game and finished the last quarter OK.

Injuries of this type, while not common, do occur and are just added items to the proof that every football team should carry with it a competent physician, preferably of the osteopathic school, who can appreciate methods of taking care of traumas. Our efficiency in this particular field of practice is being proved every day in all parts of the country and this work is just as much a specialty as any other. We hope that you are taking the time this year to do some work of this kind.

Senior Class Elects New Stillonian Editor

A meeting of the Senior Class Thursday morning resulted in the election of Leonard J. Grinnell to the position of Editor-in-Chief of the Stillonian for 1929. This election was to fill the position made vacant by the resignation of J. Lane Kendall.

A new plan is to be instituted this year. A second associate editor and a second associate business manager is to be elected from the Sophomore class. The idea of the plan is to take the greatest part of the detailed work of the Stillonian from the Seniors in charge. The plans are to put the publication of the year book in the hands of the Junior and Sophomore classes of the future.



Word has been received from Dr. Hurwood W. Griffith of Geyersville, California, that he is the proud father of an eight pound boy, born on the third of October. Dr. Griffith graduated from the A. S. O. in June, '15, but has not been in active practice for some time, on account of his health.

"That Something"

(Continued From Last Issue)

"Funny Randolph never mentioned your name to the Old Man," the Man in Authority was saying. "Anyway, I wish I'd known this when he was talking about you today."

"I'm glad you didn't," I answered with a short laugh.

"Why?" he asked puzzled.

"Go to the phone and call up Randolph. I think he'll tell you why."

"But—" he began.

"Go on and call him up. I want you to," I insisted.

In a moment Randolph was on the line.

"Ask him," I insisted.

The Man in Authority did so. I watched the changing expressions on his face.

"You-say-you-never heard of the man!" gasped the Man in Authority. "Why, he's holding the most responsible job on the place."

"Better let me talk to Mr. Randolph," I interrupted.

His hand was trembling as he surrendered the phone.

"Mr. Randolph," I said, "I know you do not remember my name, for I am quite sure you never heard it. You may, however, remember one miserable day a year ago, when a beggar asked you for food."

"Well, go on," came a crisp voice over the phone.

"You remember also telling that beggar that it was not food he needed. You told that man that it was 'THAT SOMETHING' he needed, and that alone. Well, Mr. Randolph, I am the beggar to whom you spoke, and I have found 'THAT SOMETHING.' I have learned to use it, and I want to thank you for having shown me the way.

"When may I have the opportunity of telling you about it?"

An hour later, the story you have just heard was told to a strange trio: the Man in Authority, the Professor of Ologies and Matthew Morrison Randolph. From time to time, as I told the tale, Randolph nodded his head in approval, and I noticed a strange light begin to glow in the little professor's eyes. When I had finished, we sat a long time in silence, broken at last by Randolph, who said:

"And now tell me just what you think THAT SOMETHING really is?"

I shook my head in dismay. "You folks know as much as I do about it," I answered. "But of this one thing I am convinced, through and through. It is real POWER as truly as the electric current."

"It is the power of the inner man, the fuel of the soul machine."

"It is the one thing necessary."

"We are all of us much alike."

"We have come into the world, all animals of a type."

"All of us have the sense, equally developed."

"And then we begin to live, animals, all."

"Until we wake THAT SOME-

THING of the soul, we live as a horse lives."

"We bear on our muscle those that have found THAT SOMETHING."

"And we bear them on up the mountains, to take their places among the masters of men."

"THAT SOMETHING lies dormant in every soul until aroused."

"With many, it sleeps until the last great sleep."

"Sometimes it does not wake until man stands tottering on the border of the grave."

"Sometimes it is found by the child, playing by its mother's knee."

"Some men have sneered and called it LUCK."

"Luck is but the fleeting smile of fortune."

"THAT SOMETHING is the highway to her home."

"A man's success depends alone on the something."

"That Something of his SOUL."

"Abraham Lincoln found it when a lad."

"It warmed the cold floor on which he lay and studied."

"It added light to the flickering glow of the wood fire, that he might see to read."

"It spurred him on, and on and on."

"THAT SOMETHING is an awful force."

"It made of a puny Corsican, the Ruler of the World!"

"It made of a thin-chested bookkeeper the money king of a great country."

"It made Edison the great man of his age!"

"It made Carnegie!"

"It made Woodrow Wilson!"

"It made Roosevelt!"

"It can make YOU!"

"And it is now in YOUR Soul!"

"Awake it—now!"

"THAT SOMETHING."

Again the silence followed. I watched the Professor of many Ologies. I saw the kindled fires in his eyes gradually die out. He shook his head wearily.

"No, it can't be done; it can't be done," he murmured. "I have drunk deeply of the cup of life, and I am now drinking of the dregs. The cup is filled but once, and when it's gone, there's nothing left but the dregs of old age and poverty."

"You fool," cried Randolph, leaning forward and shaking the little man roughly. "You almost had 'THAT SOMETHING' in your power, and now you sing it back to sleep with your silly song of pessimism. It's the false philosophy that such as you sing, which has kept men in the ruts of their own digging for centuries past. Wake, man, wake! Wake 'THAT SOMETHING' within your soul!"

The two men sat looking deeply into each other's eyes.

It was the little man who broke the silence.

"Thank you, Randolph," he said quietly. "You are right, I will!"

Then Randolph turned to me.

"Man, write that story you've told us. Write it so that every man may read. Send that mes-

sage out into the world. If men will read that story, read and re-read, until it is written on their memories, if men will believe the message you bring, and then if they will but awake "That Something" within their souls that now lie asleep—I say if you can make them do this, you will have done more for mankind than any man or any thousand men have done in many, many years. Write it, man, write it, word for word as you have told it here, so every man may read. Write it, man write it!"

And you, who have read it through, I pray that you may read it every word again and again, until "THAT SOMETHING" of your souls has been aroused, and you have taken your places among the Rulers of the World.

(THE END WHICH IS THE BEGINNING.)

Freshman Assembly

Friday morning, Sept. 28th, at the regular assembly period, the Freshmen were invited to the platform of the assembly room by Dr. Johnson, president of D.M.S.C.O., who was in charge of the program. They showed a fine spirit in their coming to the platform and giving their names and their home state.

According to old time custom, they sang "We're Osteopaths" and those from Iowa sang the "Iowa Corn Song." These renderings were well received by the remainder of the students, and the entire student body sang the school song.

The new men, who were from other Osteopathic schools, were then introduced from the platform and were received by the students as part of the student body.

The assembly was closed with some good old songs and the students adjourned to their regular classes.

Iowa Passes Ohio In Enrollment

Once again Iowa passes Ohio in the enrollment of the Freshman class. Statistical compilations have been made with resulting facts as afore stated. It has always been a source of much pride for the students from Ohio to say that there were more students from Ohio at D.M.S.C.O., than from Iowa.

We are all glad to know that the students from Iowa realize the advantages of D.M.S.C.O., and are taking their rightful place in numbers of students in the school.

Next in the list is Minnesota with Michigan a very close third. Kansas and Pennsylvania are tied for fourth. Many states are represented, students coming from Massachusetts in the east and others from Washington in the west.

One of the very best safeguards against financial adversity is the practice of economy in time of prosperity.

Our New Officers

At the meeting in Kirksville the following officers and department heads were elected for the coming year. The house of delegates is to be congratulated on its selection of such able men and women to lead us in what we hope to make the most progressive and efficient year of our history.

President, Dr. D. L. Clark, of Denver.

Vice-President, Dr. John A. MacDonald, of Boston.

Second vice-president, Dr. F. Clay Hopkins, of Hannibal, Mo.

Third vice-president, Dr. Anna E. Northup, Moose Jaw, Sask.

Trustees—Drs. Phil R. Russell of Ft. Worth, Texas; Dr. Arthur E. Allen of Minneapolis, Louis C. Chandler of Los Angeles, C. A. Ward of Detroit, Ray B. Gilmour of Sioux City, Iowa; Josephine L. Pierce of Lima, Ohio, to fill the vacancy caused by the resignation of John A. MacDonald.

Department Heads Named

The following were elected as department, bureau and committee heads of the A. O. A.:

Department of Professional Affairs—Dr. Ray B. Gilmour, Sioux City, Iowa.

Bureau of Professional Education and Colleges, Dr. Ray B. Gilmour.

Bureau of Hospitals, Dr. A. D. Becker, Kirksville, Mo.

Bureau of Censorship, Dr. Roberta Wimer-Ford, Seattle.

Bureau of Professional Development, Dr. John E. Rogers, Oshkosh, Wisconsin.

Program chairman, Dr. Chester H. Morris, Chicago.

Bureau of Associate Editors, Drs. John A. MacDonald, Boston, Warren B. Davis, Long Beach, Calif., Josephine L. Pierce, Lima, Ohio.

Committee on Credentials, Dr. Canada Wendell, Peoria, Illinois.

Committee on the American Osteopathic Foundation, Dr. R. H. Singleton, Cleveland.

Department of Public Affairs—Dr. Herbert Pocock, Toronto, Ont.

Bureau of Industrial and Institutional Service, Dr. A. E. Ward, Saginaw, Mich.

Bureau of Clinics, Dr. Victor W. Purdy, Milwaukee.

Bureau of Public Health and Public Education, Dr. Arthur E. Allen, Minneapolis.

Bureau of Osteopathic Exhibits, Dr. E. C. Brann, Wichita, Kans.

Committee on National Affairs, Dr. C. B. Atzen, Omaha, Neb.

Committee on Osteopathic Exhibits in National Museum, Dr. Riley D. Moore, Washington, D. C.

Legislative Adviser in State Affairs, Dr. Asa Willard, Missoula, Mont.

Director of Information and Statistics, Dr. Ray G. Hulburt, Chicago.

The executive committee of the A. O. A. is composed of the president, first vice-president, the immediate past president, the secretary and head of the department of professional affairs and the department of public affairs, named above.

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 6

NOVEMBER 1, 1928

Number 8

Freshman Reception Decided Success

The first social event of the school swung into line with the reception of the school in honor of the freshmen and the new men of Still College on the night of Oct. 34. The reception line welcomed all the students and their friends to the halls of the Hoyt Sherman where the night air was soon filled with dance music. What a night! What a dance!

During the early part of the evening the Freshmen formed a line marching around the room to the applause of the students, and faculty. This dance was for Freshmen only and some of them sure showed experience in handling their feet on the dance floor, and many a fair young heart beat rapidly during the dance. Dr. Halladay added spice to the evening when he passed out horns and other various forms of noise makers to the Freshmen and the rest of those present, when they joined in the dance.

Later another specialty and novelty dance was held for the freshman. Dr. W. J. Nowlin announced that another dance would be held for Freshmen only, and that it would be an elimination dance. The dancers were gradually eliminated by having the orchestra stop suddenly and those who did not stop were to leave the floor. It was a great dance and the competition was very keen. Finally there was only five couple left on the floor and then four and then the contest was on in reality.

On with the dance or could we call it a dance, but anyway the final few strains found How-

(Continued on page 3)

Sixth District Meeting

A meeting of the Osteopaths of the sixth district will be held at Winterset Nov. 2, and promises to be one of the best that the district has enjoyed. This is the first meeting where the program will be entirely of members of this district. Dr. C. M. Procter of Ames and Dr. J. K. Johnson of Jefferson will be the speakers.

The meeting will start at ten in the morning and will last throughout the day. Dinner will be served at the Rotary Club at noon. The entire afternoon will be given over to technic.

Dr. Della B Caldwell, president, issues a special invitation to all members.

Donor to College



DR. ALICE POTTER BAUER

Dr. Alice Potter Bauer, whose picture appears above, graduated from Still College ten years ago and since that time has prospered financially and achieved professional success, all of which she credits to the scientific teaching of Osteopathy in the D. M. S. C. O.

A letter was received recently from Dr. Bauer inclosing a check for a large sum of money to be used by the school in any way they desired for the further advancement of Osteopathy. This she has done to show her appreciation for what the college meant to her as a student.

Dr. Bauer has been honored numerous times, having the distinction of being president of the O. W. N. A., several times vice-president of the State Society of Ohio last year, and has been secretary of the Central Ohio Society. She has had several opportunities to enter politics but has declined in favor of the profession.

During the summer she spent her vacation in Europe, visiting England, France, Switzerland, Italy, Germany, Austria, Denmark, Norway, and Scotland. Upon returning to her office she found business so increased that it was necessary to hire a trained nurse to assist her.

Closing her letter she sent best wishes to Des Moines Still College and appreciation for Dr. Johnson as her instructor while in school.

Happiness is not a matter of age, but a state of mind. Enjoy things as they are.—Chauncey M. Depew.

Homecoming Date Set

Nov. 29 has been definitely decided upon as the day when D. M. S. C. O. observes its annual homecoming. And what could be a better day—Thanksgiving and the annual Kirksville-Still game.

Plans are already under way for the social events of the day; fraternities are planning luncheons and the school is now completing arrangements for the annual homecoming dance.

Being that this is a holiday it will be an ideal day for the busy doctor to journey to D. M. S. C. O. to witness Kirksville go down to defeat under Coach Sutton's hard fighting team.

This has all been given the last degree of consideration by the committee in charge of the affair so that no one would find it impossible to journey back to their alma mater.

Glee Club

About twenty-five men of the student body gathered in room 302 to organize a glee club for D. M. S. C. O. A general role was taken and there appeared to be a well balanced number of voices, although more can be used in all parts. If plans that are already formed are carried to completion D. M. S. C. O. is going to have a fine glee club and one of which they can well be proud.

This is a culmination of plans that have been in process for some years but there has always been lacking that one to take charge. E. V. Chance of the Freshman class has consented to take charge this year, having had considerable experience along this line for several years. Music has been purchased and the first practice will be held Tuesday afternoon.

The student body is looking forward to a real treat from this new organization.

Sigma Sigma Phi

Sigma Sigma Phi, national honorary fraternity, takes pleasure in announcing the pledging and initiating of the following men: Harold Jennings, Walter Heinlen, Leon Nichelson, P. J. Gephart and John Martin.

The ceremonies were followed by a banquet.

The national business of the fraternity is now well under way and much should be accomplished in the future months.

Still Defeats Nebraska State Champions

The finest exhibition of school spirit that has ever been demonstrated in a Still College game was uncorked on the field at the Peru Normal game last Saturday. Upsetting all the dope of the season and especially last Saturday the Pirates defeated the Peru Bobcats 16 to 12 on the Catholic College field.

The visitors, although champions of the Nebraska conference last season and undefeated before their setback against the local team, could not pierce the Still line, and were forced to rely on an overhead game during most of the contest.

During the first quarter Sautter, speedy Bobcat halfback, squirmed through the center of the line and shook off several tacklers to get in the open. He was well on his way for a touchdown when Hyink, Still's safety man, running up grabbed the pedals of the loost running back and gave him an upsetting on Still's 18-yard line.

Still stopped the invading on-rushes and held the Peru aggregation without a gain in three attempts at the forward wall, but on the next play Sautter stepped back and heaved the oval through Spencer's arms into the waiting arms of Pike who stepped across the goal for a marker.

The Bobcat's second and final tally came in the last period when Zook and Clausen brought the ball from midfield to the 2-foot line on a series of off tackle plays and end runs, Zook scoring through the center of the line on the next play. The attempt for the extra point was ruined when the pass was knocked down.

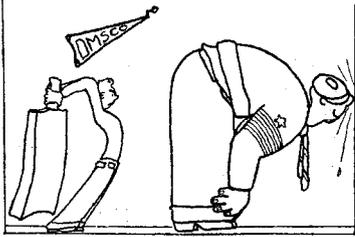
Coach Sutton's proteges scored their markers in the second and fourth quarters, the first came when the men in the backfield crashed through the opening made by the front rank men, carried the pigskin across the

(Continued on Page 3)

DR. C. M. POST

We are all saddened by the untimely death of Dr. Post of Des Moines. He graduated from D. M. S. C. O. in 1906 and was an instructor of Anatomy in the school for three years.

FRATERNITY NOTES


ATLAS CLUB
 J. T. Campbell

The Atlas Club is pleased to announce the pledging of Harry Cloyd of Ottumwa, Iowa, and Charles Anderson of Minneapolis, Minn., Harry Taylor of St. Paul, Minn.

B. A. Treat and Orville Rose of the Sophomore B Class received their final degree Monday night, October 22.

The freshmen pledges have been pretty busy obeying the rules set down by the club. The Sophomores have been quite busy keeping the embryo brothers properly clothed in harmony with all traditions. The Juniors have been like chickens with their heads off; that is, they have been running around trying to drum up a practice instead of a "patient." The Seniors are much like the Freshmen. They may go as they please, but always they must leave their number so they may be called at any moment, as the O. B. must be taken care of. Because of so many activities we are just getting settled down.

The big polo tournament is on. There has been much interest centered around the billiard room because of the many exciting and thrilling games. The prize seems to point toward the pledges as there is still four in the running. Hooray for the pledges!

Chris Fedson has been unanimously chosen to fill the position of custodian of the dormitory.

We at least have one courageous brother; Hugh Crawford has taken the final step and agreed to "love, honor and obey."

Hurrah! Brother Dornbush finally spent a night at home.

Dene Moore will hereby be known as cookie, until he receives something better from home.

It seems as though Pledge Bill McKinley is playing the part of Sandman, he puts the town to bed and gets it up in the morning. He has very good results in awakening the city and Dr. "Rusty" Wright but his "Big Ben" is not so fortunate to the sorrow of the rest who are wrapped in slumber.

Wanted, five old struggle buggies to fill the old barn. Wynn, Ward, and Rickenbacker have done their share.

"Judge" Utterback has accepted the position as trainer of the Perry High School football team.

There is a question that has arisen among the fellows and that is if Harry Skinner has enough paper for his diagnosis.

"Lord Doolittle" alias Carl Harmon.

"Ole" Nicholson's crown as the sleeping beauty is in great danger as Jack Campbell is running a close second. Take heed, Ole.

Wanted, bundle washings. Swartzbaugh & Swartzbaugh.

"Ole" Nicholson was talking in his sleep and scared Pledge Taylor so badly that he shook from his head to his feet, and I am sure boys, I wish you would crown him Gilda Gray the second.

"Rusty" Wright and Kenneth Moore went to see the Iowa-Minnesota football game. AND HOW!

IOTA TAU SIGMA
 R. F. Herrick

The chapter expressed deep feeling of sympathy to Howard Cook, whose mother passed away on Oct. 1, and for Richard Rohde, whose brother died Oct. 15. However, the boys are back with us and are going on with their work jus the same.

"Herb" Murray has been quite the "home boy" the last few days. Honest, he just doesn't go anywhere any more. No, it's not the limit of devotion to the House, but a broken collar bone. Herb received the injury last week in our game with Peru.

Saturday evening the chapter held the usual Pledge Dance. The house was cleared of floor coverings, furniture, etc. "Spiced" Henry Peterson's "Jazz Kings" chose their corner, and at 8:30 o'clock the bomb was set off. Among us were Drs. Earl Shaw, I. J. Nowlin, John A. Wadkins, Dr. and Mrs. England, Dr. and Mrs. W. E. Russell, and Dr. and Mrs. Potter.

Word was brought to the house through Brother Rohde that Dr. Olsen, who is located in South Bend, Ind., is expecting to return to all of us while he is attending the convention. "You yust coom, Oley! Ve all bane vanting very much for to see you once again alretty yet so soon in Yune."

One of our boys had some baggage to be moved and employed a certain Negro to do the work. He received a statement from the colored man when the task had been completed, and here's what he said: "3 comes; 4 goes; @ 4 bits a went. Total, \$3.50!"

Pledge Meyer and Bro. Peterson insist upon using parts of the anatomy for various conveniences as a humerous (?) for necktie rocks, etc. (Funny, isn't it?) We suppose the next thing some original boy will be making a pair of "African Dominoes" out of a patella if we don't keep sharp watch!

Pledge Hynds has something about which he tells only a select few. "Oratory may come, and statesmen may go, but "Whispering Bill" goes on forever!"

What's this about Pledge Routzahn and the Brown Hotel? There's a surprise in store for all of us. Anyway, Carlie is staying within our "reach," both mentally and physically!

Word has been received from Dr. George O. Smith who is practicing in Morgantown, W. Va.

Glad to get your letter, "Red," and more than glad to hear that things look as "Rosy" for you as they do.

"Mother! Pin a rose on me!" Jud Koch and Miss Ethel Lext win the box of candy at the annual school dance!

The Chapter wishes to extend their appreciation to D. M. S. C. O. for entertaining us with the Freshman dance. We had a very nice time, and wish to thank them.

PHI SIGMA GAMMA
 C. A. Reaves

Frank Shaffer is a student in astronomy now. Very simple method. Just bump your head against the ground and look.

Pledge Schaffer can sure get the dates. He has a method all his own.

Pledge Toepfer must have been hungry at the Freshman Reception. He got away with the goods. Ten toes and all brakes.

Is Pat your friend Don? Anyway, certain people in Des Moines want to know.

Heard in the Dorm, about 3 A. M.: "You go, Harold." "Naw, you go Jim." "Well, where is it?" "I don't know." Following conversation was censored.

Pledge Purdie and Rip seem to have turned Indian. They have a lot of nice names for each other.

Scat doesn't seem to like this early morning affection, bestowed upon him by his roomy. Neither would we.

Pledge Armburst can hardly wait until he get home Thanksgiving. He will come back 20 pounds heavier according to appetite.

Rock has taken Pledge Stiven-son in tow. So we know he'll make a good Osteopath. "Now, Jay, what's this mean?" etc.

For dancing instruction see Pledge Grau. He teaches in one lesson.

Parasite La Chance is our official night watchman. He makes the rounds of the rooms at regular intervals.

Pledge Brace is a regular visitor of ours this week. Won't be long now, Bill.

George Loftus is training for his match. We all hope you win, George. But don't do your training down around a certain place.

Pledge Stoike is going to be a second Strongheart if he keeps up with that back breaker of his.

Chuck says: "Don't hold my hands, you're choking me." And when it's cold he won't talk. Must be a mistake some place.

Walt Madson swears he won't leave his car set in the street any more. Neither will we after looking it over.

Rudy and Red are the good Samaritans of Still College. What would we do without them?

Dusty says twelve hours sleep is enough for any man. Wish we could get that much.

Smitty is boss this week. He's issuing some real orders. If you don't believe it just ask three certain young men.

As Dixie says, "Now all together. Three cheers for Muscatine."


Around Our Merry Campus
It Does Beat All

Prospective Father-in-law: Before I give my consent young man, I must know if your income is on a sound basis.

Bob Herrick: Unquestionably, sir. I play the drums in a jazz orchestra.

"Do you suffer with rheumatism?"

"Certainly; what else could I do with it?"

"My Hope is Built on Nothing Less"

Barber: Hair getting pretty thin on top, sir. Can I interest you in a restorer?

Customer: No, let it fall out and be hanged. I'm too old to be handsome and my only hope of looking intellectual is to become bald-headed.

Pen-sive Warning

"I've had a terrible warning of approaching death."

"No, really?"

"Yes, I bought one of those lifetime fountain pens, and it's broken."

Even Her Dad Wouldn't Tell Her

Jones noticed that his friend Brown was looking rather annoyed one evening, so he decided that he would ask him his trouble: "You look very cross this evening; what's the matter?"

Brown replied: "I am cross. I just showed Winifred one of my boyhood photographs with my father holding me on his knee, and she said: "Who is the ventriloquist?"

—Efficiency Magazine.

Some Password!

Sailor Sam: "I kissed Nancy as I was leaving last night."

Gapping Gob: "Did you get away with it?"

Sailor Sam: "Egad, I couldn't get away without it."

Kind Old Gentleman—What do you call those two kittens, Johnny?

Small Boy—I call 'em Tom and Harry.

K. O. G.—Why don't you name them Cook and Peary after the great explorers?

S. B.—Aw, gwan, mister; these ain't polecats.—Black & Blue Jay.

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

"Good News"

St. Joseph, Mo.,
October 15, 1928.

Dear Doctor:

We are arranging a most interesting and instructive surgical clinic to be held during the week of November 12 to 19, 1928, at Mercy Hospital, St. Joseph, Mo.

This is to be a surgical clinic for the profession and we are exceedingly fortunate in having on the program Dr. C. C. Reid of Denver, Colo., who will be in charge of all Eye, Ear, Nose and Throat operations. Dr. Charlie E. Still of Kirksville, Mo., Dr. Geo. J. Conley and Dr. John H. Styles of Kansas City, Mo., will also be on the program as well as many other prominent men of our profession.

The Physio-therapy Department will be in charge of Dr. M. L. Hartwell of St. Joseph assisted by Dr. A. B. Crites of Kansas City, Mo.

The clinic offers an unusual opportunity to study and observe first hand the technic and methods of men whom we recognize as foremost in their special branches of our profession.

In addition to the vast store of information and surgical knowledge to be gained from the clinic you will have an opportunity of observing a vitally important and intensely interesting branch of our profession. I refer to administration of anaesthetics, both for minor and major surgery.

For the past two years at Mercy Hospital, we have been using the Hinkle Machine and Alkoform in all of our work, and we have had such gratifying results that I feel it my duty as well as an extreme pleasure to acquaint others of my profession with the remarkable advantage of this method, both to the patient and the doctor.

I am sure this method of administering an anaesthetic in the form of a dry gaseous vapor will be a revelation to you, as it was to me when I first observed it.

No doubt you have failed to attend many clinics in the past, but I feel that this clinic will be of such unusual value to you personally, and to the profession in general, that you cannot afford to miss it.

Your co-operation by attending, bringing or sending your cases, both pay and charitable to these clinics will be greatly appreciated.

I cannot urge you too strongly to arrange your work so that you may be with us in St. Joseph, Mo., November 12 to 19, 1928.

Yours fraternally.

F. P. WALKER

Dr. Englund Sings

Dr. V. A. Englund, a practicing Osteopath of the city, was heard by many over the radio last night. All those that tuned in on W H O can verify the report that he has a mighty fine voice and all enjoyed his singing. Many of the alumni will remember when he sang in the assemblies while a student at D. M. S. C. O.



During the summer many of the students of D. M. S. C. O. took a final step in the affairs of life and are now successfully embarked on the "sea of matrimony."

Hynds-Clark

One marriage of interest was that of Thomas Clark of the Senior B class. He was united in marriage to Miss Iona Hynds on the morning of Aug. 8, in Mason City at the bride's home. They spent several weeks along the lakes of northern Minnesota and returned to Des Moines at the start of school. They are now residing on Cottage Grove avenue.

Kemble-Smith

H. Dudley Smith, another member of the Senior class, and Miss Evelyne Kemble of Des Moines were married on Monday, Sept. 24, at Adel, Iowa. This was a surprise to the members of the class for "Dud" only let a few in on the secret. The Smiths are now located at 1145 Pleasant street.

Wilson-Hensch

The Senior class were again surprised when Wm. Hensch announced his marriage to Miss Geraldine Wilson. The ceremony was performed by Rev. Rash of Des Moines on the 14th of September. After the ceremony they took a trip to Omaha and later returned to Des Moines, and now live at 601 23rd street.

Dwire-Crawford

Hugh Crawford of the Junior A class ventured forth at the beginning of the school year. Miss Edna Dwire of the city and Hugh journeyed to Marshalltown where they were married. Following a short trip they returned to the city.

Vehslage-Meyer

Harold D. Meyer and Miss Louida Vehslage, of Mt. Sterling were married in Oskaloosa on the 1st of September. Meyer is the youngest as far as years in school being a Sophomore B. They are now living at 905 9th street.

We take this opportunity of extending our well wishes to all and wish them success in their journey.

Still Defeats Nebraska State Champions

(Continued from page 1)

final chalk mark for a touch-down, Shaw carrying the oval over from the 3-yard line. Hyink's drop-kick sailed through the goal posts for the extra point. The local team scored three points in the same quarter when Hyink sent another dropkick across the bars from the 25-yard line.

Their final score was chalked in the last period after the safety man fumbled Hyink's long punt and Lindbloom fell on the ball on the visitor's 20-yard line. Hyink immediately skirted his own left end for the final marker of the game.

Hyink, Shaw and Murray played outstanding football in the backfield with the entire line playing a commendable game.

Still Romps Over Trinity

Viewing from Trinity's side of Yards Park, the team photographer saw Trinity kick off to Still at 3:00 P. M. The ball was returned by the Pirates to their 40-yard line and then the battle began.

We can now see why Trinity is one of our hardest teams to play, to say nothing of beating them. They are a team of hard and tough playing fighters, using everything and stopping at nothing.

From the time that Still received the ball from that first kick-off until the last quarter had ended the ball was almost continuously in or near the middle of the field. At no time during the first three quarters was the Pirates' goal in danger. Both teams were evenly matched.

The beginning of the last quarter saw the Still aggregation break out with a new inspiration, an epidemic of that "Old Still Spirit" and start a push for the "Irishers" goal. A punt by Trinity was blocked by Still and from then until the ball was put over by Bill Hinds was no time at all. Hyink failed to kick goal.

At that point Trinity put in a star, "Buzz" Brown, who though crippled, gave new life to the Sioux City eleven. But even with this new added life and courage the "Irishers" were no match for the Pirates who again made first down after first down in a steady march down the field for another touchdown by Capt. Shaw. Red Lang kicked the goal.

Trinity, now thoroughly aroused by the scoring against them by a team that they had beaten for three years, started a mad dash down the field toward our goal. They managed by fair means or foul to force down to Still's 15-yard line. But, here again Still regained the ball and the Pirates were stopped in another steady dash down the field toward a touchdown (by the report of the time-keeper's six-shooter.)

Coach Sutton's men outplayed Trinity at their own game and

Another "Pep" Assembly

The assembly on Friday, Oct. 19 was called by Dr. Johnson, president of the college, in an effort to arouse school spirit for the Peru State Normal game to be held Saturday afternoon. Dr. Johnson asked for the support of everyone connected with Still College and emphasizing the fact that football at D. M. S. C. O. was held in the balance in regards to its value in school activities. He then reminded the students about the securing of their attendance tickets at the office and the Freshman Reception to be held at the Hoyt Sherman Place.

Prof. Huff of Drake University was introduced to the student body and he spoke about the county Y. M. C. A. banquet held at the Shrine Temple at which Dr. F. W. Norwood would speak on Youth and World Peace.

The band which has previously gathered on the platform now came into action. Under the leadership of "Bob" Herrick in the absence of Dr. Halladay they entertained those assembled in a very able manner. It is certain that no apology is needed from the D. M. S. C. O. band for their playing was received with the highest approval, which was demonstrated by the students gathered in the assembly room.

Following the yells which were led by Larry St Amant, Coach Sutton came to the platform at the call of the students and told about the Peru team which had such a wonderful reputation. He would make no prediction but was confident that the boys would give all to bring victory to Still College for such a victory meant much to any team.

"Capt" Shaw when called upon asked for support of the team and if they would be promised to show the coach and the student body a win.

Freshman Reception Decided Success

(Continued From Page 1)

ard Toepfer victorious and in possession of a two pound box of candy, while Judd Koch was second and was rewarded with a one pound box. This candy was given by Dr. R. B. Bachman in his effort to make the reception a final success.

During the entire evening the students were crowded around the punch bowl in the hall to enjoy the further generosity of the school officials in their desire to make a night long to be remembered by the Freshmen, the other members of the student body and the faculty of the college.

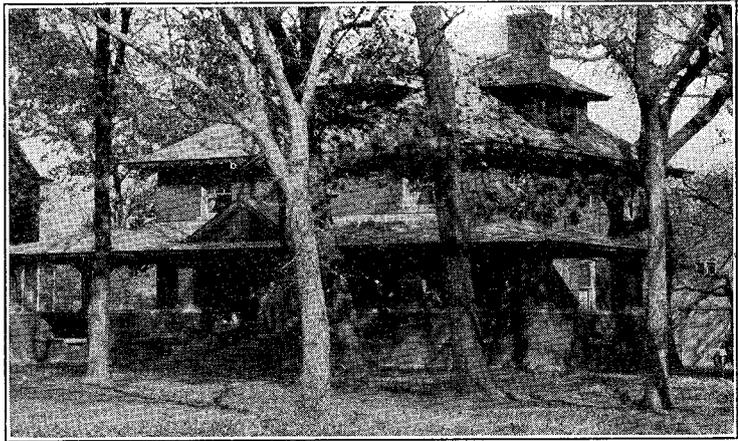
Gradually the crowded hall thinned out, but only with the last strains of Al Levich and his music makers did the students consent to call it a night and wend their homeward way.

fooled our Man Friday, the oracle who said the game would go to Trinity 12-6 instead of to Still 13-0.

ATLAS CLUB

Welcome to A.O.A.

The Atlas Club cordially extends a welcome to all those in the field during their stay in the city at the time of the Osteopathic convention held in Des Moines in 1929.



THE HOUSE



MEMBERS AND PLEDGES

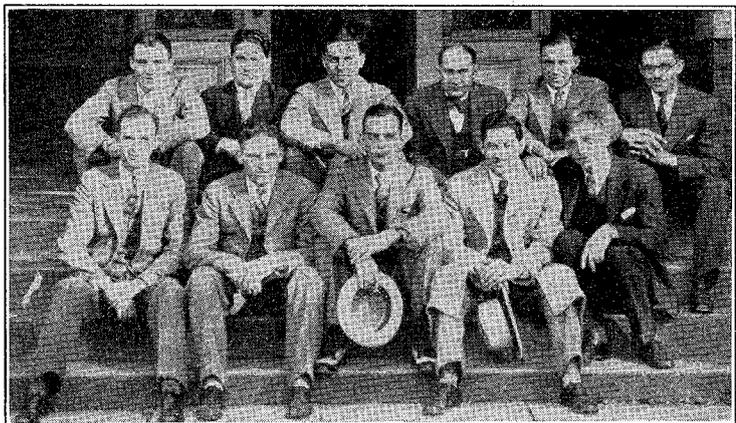
Members

William McKinley, Cecil Musselman, Frank Dornbush, La Verne Utterbach, Harry Nossek, Christine Fedson, Kenneth Ward, Russell Wright, John D Harvey, H. Dudley Smith, David E. McKeon, Theodore Rickenbacker, Norman Weir, Norman Welch, Roy Lypps, Ralph Lathrop, Gaylord Knowlton, Harry Skinner, George H. Basore, John P. Campbell, Karl Harmon, Dene Moore, Don Hughes, Leon C. Nicholson, Kenneth Moore, Ernest Faus, Harry Taylor, Luther Stingly, Edgar Swartzbaugh, Warren Swartzbaugh, Paul Wynn, Harold MacDonald, Venzel Mikan, Myron Caldwell, Harry Johnson, Hugh Crawford, Neal Holton, R. W. Combs, R. K. Gordon, Orville Rose, B. A. Treat, Chas Anderson, and Harry Cloyd.

Activities

The actives of the Atlas Club are as follows: The band is composed of Harry Skinner, Venzel Mikan, Christine Fedson and La Verne Utterbach.

Those playing football are: Dornbush, Monger, Wynn, MacDonald, Ed Swartzbaugh, and Warren Swartzbaugh. Those on the Stillonian Staff are: Treat, Moore, Dornbush and Campbell. The Atlas men who are members of the Sigma Sigma Phi are: Russell Wright, Frank Dornbush, Leon Nickolson, Neal Holton and Roy Lypps.



SENIORS

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 6

NOVEMBER 15, 1928

Number 9

Still Meets Kirksville at Homecoming

Hear Ye! Hear Ye! Hear Ye! Alumni and former Students of D.M.S.C.O. As you now know, the 29th of November has been set aside by the Board of Trustees to roast Turkey—and Kirksville. But that is only part of a big day of entertainment and festivities that is now planned. Starting with early morning and lasting until the night is well spent, will be hours of ceaseless activities.

The first quarter of the activities will start in the morning as early as possible, visiting the various fraternity houses that will be appropriately decorated, the school, visiting the old friends and meeting classmates and the train from Kirksville.

The second quarter will begin about twelve-thirty when the different organizations will serve up turkey, cranberry sauce, and what nots—or perhaps many will journey to homes of friends that they knew while students at Still College.

Now the biggest and best quarter of all—when D.M.S.C.O. and Kirksville clash on the football field in their annual classic. Both teams are well balanced and it is going to be one of the finest exhibitions of football in the history of either school. Not until the final whistle blows will the game be decided.

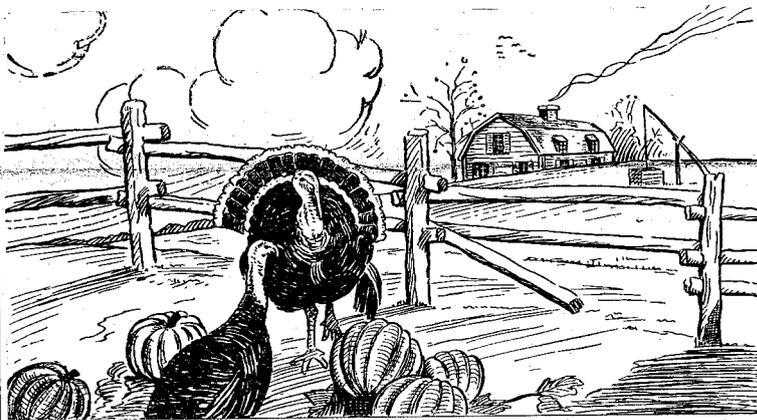
The final quarter of the activities will be in the evening, with the football banquet and dance as the main entertainment.

The banquet is to be given in honor of both teams and many of the alumni and students are expecting to enjoy such a feast—for turkey will be served in plenty.

The dance will be sponsored by the "S" Club and they are busy at plans to ascertain that it will be a success and a fitting climax to such a day as Nov. 29, 1928.

PLAN NOW
To Attend The
ANNUAL
Homecoming
Nov. 29th, 1928

On Thanksgiving Day



Sigma Sigma Phi To Give Loving Cup

Plans have been completed for one of the biggest homecomings that D.M.S.C.O. has ever witnessed. Stimulating further interest, Sigma Sigma Phi decided to present a loving cup that will be properly engraved with the date and name of the fraternity that has the best decorated house.

This will be judged by a committee selected by Sigma Sigma Phi and the award will be made at the annual Homecoming dance to be held Thanksgiving night. The selection will be based on the artistic ability displayed and the Osteopathic interpretation and representation.

Keen competition is expected and it will be necessary for each fraternity to put forth their best ideas.

Cheer Leaders to Get Sweaters

Another fine example of the work that the "S" club is doing around the school is its effort to select a cheer leader by their merits in their ability to lead cheers.

The "S" club plans to award these men with appropriate sweaters as a reward for their interest and work.

To Detroit Hospital

Dr. O. H. Olsen, a recent graduate of D.M.S.C.O. who served an internship at the Detroit Osteopathic Hospital, has been recalled to that institution to serve as house physician.

Dr. Olsen has been practicing in South Bend, Ind.

New Lockers Purchased

Keeping in step with the trend of improvement around the building, the college has purchased twenty-eight new lockers which are being installed in the place of the old lockers, outside the treating room. These lockers were purchased from the Berger Mfg. Co., Canton, Ohio, under specifications that called for a locker 18x12x60 inches, so that they would accommodate a 17 inch kit without standing it on edge, as so many of the graduates remember of old.

The other lockers have been placed at the end of the hall on the third floor to be used by underclassmen. This makes a total of almost one hundred lockers owned by the school and they are especially advantageous to the upper classmen as a place to keep their kits, etc., needed in treating.

Dr. Schwartz Takes Trip

Dr. J. P. Schwartz, dean of the school, has returned to the city, after a visit to Grove City, Pa., where he visited Dr. Bashline, and to Detroit, where he attended the Michigan State Convention.

He reports very favorably concerning the work of Dr. Bashline, who has a forty-bed hospital that is full all the time. Dr. Bashline has the complete co-operation of the field men of the vicinity and with a mortality that is unusually low, has developed an institution that is a monument to Osteopathy.

Busy as he is, Dr. Bashline always has time for the students, or those interested in the study of Osteopathy. He has been di-

(Continued on page 3)

Passes Upset Still

Taking advantage of the breaks of the game, the Columbus College gridders gave the Pirates one of the neatest upsets of the season. Meeting what is recognized as one of the strongest teams Coach Sutton has ever developed, this team from Sioux Falls, S. D., defeated Still 13 to 0 on the Catholic College field.

Both counters came from intercepted passes by the Columbus men. The first, when Kennedy intercepted Hyink's heave and sprinted unmolested over the Still goal line. Likewise the second, when the ball was downed on the twenty-three yard line after an intercepted pass. Line smashes carried the ball to the eight yard line where Leahy shot a pass to Kintz who downed the ball for the other counter.

Wilsandt, a Columbus tackle, blocked an attempted kick in the first quarter and Columbus recovered the ball on Still's thirty-three yard line. Shaffer in the following play tossed the ball totter for a two yard loss, but on the next play, a pass netted the visitors ten yards. Another pass resulted in recovery of the ball when Shaw leaped high into the air and intercepted the heave. Shaw returned the ball to his own twenty-eight yard line, where Hyink punted the ball out of danger.

The second quarter found Still in possession of the ball on the Columbus twenty-six yard line. Failing to gain through the line, the Still team resorted to passes and their chance of scoring was ended for the time being, when the first pass was intercepted on the fourteen yard line. Another chance to score slipped when the Pirates received a fifteen yard penalty, after they had worked their way down to the seventeen yard line, which they failed to regain.

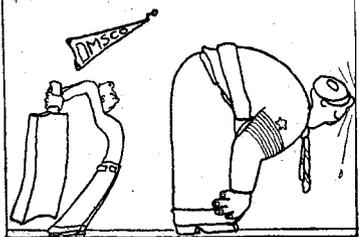
The thrill of the game came at the start of the third quarter when Stritmatter took the kick-off and started on his way to a touchdown. Only one man was between him and the goal line. But the Columbus safety proved equal to the task and dragged him down on the visitors' thirty-five yard line.

The play of both forward walls was the feature of the contest.

"The average home needs more books, not de luxe sets shut in glass cases like specimens in a museum, but books in constant use."—Mrs. L. A. Miller.

Who ceases to be a student, never was one.

FRATERNITY NOTES



PHI SIGMA GAMMA

C. A. Reeves

When Pledge Armbrust gets his sombrero on its just too bad for the rest of the boys. He sure does strut his stuff. If any one in Still College can equal this in one meal, please make it known: 4 lbs. ham, ½ lb. bacon, 1½ lbs. of mush, and 1 qt. of milk. We wonder where he puts it.

Pledge Perry and Pledge Stevenson seem to have fallen for the same girl. Be careful, boys.

Pledge Stoike gets our recommendation for the best fireman in Des Moines. He can sure make it hot for us.

Pledge La Chance says the quartette isn't complete without his voice. He accompanies the radio, or what have you.

Our Ohio boys seem somewhat crestfallen after what Iowa did. The boys being out here makes it kind of bad for Ohio.

Pledge Toepfer and Jagnow believe in service. If we all did, we could sell our cars and be happy the rest of our school days. Say, what's the secret, fellows?

We can't understand the gliding, stealthy walk and that queer look in Chuck's eyes, of late. What is there that is so nice at WHO, Rip? Maybe we had better go down with you some night.

Red and Pat saved Thompsons during the Teachers' Convention. If it hadn't been for them, lots of the fairer sex would have gone hungry.

Dusty seems to have lost something. But none of the boys will plead guilty. Perhaps we had better run a want ad.

Jimmy seems to be pretty busy lately. Watch him, Frank. Keep on 13 under control.

The boys all seemed to enjoy themselves election night. They still rave about the way Lofty does his stuff. A class in Anatomy was also conducted. I'm sure some of the Freshmen will appreciate certain muscles from now on.

IOTA TAU SIGMA

R. F. Herrick

No matter how long we know each other there is always hidden talent in our midst. We have just learned that Bro. Peterson has unequalled technic in the art of paper hanging and that's not half of it, boys; Bro. Rhode is an A No. 1 jewelry repair man. Dick was desirous of an early riser and started the hunt for a Big Ben. The best he could do was to find one with a broken main spring, (or something.) He just remembered the bed time story of "Noah and the Ark" and took the moral to heart. He didn't have one SO HE MADE ONE. The "doggone" thing runs

and even rings. This is only a wee example of Bro. Rhode's talent. "He's there."

Nick Gill—No show for me tonight, I'm studying.

Cook—What for, Nick?

Nick—Probably for once, if I'd ask you.

We are going to establish a "lost and found" department and have already a good start.

Has anybody seen or heard from Ike Cudden? He has owed me a letter for about two months and besides there has been a number on the bulletin board for two weeks for him to call.

Pledge Beldon and Bro. Cook took the Chevie and went to see the Iowa-Minnesota game. These boys were supposed to go duck hunting and give the table a treat, but somehow they got sidetracked. Nobody knows much about it but "Butch" seemed to be quite the elated one and apparently Cook is keeping a secret.

Dr. Nowlin wants to buy a guinea pig for the Therapeutics class to illustrate the action of some more drugs. "Oscar" was a bit uncouth while under ether anesthesia so Dr. tried chloroform and it didn't work so well. As a result we declared Monday, Nov. 12 a holiday for his funeral.

Dr. Earl Shaw has sent us an announcement of the opening of his office at 3118 Emerson avenue, Minneapolis, Minn. Loads of luck to you "Tooter." We are all "pulling" for you and your success. Dr. Shaw was down to see us some time ago and we did like "It." (His new decoration of the upper lip.) He declares that he needs no Brownatine to make it noticeable.

We see John Wright, Holley Morrow and Jud Koch are sporting new hats. They claim they bet on Hoover. While "Rus" Morgan says that he never cared to wear a hat anyway, it causes bald headedness.

Buddo Gephart still towers way above all of us in regard to special deliveries. Nobody has a ghost of a chance. (We mean letters, of course.)

It has been said that one of the "student physicians" treated a man for several months in the attempt to cure him of jaundice before he found out the poor man was Chinese.

Bro. Wigal seems to be "immune" to a hint. He had a chance to buy or trade in on a touring car (Three door Ford-four-in-line) to carry more passengers and "no ketchum." He still holds that the old monoplane is K. O. with him and "Les."

The house was more or less a hospital over Sunday as Bro. "Red" Lang is hopping around on crutches as a result of some torn ligaments in his leg. While Bro. Herrick is trying to nurse an ice bag for comfort after a tonsilectomy. However both of these boys will be up and at 'em soon.

We received word that Dr. Olsen will take up his duties as house physician at the Detroit Osteopathic Hospital soon. We are proud to say he is a mem-

ber of this fraternity. Good luck, Olie!

Many of the alumni are expecting to return for Homecoming. So send in your bed reservation.

SQUARE AND COMPASS

Very little has been heard about the Square and Compass so far this year. This is because we are still in the stage of organization. Installation of Still Square came so late last spring that little was accomplished before the close of school. We are handicapped, waiting for supplies from national headquarters. A splendid spirit has been shown grand before the end of the present school year, Still Square will assume its rightful place in the life of Still College. Our local organization is being completed while waiting for material from the national office.

Bro. Kivit was elected last spring as our first president. Being a member of the graduating class, his resignation followed soon after his election. Bro. David Shaw was chosen to complete his term. As president of the Masonic Club, while changing from a club to a Square of Square and Compass. Bro. Shaw accomplished a great deal and is exceptionally well fitted for his present task. Bro. L. S. Hughes was elected first chaplain of Still Square. As he did not return to Still College this fall, another office was left vacant. We regret losing Bro. Hughes, who was a hard worker in the Masonic Club and an exceptionally well informed Mason. Bro. Harry Skinner was elected to fill the chaplain's office. On Oct. 16th, Bros. Shaw and Skinner were installed.

Election night, Nov. 6th, Still Square was the guest of Zag-Ga-Zig Shrine at a smoker. A splendid entertainment was presented which was greatly enjoyed by the members. For details, ask any of those present. We certainly appreciate the many kindnesses of the Shrine. It is a considerable honor for us to count their Recorder, Bro. C. C. Nye, as a member of our Square and a fraternal adviser. Zag-Ga-Zig Shrine has done everything possible to extend a helping hand to us.

The first regular meeting was held Nov. 8th. Meetings will be held hereafter every third Thursday. A splendid meeting has been called for Nov. 15th to consider important business. All meetings are held at the Shrine Temple.

SIGMA SIGMA PHI

The Sigma Sigma Phi takes great pleasure in announcing the pledging of the following men: Harry Skinner, Myron Munger, Norman Weir, William Johnson, and LaVern Utterbach.

It looks bad for some few for not showing up a few days ago. They will have to have a good excuse or some kind of a good alibi to slide by the "Hot Hand" of some well groomed arms. What's Hot? It won't be water, either.

Few men have the natural strength to honor a friend's success without envy.

Another Interesting Assembly



The Band, under the direction of Dr. H. V. Halladay, started another assembly on the road to one of the pepiest meetings of the student body this year.

Capt. Shaw being called upon, stated that Trinity had a real football team but if the students would back the college team, the men would give their best to remain undefeated for the rest of the season.

Coach Sutton appeared and was immediately called to the front. He told the team and the student body that it would not be an easy game, and due to the fact that the team was outweighed, it would be necessary for the men to be on their toes every minute of the game. He complimented the "S" Club on their fine spirit in extending a welcome to the visiting teams by meeting them at the train and in other ways to give a good impression of the school. It is his wish that the entire student body back this organization in their efforts.

Following another selection by the band, Grinell, editor of the Stillonian, announced that it would be possible to secure a copy of the Convention number of the Stillonian for only four dollars, if the money was paid before January first.

Al Nelson then asked for the support of the merchants that made possible the programs at the football game.

The band again favored the students with a selection that has become a favorite with all.

Dr. Wade of Winterset gave a few words in regard to the support of all Osteopathic Conventions.

Dr. Jones, instructor of Obstetrics at Kansas City, was a visitor of D.M.S.C.O. and complimented the school very highly on the spirit of friendliness that prevails at Still College. A few well selected words advised the students to train themselves to be a credit to Osteopathy. Further, that the death rate in Obstetrics was a challenge to American youth, and Osteopaths especially. And in view of the fact that fifty percent of the deliveries are made in the home, every Osteopath should make O. B. a branch of their general practice. (Due to the fact that such a large amount of Obstetrics is handled by the Clinic of Des Moines Still College, this should be especially true of our graduates.—Editor's Note.)

Dr. Carpenter, a former instructor of D.M.S.C.O., was present at the assembly. He was elected coroner at the last election.

Following cheers lead by Stewart and Reeves, the students sang the school song, which was played by the band.

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

A Man's Thanksgiving

God of commonsense, I give Thee thanks for the heavy blows of pain that drive me back from perilous ways into harmony with the laws of my being; for stinging whips of hunger and cold that urge to bitter strivings and glorious achievement; for steepness and roughness of the way and staunch virtues gained by climbing over jagged rocks of hardship and stumbling through dark and pathless sloughs of discouragement; for the acid blight of failure that has burned out of me all thought of easy victory and toughened my sinews for fiercer battles and greater triumphs; for mistakes I have made, and the priceless lessons I have learned from them; for disillusion and disappointment that have cleared my vision and spurred my desire; for strong appetites and passions and the power they give me when under pressure and control; for my imperfections that give me the keen delight of striving toward perfection.

God of common good and human brotherhood, I give Thee thanks for siren songs of temptation that lure and entangle and the understanding of other men they reveal; for the weaknesses and the failings of my neighbors and the joy of lending a helping hand; for my own shortcomings, sorrows and loneliness, that give me deeper sympathy for others; for ingratitude and misunderstanding and gladness of service, without other reward than self-expression. — (Arthur W. Newcomb).

Health Report

Measles, whooping cough, digestive ailments and other diseases attack more boys than girls under 10 years, according to the survey made by the U. S. Public Health Service. However, after the boy is 10 years old, unless he breaks a collar bone or suffers other injury in the course of his more venturesome activities, he will spend less time in bed sick than his sisters of the same age. This bears out the previous morbidity and mortality experience of health officers which gives male infants a handicap over girl babies, but reverses the condition during adolescence and maturity.—(Science.)

A good thing to remember,
An da better thing to do;
Is work with the construction gang
Not with the wrecking crew.
—Maurine Hathaway.

THANKSGIVING

Thankful for the plenty that our peaceful land has blessed,
For the rising sun that becons every one to do his best,
For the goal that lies before him and the promise when he sows
That his hand shall reap the harvest, undisturbed by cruel foes;
For the flaming torch of justice, symbolizing as it burns:
Here none may rob the toiler of the prize he fairly earns.

Today our thanks we're giving for the riches that are ours,
For the red fruits of the orchards and the perfume of the flowers;
For our homes with laughter ringing and our hearth fires blazing bright,
For our land of peace and plenty and our land of truth and right;
And we're thankful for the glory of the old Red, White and Blue,
For the spirit of our fathers and a manhood that is true.

—(From "Thanksgiving" by Edgar A. Guest)

Projectoscope Room Ready

Added interest is continually manifested by the students of D. M. S. C. O. in the improvement of anything that will aid the instructors in their desire to teach Osteopathy as it is taught in Des Moines Still College of Osteopathy. Whenever a member of the faculty wishes any equipment installed the students are always ready to assist in any manner possible for they realize it will be for their advantage.

This was especially true when the projectoscope was permanently placed in the room next to the book store on the fifth floor. Fred Martin and William Madson are to be given the credit for the fine attitude and work that they completed a short time ago. Special shades have been fixed on the windows and a permanent screen has been placed on the wall. All of which gives to D. M. S. C. O. an excellent room for projectoscope work.

Dr. Schwartz Takes Trip

(Continued From Page 1)
rectly responsible for nearly one hundred and fifty students taking up Osteopathy as a profession.

The Michigan State Convention was like a convention of Still College students, reports Dr. Schwartz. The graduates from D.M.S.C.O. are progressive and successful Osteopaths and are aggressive in their desire for better laws. Their influence will mean much in securing better laws for the Osteopaths in the state of Michigan.

From the Field

A letter was received from Dr. Paul R. Heyner whose office address is 605 Spitzer Bldg., Toledo, Ohio. He expressed his desire for The Log Book of Sept. 16 issue that he might read the beginning article of Dr. Halladay's "Branching Into Athletics" and the article entitled "That Something."

He also enclosed a pamphlet describing the "Heyer Sterilizer" for baby bottles. It looks simple to operate, yet very efficient and would be a great aid to mothers in caring for and seeing that the baby's bottle was properly sterilized. They are reasonable in price and anyone interested should write to Dr. Heyer.



We have received word from Dr. and Mrs. Sherwood J. Nye of Pontiac, Mich., that they are the proud parents of a baby girl. Mary Ann by name and born Oct. 18, 1928. Dr. Nye graduated in the January class of 1928.

A small sized envelope brought the news of the arrival of a baby girl in the home of Dr. and Mrs. W. C. Holloway, Thomasville, Ga. They call her Martha Louise and her day will be November 5th.

BRANCHING INTO ATHLETICS

CHAPTER III.

We are not quite thru with the Charley Horse cases. So far we have not mentioned the use of rolling, ironing, diathermy, quartz or other type of light, mud packs, taping, etc. Each of these will be taken up now with the stress on results rather than popularity. There are some coaches and trainers who will not change their old methods and while each of these have a place in the care of muscle injuries they should be made to keep their place and not try to do their turn when the curtain has been rung down on them.

Rolling is a method employed by some to aid in the relief of congestion following muscle strain. The method usually employed is to secure a medium size ordinary rolling pin, the type that is so popular with Mrs. Mutt. The injured part is placed upward on the table and the rolling begins. Back and forth over the area parallel to the fibres of the muscle. Rolling done properly will do no harm and usually helps as it is intended to do. The bad feature is that an inexperienced hand is usually given the job and the rolling process continues for too long a time or there is too much pressure applied and the end result is added irritation. Rolling should not be done first. If used at all, it should be done the following day when most of the acute swelling has disappeared.

Ironing is just as the title implies. An ordinary electric iron of about five pounds is used. Use over several thickness of cloth so that the patient will not be burned. This dry heat applied over the part with pressure is very beneficial in some cases. Be sure that the pressure is not too great and not continued too long. This treatment is good in cases where the injury is no longer than the iron and if used following the packs will be very beneficial.

Our reports from stubborn cases submitted to diathermy are to the effect that the case won and the diathermy lost out. So far we have had much better success with other types of treatment regardless of all the fine testimonials we have read and heard on the subject. We are not saying that diathermy is no good. Merely this. Other methods of treatment are better in this type of injury.

Dry heat from any type of light is good. You will be disappointed in the results you get for you will expect more. This treatment will have to be used a good deal as a substitute for personal attention. Every boy should have access to dry heat from an electric light and told how and when to use it himself. If he has nothing else, see that he has a 100 watt lamp fitted with a bright tin reflector and instruct him to use it at night just before he turns in and not to use the muscle after about

(Continued on page 4)

BRANCHING INTO ATHLETICS

(Continued from page 3)

twenty to thirty minutes treatment. We have seen cases keep up thru the season by using such an ordinary lamp and the effects seem to be as good as others that were treated with an expensive lamp outfit. Every gym should have two of the portable type for your use. They are an essential part of your equipment.

Mud packs are messy, take time to put on and take off and produce no better results than the more simple methods of using heat.

Tape used judiciously is another essential. Remember that tape is used to provide the player with a support that nature has not furnished or that has been weakened. Tape has an almost unlimited number of uses along these lines. In these cases of injured muscle we many times want to reinforce the area, protect it or limit its use. To apply tape properly with the idea of doing something for the muscles, the muscles involved have to be studied. Briefly our experience has been this. For protection, where the player has been injured and is still subject to a return of the condition, a lattice taping is best. Strips about an inch wide are put over the parts as if woven. A small space should be left between the strips so that small squares of skin are visible. For reinforcing run the strips parallel to the long axis of the muscle, and extend the tape across the joint and below for a short distance. Tape is attached to the skin and cannot aid a muscle much unless it goes beyond the normal attachments of that muscle. Use the opposite plan for limiting a muscle's action. Put the strips crossways of the long axis and completely encircle the area if possible. Put the strips on about an inch apart using care not to compress any arteries or veins.

Putting the strips on at right angles to the long axis will prevent the muscle from contracting to its fullest extent. Remember that when a muscle contracts it becomes shorter and bulges in the center. Our idea here is to keep the bulge down. The tape should be put on with some compression but as stated above use care in crossing areas where blood vessels may be compressed. If you use a taping system for muscles be sure that it is a system and not a hit and miss proposition. Keep this in mind, that when you take the tape off there will be the tendency to overdo. This can be guarded against by a gradual cutting down of the number of strips used or the size. The muscle must be brought back to normal gradually. Do not subject it to a secondary strain by a too sudden removal of tape or any other protective device.

Rest is absolutely indicated in these cases. They must stay off of the use of injured muscles for a sufficient time to get a good

start back to normal. The recurrence is often harder to handle than the original injury.

Some stretching must be done too. See that this is passive. Do it yourself rather than instruct the patient. His tendency is to overdo thinking that if a little is good, more is better. Do not stretch across the fibres of an injured muscle. Stretch it the long way or parallel with the general run of fibres. Use discretion in having the patient oppose your passive movements. Ankle and foot next.

—Copyright, 1926.

"S" Club Dance

The first of a series of dances to be given this year by the "S" Club in their effort to secure funds for awards to the letter men in all sports, was held on Saturday evening, Nov. 10th at the Moose hall.

The dance was poorly attended by the students and the faculty members, but those who did attend had a real lively time and a most enjoyable evening. The music was furnished by Peterson's Serenaders.

The next dance will be the Homecoming dance and will give the alumni and students a chance to have a grand and glorious time.

Don't Worry—Come

The intensive program begun in Toronto, continued in Louisville and Denver and culminated in Kirksville, to secure the national meeting for Des Moines, has borne fruit. Our first wish is that after you have attended the 1929 convention you will want to return soon.

As early as it is we can give you reasons.

Don't worry about transportation. We have good roads and five main trunk lines enter Des Moines.

Don't worry about rooms. We have five thousand rooms with bath available for visitors.

Don't worry about convenience. Our convention headquarters was built especially for the accommodation of conventions.

Don't worry about practical work. The clinic departments of both the college and the hospital are to be placed at your command.

Don't worry about the weather. Charles D. Reed, our local government forecaster takes Osteopathic treatment and has promised ideal weather that week.

Don't worry about anything. Just start to make your plans now to attend your first convention in the state of Iowa, where we have had an Osteopathic college and hospital for thirty years.

The cornerstone of the original Still College building was laid thirty years ago.

Nothing is longer than time, because it is the measure of eternity. Nothing is shorter, because it is insufficient for all our plans. —Voltaire.

Programs at Games

Through the efforts of Allen Nelson and William Hinds, who solicited advertising from several of the merchants and business men of Des Moines, programs were provided for those who attended the game last Saturday.

We appreciate the work of these men and the generosity of the merchants who made these programs possible.

Those who advertised on the program, were:

Brown Drug Co., 1505 Grand.
Sam's System, 219 Grand.
Earl Rarick Barber Shop, 502 Fifteenth.
Johnson's Clothing Co., 413 Seventh.

C. H. McClintic's Cafe 17th & Woodland.

Jewett Dress Club, 902 Grand.
Truman's Shoe Repair Shop, 618 Grand.

Patronize these men whenever possible.

Sophomores Issue Warning

One morning, following assembly, the Sophomores issued an eddict to the effect that all freshmen must wear their green caps in accordance to the rules laid down by the sophomores earlier in the year. We noticed the large number that appeared at the football game but since that time they have been few and far apart. It looks like some of the sophomores have been asleep at the switch in regard to the enforcing of the rules that have long been traditions around the D. M. S. C. O.

It should indeed be a pleasure for the freshmen to wear these caps that represent Still College about the city of Des Moines. Other schools require the Freshman and if the sophomores don't soon get busy it will no doubt rest in the hands of the student body to see that these traditions are continued down through the years.

HOW TO TELL THE CLASS OF A COLLEGE MAN BY THE WAY HE SIGNS HIS NAME.

Bill Smith—Freshman.
William Smith—Sophomore.
W. Algernon Smythe—Junior.
W. A. Smith—Senior.—Arizona Kittykat.

The load becomes light which is cheerfully borne.—Ovid.

Mrs. Dewie Michael Speaks At Assembly

Following several band selections that "went over big" with the entire assembly, Dr. H. V. Halladay introduced the speaker of the morning, who is a graduate of the school of Life and Health of Chicago.

Her message to the students was timely and full of interest from beginning to end, for she has lived among Osteopaths and knows Osteopathy. Her advice to the students was to take life plus for a time would come when they would need it.

A brief history of the life of Dr. G. Houser, the founder of the Life and Health School was followed by a description of the system that they employ and that is taught in the school. It is entirely based on the chemical needs (not bought in a drug store) of the body. First there must be a complete cleaning out of all the clinkers or an eliminative system is employed for a period of seven days, before the building process is started. Of course this is to be modified by the types of individuals with which one has to deal. She classified these types as Vital, Mental, Muscular and Calcium.

She further explained that their system needed Osteopaths to care for the physical maladjustments, and would cooperate for with the Osteopaths there were no drugs to combat. She contended and advanced the idea to "eat what you want but to take it in a clean body—give nature a chance."

Announcements and a final band selection brought the assembly to a close for another Friday morning.

"S" Club Sponsors Yell Sheets

Friday morning at assembly the "S" club, composed of the athletes of D. M. S. C. O. that have won their letters in athletics, distributed printed sheets of the yells of the college. This was to enable the Freshmen and the new students of the college to become acquainted with the words of the yells and the college songs. It certainly was a fine idea and the "S" club is to be congratulated on their effort in increasing the old Still "pep."

HOMECOMING NOVEMBER 29th

Please reserve-----plates for the Football Banquet.

Signed

Price \$1.50

(Return At Once So Reservations May Be Made)

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 6

DECEMBER 1, 1928

Number 10

Atlas Club Wins Sigma Sigma Phi Cup



Homecoming thoughts are still fresh in our mind and we cannot think of anyone who did not have a good time, in fact to the appearance of things nothing was left undone.

At the annual Homecoming dance at the Cotillion ball room another year of football for Still College which in our consideration was a successful year, was ended. The Knouf-Livingston twelve piece orchestra furnished the music for the festivities of the evening. The faculty was well represented among the two hundred students that attended. It is the consensus of opinion of those that attended the affair that others missed a real Homecoming dance and much credit is to be given the "S" club for its success.

During the intermission Arch Blakely, chairman of the committee on decorations, presented the Atlas Club with the Sigma Sigma Loving Cup for the best decorated fraternity house. The award was made on the artistic ability displayed and the Osteopathic interpretation and representation and judged by a committee selected by Sigma Sigma Phi.

Just before the bell sounded for the last half of the dance Dr. H. V. Halladay livened up the party by tickling the keys, rendering the grand old tune of our college song. Everybody cleared their throats and sang as they never sang before which assures us of plenty of material for our glee club.

The sounding of twelve gongs brought the dance and the day's fun to a most successful end.

Dr. C. N. Clark Visits D. M. S. C. O.

Speaking at the assembly Friday morning, Nov. 25th, Dr. Clark, business manager of the national Osteopathic convention informed the students that everything was set for the biggest and best Osteopathic convention ever held. Plans have been completed for a program that is scientific throughout, em-

(Continued on Page 3)

Addresses Fifth District Convention

Dr. R. B. Bachman, head of the Obstetrical department of D. M. S. C. O. attended the fifth district convention which was held in Sioux City Nov. 15th and returned with a very fine report of the convention. It was unusually well attended and fine interest was shown throughout the entire program.

Dr. Bachman spoke in the morning on "The Effects of Sacro Iliac Lesion in Labor and on Offspring" and in the afternoon on the "High Points of Delivery from an Osteopathic Standpoint." Those attending the convention were greatly impressed with his Osteopathic interpretation and realized more deeply the value of Osteopathy in this field.

The many courtesies that were shown Dr. Bachman were greatly appreciated, and especially those extended by Dr. Ray Gilmore.

Dr. Woods Speaks In Nebraska

Dr. J. M. Woods journeyed into Nebraska the fifteenth of November to attend the North Eastern Nebraska Osteopathic Association convention which was held at Columbus, Neb.

Dr. Woods appeared on the afternoon program and addressed a large assembly of Osteopaths on "Common Respiratory Diseases." His remarks were very enthusiastically received, this being an assured fact in view of the high type of his work and teaching in D. M. S. C. O.

Many of those attending were Still graduates and they appreciated the opportunity of listening to Dr. Woods again. Dr. Oscar Meyer and Dr. Lyman Johnson asked to have their greetings carried to Still and the members of their class.

More Osteopaths are needed in Nebraska, and many fine locations are yet available. The basic law which is in effect, is that the state should not discourage any Osteopath who desires a good state in which to practice.

Bob Bryson Improving

Robert Bryson, a former student of Des Moines Still College who was forced to leave school on account of sickness is improving rapidly according to word received. We expect to see him with us in the fall.

Homecoming Big Success

Meeting the train Wednesday night bearing the Kirksville team and the few members of the student body who loyally supported the team, Still College lit the torch of Welcome to usher in the Homecoming celebration.

The team, after being safely quartered at the Chamberlain hotel, was left to secure rest for the fray, most of those accompanying the team were taken to various fraternity houses while a few sought rooms in hotels.

The morning brought a steady drizzling rain and a penetrating wind which lasted throughout the day and finally terminated in a heavy snow storm in the evening. This did not interrupt any of the plans so through the entire program everything was well attended. Especially was this true when the two teams were so royally entertained with a Thanksgiving banquet at the Fort Des Moines hotel by the board of trustees. The band furnished the music for the occasion and were the guests of Dr. H. V. Halladay at the banquet.

The "S" club dance was the main attraction of the evening and was well attended in spite of the snowstorm. Most of the Kirksville team and those who visited Des Moines returned on the special train, but a few remained for the entire dance, leaving early Friday morning for Kirksville. And so ends another Homecoming.

Assemblies

Starting the assembly of Nov. 16th with practically every member of the band present the student body enjoyed a real musical treat. The entire program was interspersed with selections from the band and the overture which was rendered in such an excellent way drew much applause from the student body. We cannot give the band too much credit for they have an excellent organization. Following this, announcements were made by various members of committees, on arrangements for the homecoming celebration. Captain Shaw spoke in regard to the team and their hopes for victory. He assured the assembly of a victory if they would back the team. The tryouts for cheerleaders was held by popular vote and C. A. Reeves was elected cheer-leader. Without a doubt

(Continued on page 4)

Still Loses Thanksgiving Fray

The Still college football team lost the last game of the season to a fast and smooth working team from Kirksville. The final tally gave the Kirksville Osteopaths a 21 to 0 victory at the Western league park Thanksgiving Day.

The Still team put up a plucky battle against the invaders, but Kirksville possessed too much power and the team lost by a three touchdown margin.

The visitors got into scoring position just at the end of the first period on a drive down the field. With the ball on the 5-yard line, the Kirksville team scored on the second play of the second quarter.

Hickey scored the second touchdown of the game after taking a long punt on his own 20-yard line. He sprinted eighty yards for the counter.

A pass, Wendler to Josephs, gave the visitors their final touchdown in the third period.

Still did its best work in the fourth quarter but were unable to penetrate the Kirksville defense.

Still Defeats Iowa Wesleyan

The Still college football team came into their own by defeating Iowa Wesleyan college, which had won four straight contests without permitting a single score against them. The game which ended with a 13 to 0 score in favor of D. M. S. C. O. was played before a crowd of 400 persons.

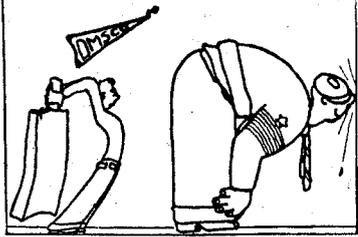
On an effort to save his team for its Thanksgiving day clash with Parsons college, Coach Glenn Bingham of Wesleyan started several second string men but Still quickly convinced him that this was a mistake and even after substitutions were made the Mount Pleasant Methodists could not present an effective offensive.

Coach Sutton's players, had a decided advantage in the first three periods scoring twice. The first Still score came in the first quarter soon after a tripping penalty on Wesleyan which gave the ball to the local team on the visitors' 35-yard line. Hyink then surprised the Methodists with a long pass, which Shaffer, right end, caught unmolested for a touchdown.

The second touchdown was

(Continued on page 2)

FRATERNITY NOTES


ATLAS CLUB
 J. P. Campbell

Practical work was held at the Atlas Club Monday night, November 19th. Dr. Cash gave us a very interesting talk on the importance of diagnosis.

Much thinking and planning has been going on ever since Sigma Sigma Phi promised a cup for the best decorated fraternity house for homecoming. Too bad for the pledges.

The boys of the house have found that they are never too old to learn. They have just learned that "Judge" Utterback is an artist of renowned ability.

Brother Dornbush has decided to go in for sprinting, since he ran the 100 yards in the Buena Vista football game.

Due to the work of Sherlock Holmes' students, namely Bashore, Utterback and Dornbush have discovered Musselman writing on his collection of photographs "To Dr. Cec, with love," etc.

The pledges are rather joyous due to the fact that during the last fracas there were three paddles broken. Hurrah! Eh, pledges?

Brother Faus bought an alarm clock to prevent the house from getting up at 7:45. The way he talks about the country back home, we are beginning to believe it must be paradise.

Say Rose, where are the rabbits?

"Cookie" Moore, after many hours of work has finally found the blood supply to the pupil of the eye.

Taylor sells his pile of junk on four wheels to McKinley.

Hughes, so far has not been able to make the riding academy.

"Ole" has fully recovered from all his aches and pains.

The fellows have been wondering why Cloyd has been wearing his heavy underwear to bed.

Ward, McKinley and Campbell are still in the pool tournament.

During one of the very cold nights a big black bear came to our door and said "boo", whereupon brave Joe "College" stepped out and slew him—so now he possesses a big fur coat.

Hurrah! At last the next heavyweight champion has been found! Three guesses; well since no one can guess, it is none other than "Rusty" Wright.

IOTA TAU SIGMA

The chapter editor went home to enjoy his turkey and left us to get up our report the best we

know how, which is none too good for the best of us. However, we'll give you a whirl.

Most of the boys enjoyed Thanksgiving dinner to a great extent by having their regular portion of roast beef for dinner. Of course some were fortunate enough to be invited out and that's the difference.

We entertained several brothers from Kirksville over the Thanksgiving week end. Some of them seem to like Des Moines quite well. Of course we can't blame them, this is a city of possibilities.

The snow storm on Thanksgiving gave Pledges Hinds and Meyer a chance to exercise their shoveling ability. We knew that Hinds could shovel it pretty high, but were rather surprised at Meyer.

So far Brother Wigal is the champion Put and Take artist. The way he rolls out those Takes is a crime. "Lucky Wigal."

Brother Cook and Pledge Belden braved the heavy snow and made a hurried trip to Cedar Falls. There must be something good in that town.

Brother Wigal is looking for some device to hold his black car on the Seventeenth street hill. The other night he was unable to stop it due to the snow and high wind and the end came at Woodland avenue.

Everybody seems to be making whoopee these days. It must be the weather, or is it because Christmas is so close?

PHI SIGMA GAMMA
 (C. A. Reeves)

Rock went duck hunting but failed to replenish our table. What's up, Rock?

Pledges Armburst and La Chance took a little trip to Omaha. They had the nicest little room. Well ventilated, nice beds, ??? etc., on the way to Omaha. What could be sweeter?

Frank Shaffer comes home with a big jack rabbit. Armburst says they are so big in Nebraska that they use them for race horses. So its up to you, Frank, to bring in an Iowa Jack rabbit that can beat Nebraska's.

Patterson was confined to his bed for a few days. Can't figure out if he's just making up for lost time or really sick.

We can't figure out why Rip goes home in the middle of the week. I think a committee had better go along with Andrew and see about it.

We all want to know why Jimmy's car sat in front of a certain young lady's house and Jim spent the week-end in Jefferson. Solve the mystery.

Walt Madson had a whole flock of warts removed. Doc Groff seems to know his stuff. But why did Red Stewart leave the room?

Pledge Grau is helping the people to digest their food better. He plays melodious strains on his saxophone while the people do their stuff to the cafeteria food.

If Jennings don't cut out that

speeding, he'll loose a couple of morning passengers and be better acquainted with the Des Moines police force.

George Loftus said, "They shall not pass." And to all appearances they didn't. Hold that line big boy.

The season is about closed for polo, so now we wonder what Rudy will take up next.

SQUARE AND COMPASS

(C. A. Reeves)

Plans are under way for a smoker to be held soon for Masons and DeMolays. A very interesting program will be given.

Still Square were guests at the Shrine Temple election night. Everyone seemed to enjoy themselves to the utmost.

Th Square backed the S Club dance 100 per cent. We feel that a big time was had by all.

Still Defeats Iowa Wesleyan

(Continued from page 1)
 scored in the third quarter. Hyink paved the way for it when he returned a Wesleyan punt forty yards to his opponent's 35-yard line. A series of line plays and a forward pass which Gill completed advanced the ball to the 7-yard line, whence Hyink, on a reverse play carried it down the sideline and across the goal line. This time, a forward pass, Hyink to Cronin, scored the extra point.

The Osteopath line outplayed the Mount Pleasant forwards until the last period, when the visitors had a slight advantage.

Hyink, whose long punting, beautiful passing and return of kicks were discouraging to Wesleyan, was the outstanding offensive star of the game. Lindbloom, Dornbush, Shaffer and Strittmater played well.

Buena Vista Wins

Buena Vista college defeated Still college in a hard fought football game on the Des Moines Catholic academy field Nov. 16th, 6 to 0. The contest was played during a drizzle and on a field resembling a sea of mud.

The Beavers opened up with a drive in the final minutes of the second period, going down the field for the winning touchdown.

Still had two chances to score. A poor punt in the first period gave them the ball on the visitors' 25-yard line. Four plays gained but nine yards and lost the ball on downs on the 16-yard line.

Just before the end of the game Still threatened with a march down the field. A long run by Cronin and two passes, one Hyink to Jagnau, placed the ball on the Buena Vista 11-yard line. A pass was attempted on the next play and Thayer of the visitors intercepted as the game ended.

Captain Shaw, Dornbush and Hyink played good football throughout the game.


Around Our Merry Campus
Service Plus

The English succeeded in extracting bits of humor out of the unusually heavy snowstorm they experienced this past winter. Here is one of their efforts.

Man With Shovel: Shall I clear away the snow, ma'am?

House Lady: No, thank you. I like to see it.

M. W. S.: Then 'ow about me supplyin' you with further quantities from neighborin' houses at special rates?

"Does youh husband object to cats?"

"I should say he does. He says I feed all the cats in the neighborhood. Won't you stay to tea?"—Goblin.

Aha!

Waiter—There's most every thing on the menu today, sir.

Crabby Patron—So I see! Just bring me a clean one, so that I can read it.

Figure It Out

If it takes a four-month-old woodpecker with a rubber bill, 9 minths and 13 days to peck a hole through a cypress log large enough to make 117 singles and 220 ½ shavings, and it takes 195 shingles to make a bundle worth 93 cents, and shavings selling at 10 cents a pound, how long would it take a cross-eyed grasshopper with a cork leg to kick the seeds out of a dill pickle.

Send in your answers.

Get Stillonian Pledges In Now

If you have signed a Stillonian subscription card and have paid your money, get your next door neighbor to do the same. These subscriptions must be in and paid before January 1st in order to get the reduced price. If 200 paid subscriptions are not in the hands of the staff by the above date, the price automatically goes to \$5 without further notice.

Christmas vacation begins on December 20th and does not end until January 2. You must therefore get your subscription in before December 20th. DO IT NOW!

Let's go, Still, if you want a year book. We have a football team, a basketball team, a band, and a regular school paper, "The Log Book." We can also have a Stillonian, if you will get behind the staff and BOOST the Stillonian.

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

Tears As Germ-Killers

Tears are not merely a sign of sorrow in him who weeps, but a symbol of distress and death for any germs that chance to be lurking in the crying eye, says Dr. E. E. Free in his *Week's Science* (New York). He goes on:

"Of all germ-killing chemicals known to biologists it is probable that the most effective, and perhaps the one which will prove most useful practically, is that which nature manufactures for use in tears. At a recent meeting of the Section of Ophthalmology of the Royal Society of Medicine, in London, Mr. Frederick Ridley described experiments with this remarkable substance, named lysozyme by its discoverer, Dr. Alexander Fleming. One teaspoonful of pure substance, extracted from human tears, would be enough to impart antiseptic powers against certain eye bacteria to over one hundred gallons of salty water. This same antiseptic has been found, Mr. Ridley stated, in the bodies of the white corpuscles which circulate in human blood, and which destroy germs that invade the body. It has also been found in the secretion of the human nose and in other bodily secretions, in white of egg, in turnips and a few other plants, in certain kinds of fish and in the tears of animals. In many cases of infected eyes, Mr. Ridley reported, it has been found that the amount of this antiseptic in the tears is below normal, which suggests that eye infections may be allowed to start by some defect of the tear gland resulting in lessened manufacture of the protective antiseptic. According to Dr. Fleming, who was also present at the meeting, it may prove possible to extract lysozyme commercially from white of egg, so that physicians may use it as a general antiseptic."

We must work happily, through the bitter and the sweet and not fuss so much when surrounded by worries. These worries are just busy ant hills after all. The time always comes when a man discovers himself. And then nothing else matters much for it's a splendid world.

Character is made up of small duties faithfully performed—of self-sacrifice, of kindly acts of love and duty. The reward of one duty is the power to fulfill another.—(George Eliot.)

Our Coach



FRANK SUTTON

From the Field

Still College,
Des Moines, Iowa.

Gentlemen: On account of poor health, Dr. A. F. Waugh, Osteopath, of this town is going to give up her practice and close her office here. Her rooms are especially fitted for the profession and are otherwise very inviting and centrally located. They will be open for rental after December first.

Should you know of a first class person looking to better their practice I know of no place more promising than Eagle Grove. This town has not been without an Osteopath for 25 years, has a population of 4,500 people and splendid schools and churches. Could I have a word from you? We do not want to be without an Osteopath here.

Yours very truly,
J. H. Howell, President.
Security Savings Bank.

Des Moines Still College,
Des Moines, Iowa.

Gentlemen: On account of illness I feel obliged to give up my practice at O'Neill, Nebraska, and am wondering if you know or have any students who might be interested. It is a splendid field. I was here 12 years and have a large territory from which to draw—the whole county and then some. I have a Deluxe McManis table, two steam heated, electric lighted rooms in centrally located block and I will sell them for \$500.00 cash. If you have any one who is interested I would be glad to have them write to me.

Fraternally yours,
H. Margaret Frost,
3816 Hamilton St.,
Omaha, Neb.

Souvenir Program

A program in the form of a souvenir appeared at the annual Still-Kirkville football game Thanksgiving Day. The program was again made possible through the advertising of business firms that believe in Osteopathy and Still College and the work of William Hinds.

Those who made such a splendid souvenir possible were:
Pemberton Drug Co.
Des Moines General Hospital.
The Taylor Clinic.
Standard Chemical Co.
The College Bookstore.
Saunders System.
McClintic's Cafe.
Bristol Cafe & Delicatessen.
McManis Table Co.
Woodland Avenue Pharmacy.
Braces Cafe.
Dr. P. L. Park.
Dr. S. H. Klein.
Dr. C. A. Keating.
Dr. Chas. F. Samp.
Dr. V. A. Englund.
Dr. J. R. Beveridge.

Dr. C. N. Clark Visits D. M. S. C. O.

(Continued From Page 1)

phasizing Technique and Diagnosis.

Much will depend upon the student body, he said, in their reaction to such a convention that is national in its scope. The leading Osteopaths of the field will present their ideas and practical work that they have gained by years of experience.

He concluded his brief outline of the program inviting not only students of D. M. S. C. O. but those from every Osteopathic college. The date has been definitely set for the week of June 17 to 22. Don't Forget the Date and Plan Now to Attend.

BRANCHING INTO ATHLETICS

CHAPTER IV

In looking over our notes on the foot and ankle it seems that we have almost enough to write a fair sized book. There is this much about it. The foot and ankle are just as important in athletics as the brain at the other end of the body. Many a game or record has been lost because of discomfort in the region of the foot or ankle. Oftimes the athlete is not conscious of the condition, his enthusiasm making him temporarily forget it. These are the cases that we always expect to come under the wire first and when we wake up we find that a dark horse has taken the honors. The loser has to fall back on the "not-up-to-form" excuse, the real reason being that there was some slight foot or ankle trouble that held him back just enough to lose. We must give detailed attention to our athletes' feet. They use them almost continuously.

Let us first look over the conditions we have to meet in this type of work. Many lesions occur that seem of little importance yet they put a brake on a quick get-away. We refer to skin lesions and toe nail conditions. Corns are troublesome, painful and often stubborn. Callosities come in the same class. Only last week I saw a callous as big as a dollar and fully a quarter of an inch thick on a player's foot. He told me he couldn't make a quick start on that foot at all. He is a high school boy, seventeen years old. Unless he gets rid of the callous he will have trouble with that foot all the rest of his life. Blisters belong in the same class with other mentioned skin conditions. These are easily handled if done right. Watch for small pustules appearing on the dorsum of the foot where there are hair follicles. See that the boys take proper care of their nails. An ingrown nail can easily lose the game. Bunions are not so common in the young players, but they are not difficult to acquire and you will be surprised if you closely examine the feet of a group. I have seen quite a few cases of "hammer toe" in the young players. These sometimes cause trouble. They should be operated upon at least six weeks before the season begins.

The main cause for these superficial lesions is improperly fitted shoes. There is no use for us to go into a long argument as to the best type of last. The main thing is to see that the shoe fits well. Not too loose nor tight. In either case we know that a damage will be done. Last year's shoes may still be fairly good and will perhaps do for practice or for some of the subs. Beware of last year's shoes. The insoles are warped and the counters are broken. They are the big cause of blisters, corns, callosities and bunions. Better give them to your opponents.

(Continued on page 4)

BRANCHING INTO ATHLETICS

(Continued from page 3)

Now let us look under the skin and see what we are up against. Foot and ankle injuries of the more violent type can be classified into three groups. Sprains first, because in every injury there will be some sprain. Fractures next. Not so common, but present often when least suspected. Dislocations last. It is unusual to find a dislocation. They occur, but they are rare now, when we usually go into a game prepared, so that they are almost unknown. Minor dislocations occur in the form of fallen arches or deviations of the tarsals and occasionally of the inferior tibio-fibular articulation.

We must give considerable thought to sprains. If we picture the sprained ankle we may not have a very definite idea of what is wrong. We will have to consider first what has been injured. Eliminating bone, for that would be a fracture, we have left ligaments and muscles with their tendons. Ligaments come first because of greater frequency. What has happened when we say a ligament is sprained? We have very few elastic ligaments in the body. They are placed where a certain amount of rebound is necessary. The ligaments around the ankle and foot region are not elastic. The elastic step we like to refer to is due to perfect response of muscles. The ligaments in this region are for the purpose of holding the bones together. Remember that the astragalus, the largest of the tarsal bones has no muscles attached to it. These ligaments also prevent movement beyond the normal range. As soon as you try to force a joint beyond its normal range of motion something has to give. Ligaments stand first in line.

Ligaments receive their blood supply from the lymph. When injured, Nature's reaction is to force quantities of lymph into the tissue so that repair may be hastened. Examination of a sprained ligament under the microscope shows separated fibers floating in lymph. The lymph incites the growth of new fibers which splice the torn ones, become shortened by absorption and leave us a thick, short ligament. Our first responsibility is to get the proper idea as to what has gone on around the joint and then to prevent if possible any marked abnormality in the healing process.

(Treatment next.)

The Ladder of Success

100%I did.
 90%I will.
 80%I can.
 70% ..I think I can.
 60%I might.
 50%I think I might.
 40%What is it?
 30%I wish I could.
 20%I don't know how.
 1%I can't.
 0%I won't.
 —Exchange.

Assemblies

(Continued From Page 1)

he will make the roof raise several times in assembly if he continues to display his enthusiasm and to stimulate pep.

An assembly of interest was held on the morning of November 23rd with the faithful band supplying more excellent music for the occasion.

The sunshine of the day will pave the way, according to Captain Shaw, for victory over Iowa Wesleyan. He asked that the "S" club and the committees be supported a hundred per cent in an effort to extend Kirksville a real welcome.

Coach Sutton explained about the game and assured the students that it would be one of the best games of the season.

Dr. C. N. Clark of Chicago, Ill., was the speaker of the morning. He stated that whenever he traveled he heard fine reports about Still College and that Des Moines graduates were putting Osteopathy on its highest plane. He later introduced the various Osteopathic magazines to the student body and explained how they could receive the best literature of Osteopathy at reduced prices.

Dr. Clark visited Des Moines in the special interest of the convention that will be held in this city the week of June 17th to 22nd, 1929.

A penny, lodged in the throat of a boy in Evansville, Ind., was removed by a clever surgeon using special instruments and the X-ray. No instrument, it is reported, has yet been invented for removing dollars painlessly and quickly from the pockets of patients who get well and forget to pay.

State Boards

Pennsylvania

Dean, Des Moines Still College of Osteopathy.
 1424 Locust Street.
 Des Moines, Iowa.

My Dear Sir:

The mid-year examination given by the Pennsylvania Board of Osteopathic Examiners will be held in the Department of Public Instruction, State Capitol, Harrisburg, Pennsylvania, February 5, 6, 7, 8, 1929.

Very truly yours,

H. M. VASTINE,

Secretary

West Virginia

The next meeting of the West Virginia State Board of Osteopathy will be held in Huntington, in Dr. J. H. Robinett's offices, First National Bank Bldg., February 11 and 12, 1929.

Applications must be in the hands of the Secretary one week or more prior to the above dates.

Rules and Regulations of Board

1. Educational Qualifications: Four years of High School; four years in a recognized and approved College of Osteopathy.

2. Fees: Examination, \$25.00, Reciprocity, \$25.00. Fee payable with Application.

3. Regular examinations are held in February and July, each year. Special examinations may be held at such times as deemed necessary by Board.

4. Subjects for Examination:

1. Chemistry and Medical Jurisprudence.

2. Anatomy and Embryology.

3. Physiology.

4. Histology and Pathology.

5. Diagnosis (Physical and Laboratory).

6. Bacteriology and Hygiene.

7. Obstetrics and Gynecology.

8. Surgery.

9. Principles and Practice of Osteopathy.

5. A general average of 80% is required, the applicant not making a grade below 65% on any subject.

6. Applicant failing to make the required average may take a second examination within a year without additional fee.

7. Reciprocity.

1. The Board may issue certificates by reciprocity as provided in Sec. 10 of the Osteopathic law.

2. Applicants must have met legal requirements equal to the requirements in force in West Virginia at the time of such license.

3. Applicants for reciprocity must have been engaged in practice for at least one year in the state in which license was granted by examination.

For application blanks write the Secretary, Dr. G. E. Morris, 542 Empire Bldg., Clarksburg, W. Va.

Play Last Game

Five men of the senior class played their last game with the Still College eleven when they met Kirksville on the Western League park field.

Determined to give their best Captain David Shaw, Frank Dornbush, Clyde Dalrymple and Kenneth Dye donned the D. M. S. C. O. uniform for the game. Every man played a great game but the smooth running aggregation from down in Missouri would not be downed.

Soon these men will journey from one field to another and the best wishes of D. M. S. C. O. will go with them.

The 1928 Still College Team



Standing—Murrey, Swartzbaugh, Lang, Reynolds, Jagnaw, Wynn, Dye, Loftus, Routzahn, Olsen, Strittmatter, MacDonald, Parkinson (Mgr.), Taylor, Coach Sutton, W. Swartzbaugh, Davis (trainer).

Kneeling—Hyink, Cronin, Dornbush, Finley, Eggleston, F. Shaffer, Hinds, Monger, Brace, Lindbloom, (Neshem, Conti, physicians.)

Sitting—J. Shaffer, Spencer, Nelson, Lee, Shaw, Dalrymple, Gill. (Koch absent).

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 6

December 15, 1928

Number 11

A MERRY CHRISTMAS TO YOU

Football Abolished At Still College

At the close of the football season each college sponsoring this major sport looks back over the past few weeks with the object of rating the "time-effort-money" outlay. If football is a good thing for the institution, at the end of a series of seasons it should show (1) an increased interest in the college evidenced by a marked addition to the enrollment; (2) either a substantial balance in the athletic fund or a deficit not exceeding a sum apportioned for the purpose. No college will continue a major sport if it costs more than it is worth.

Football at Still College has been put to the test and has failed. There are more than two reasons. The first and most important is that in a college training students for a professional life there is too little time for the active participants to cover the work necessary and take out sufficient time during the four years even though the season is short, to train, practice, and play the game. Our students haven't the extra time to play the game and of those who do not play, many do not have the time to attend even the home games.

Still College has no modern gymnasium. This has been our greatest handicap in the development of a team. Our boys deserve great praise for their work considering our facilities for taking care of them before and after their games and practice.

Still College has no athletic field. We have had to depend on the kindness of the city commissioner of parks or the superintendent of the public schools for a place to practice and have had to pay a fee to some one for the use of a field for each home game.

The above facts certainly show that the time and effort necessary to maintain this sport is more than should be required.

During the six years of football at Still College it was expected that it would cost money. Whatever is figured in the beginning of the season has to be amended before the end is in sight. The secretary of the college has these figures. It is a

(Continued on page 3)

Iowa State Board

The State Board of Osteopathic Examiners will hold their next State Examination at the capitol building in Des Moines on January 21-22-23. Anyone wishing to take the examination should make application for same to the Secretary, Dr. Sherman Opp of Creston, Iowa, the first week of January.

Sherman Opp, D. O.,
Secretary.

Winter Dissection Begins

Once again the familiar smell permeates the halls of D. M. S. C. O., and daily Dr. Halladay instructs the students in the intricacies of the art of dissection.

About sixty of the under classmen are now busy in the dissection laboratory, securing the practical knowledge of the body structure that is so valuable to the Osteopath.

The class for winter dissection started a week ago and is now well under way to the satisfaction of the students of the college, for the present system enables the students to observe as they study.

Another valuable asset of the system that Dr. Halladay has instituted, is his lectures covering the day's work which precede the actual laboratory dissection. This method has proven to be very successful through the period of years that he has been in charge of the work at D. M. S. C. O.

Ohio Bound

Plans are now being completed and many of the students have signed for the trip that will carry them home for Christmas vacation. Determined in one way or another to secure round trip advantages, the failure to secure a bus has not deterred these men. They are now negotiating with the Rock Island Line to secure a special coach for the trip. If negotiations are completed the train will leave Thursday evening bound for Columbus, Ohio. It will return in time for classes on January 3, 1929.

Dr. Schwartz Addresses Cedar Rapids Osteos

Dr. J. P. Schwartz has returned to Des Moines after a short trip to one of the most progressive cities in Iowa where he addressed a large assembly of Osteopaths of the Fifth District on the diagnosis and treatment of common fractures. Excellent interest was shown throughout the meeting and Osteopathic enthusiasm was in predominance.

Dr. Schwartz expressed his pleasure in regard to seeing so many of the recent graduates of D. M. S. C. O. attending and supporting such meetings.

It is interesting to note that wherever our faculty speak or wherever there is an Osteopathic gathering, the graduates of Des Moines Still College are behind the program striving in every way to build and advance the science.

Dr. Halladay Speaks At Milwaukee, Wis.

Accepting the invitation of the Milwaukee Osteopathic Association to speak at the district meeting Dr. Halladay visited that city on Dec. 8th. He spoke at the afternoon session on Technic using his flexible spine skeleton to demonstrate and in the evening he gave a very interesting talk on Osteopathy and its relation to athletics.

The meeting was very well attended, there being about fifty of the doctors from the district and surrounding territory. The evening program was attended by several athletic coaches from various parts of the state who expressed their pleasure in listening to the possibilities and the success of Osteopathy in athletics. During the entire day many of the attending doctors expressed to Dr. Halladay the fine reports that he heard of D. M. S. C. O. and said that they were proud to say that they were graduates of this college.

A general discussion among the Alumni of this school prevailed in regard to the A. O. A. convention and practically everyone is making plans to return for the convention the third week in June.

Still Outclasses University of South Dakota

The basketball season was officially opened at D. M. S. C. O. Monday night, Dec. 10, when the smooth running Still college five overwhelmed the South Dakota aggregation on the Y. M. C. A. floor by a final score of 41-26.

Although this was the first game of the season for Still, the team displayed mid-season form, outplaying the university team from the beginning of the game.

Steady shooting by Benz, Davis, and Hyink gave the Still team a 21 to 14 lead as the half ended.

Continuing their winning streak in the second period, Still increased their lead 31-17 before the Coyotes were able to stop them.

Lang, along with the other guards, presented few opportunities for the South Dakota forwards, keeping them closely guarded at all times and forced them to hurry their shots.

Jagnow, a new man on the squad, performed well, and will prove to be a valuable man on the team.

Every man on the Still team played a stellar game of ball on both the defensive and the offensive, maintaining the lead throughout the game. Davis, Hyink and Benz proved to be a scoring trio that baffled the university team.

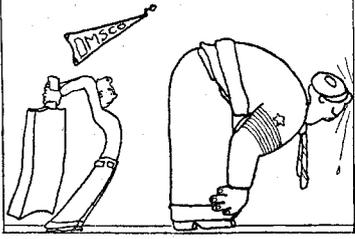
Pan-Hellenic Council

The Pan-Hellenic Council has held three very satisfactory meetings this semester, October 2, November 22, and December 4. At each of these meetings matters pertaining to the betterment of the activities in and about the college were discussed. Excellent speakers were obtained to our mutual satisfaction.

The October session was held at the Phi Sigma Gamma house on October 8. Joe Lilly, of Lilly's Funeral Home gave us a resume of his big game hunt in Africa. He included some very interesting remarks as to the conditions obtaining in some of the European countries, particularly France, Spain, Italy, Greece and the African countries. At the end of his talk he showed some 120 colored slides of the

(Continued on page 2)

FRATERNITY NOTES

ATLAS CLUB
J. P. Campbell

As this is the last issue before Christmas the boys of the fraternity wish the alumni a Merry Christmas

The evening of the 15th the boys will enjoy a Christmas party. There will be a real Santa Claus and presents for everyone.

Now that football is over we will see less of Monger than before.

MacDonald claims he ate a sandwich which made him very sick. We wonder just what was in the sandwich.

Dave McKeon is supporting a beautiful black eye which he says he got from minding his own business.

The Atlas boys wish the boys from God's country, a speedy and safe journey.

Pledge Anderson has been giving the house doctors plenty to do, as he has been sick with flu. He is getting along nicely now and expects to be up and around before long.

Since when have the pledges had the right to use the term Doctor. Dene Moore has been receiving mail addressed as Doctor.

George Basore is now making WHOOPEE? We would like to know where he is spending his week-ends.

Luther Stingley has gone home in hopes of gaining back his health. The boys all miss him and wish him a rapid recovery.

Warren Swartzbaugh—king of the penny—antis.

Dornie a hunting he would go, minus rabbits but full of honey and nothing but a bee sting for his troubles to show. POOR BEE.

Since the king is improving Brother Ward is also doing nicely.

Say, Mikan, how are the Pink Eyes?

IOTA TAU SIGMA

At the Pan-Hellenic meeting which was held at the chapter house, Dec. 4th, Dr. Hildebrandt gave an interesting account of his recent trip abroad. He said he had no difficulty in getting in the different clinics in the various countries.

Everyone seems to be in a state of nervous tension due to the various "formals" and the anticipation of the Christmas vacation. It's not so much the going home as it is the anticipating. Of course the "girl back

home" may have something to do with it.

Wigal and Spaulding—dealers in second hand cars—have experienced some difficulty in navigating their "rolling stock" over the slippery pavement of the city the past few days. The police finally took the matter in their hands and now hold their "car" for towing charges.

Brother Morrow has the real Christmas spirit. He gave ten hard earned kopecks to a couple of fellows merely because they told him to "stick 'em up." He gave it to them cheerfully, too—well, who wouldn't with a "smoke pole" staring them in the face.

Well, we certainly were surprised to see Brother Gill fall off the "wagon." He probably going in training for the Christmas season.

Brother Wigal can now see the point of the joke: "It won't be long, now!"

We are seriously thinking of putting a "Quiet — Hospital Zone" sign in front of our house because so many of the boys are down with sickness and can't stand a little noise. Our sick room has been in constant use for months.

Brother Herrick, not being satisfied with his Thanksgiving vacation, has signed his name to the sick roll and has succeeded in keeping everybody awake and "on the hop" with his sinusitis.

There is a big treat in store for the girls in Columbus, Ohio. Judd Koch has finally decided to leave the Des Moines girls heart-broken and return home for the holidays. However, Brother Lang has kindly consented to assume the responsibilities of Judd's "little red book" during his absence.

God's Country, east of the Mississippi, will soon be invaded by several of her native sons who are going home to see a real Santa Claus.

Merry Christmas and a Happy New Year to all.

PHI SIGMA GAMMA
C. A. Reeves

LOST—A big black Ford coupe, with medicine kit in back. Finder please return to Jimmy Shaffer and receive reward.

Pledge Stivenon has turned detective. He finally found out who took his candy. It required a very diligent lookout to catch the culprits.

We certainly have a fine outlook for the winter months. The pledges win the prizes, BUT—it won't be long, now??????

The casualties of the week are, Chuck and Dixie froze their hands while they were engaged in a heated argument the other night. Pledge La Chance got the flu doing his setting up exercises out in the snow. Pledge Armbrust (with his Derby on) is taken for some great celebrity and also killed by the mob. Complications will probably develop into dandruff and ingrown toenails.

Tiny Geo. Lofthus is now

ready to take on all comers. He is dickering for a match with Firpo at present.

Pledge Stoike and Jennings made a hurried trip up into the country of the Swedes over Thanksgiving holidays. They arrived home safe and sound after many hours of hitting snow banks.

Pledge Purdie and Riply seem to have bought the controlling interest in one of the hospitals. They spend quite a bit of time there.

Red Stewart has gone into the antique business. He's been collecting articles of all sizes and descriptions. Anything you want just see Red.

Smitty will have to hibernate for a while now. He dropped his false teeth and now he can't make the two piece fit right.

Pledge Grau has turned woman later. He says he's through with women forever. But we kind of doubt it. Come, come now, Chronic.

Pledge Jagnow will show the boys from South Dakota just how this game of basketball is played. We're for you, Jack.

Patterson has sold all his stock in the Mellow Lips Co. What will it be next, Pat? Probably will go into the manufacturing of snow balls.

Scatterday is the one consoling factor at a certain funeral home. Step right up Doctor. It certainly must be nice to have such a face.

FOUND—A bunch of guys that are anxious to get back to that place they call Ohio. Probably these boys will be glad to know that God's country at present is good old I O W A. WHOOPEE!

Pledge Perry can't find two socks that will match up. So he has decided to start a new style by wearing odd ones.

Madson can't seem to get his old Black Maria started this cold weather. So now Des Moines' street car business will pick up.

Rudy is taking things easy now. But Goepps State Board is sure catching it. Lots of midnight oil being burned.

Well let's all join together and sing that new Still College song, "I can't GIVE you anything but love, baby." Our financial condition seems to be rather low just before the holidays.

Just twelve more shopping days before Christmas. Whoopee!

SIGMA SIGMA PHI

Beta chapter of Sigma Sigma Phi entertained the representatives of Alpha chapter during the Thanksgiving vacation. Matters of national importance were discussed and plans that will advance the organization in the future were terminated.

Graduates from the school of experience are never given a sheepskin—they're lucky enough if they retain the skin they had. —New York Sun.

Basketball Season Opens

The football season is ended and now the general public turn their attention to the "loop tossing" game that holds the main attraction of the winter months.

So too, at Des Moines Still College, for with a squad of men that are determined to write the history of D. M. S. C. O. in the Basketball Hall of Fame, we venture forth on a schedule equal to any of the big conference schools.

A team led by Captain Harold Davis, that is bound to surpass any former team, will carry the honors of D. M. S. C. O. into a new field of athletic endeavor. We assure these men that the students of the college are behind them in every game.

Those out for the team are: Capt. Harold Davis, Clyde Hyink, Ray Jagnow, Fred Benz, Ralph Lang, Ray Lamb, Paul Wynn, Myron Monger, Nicholas Gill, Herbert Murry, Harry Taylor, Frank Shaffer and Walter Beard.

Pan-Hellenic Council

(Continued from page 1)

results of the shooting in the jungle and on the veldt.

On November 22, at the Atlas Club house, the speaker of the evening was Dr. E. E. Steffen, whose theme was "Professional Problems." Dr. Steffen's clear thinking and straightforward manner were still in evidence. His handling of the subject showed deep thought and much deliberation.

The last meeting of the semester was on December 4 at the Iota Tau Sigma house. On this evening Dr. Hildebrandt, of the Des Moines General hospital, who has just returned from a three months' visit of the clinics and hospitals in England, Holland, France, Germany, Czecho-Slovakia and Austria, gave us a very instructive discourse regarding the hospitals and the methods in use in these various places.

The things done for the college by the council include the discouragement of smoking in the classroom and hallways of the college building; the encouragement of real live assemblies, and the gift of some fourteen examination gowns to the clinic.

All in all, this is to be considered a successful and satisfactory semester.

A man unaccustomed to praising his wife went out of his way to call her an angel.

"Mary," he said one morning, "you are an angel." And she felt charmed all day.

In the evening she ventured to ask him why she had been so honored.

"Well," said the wiley one, "you are always flitting about; you are always harping about things; and, by your own account, you have nothing to wear!"

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser—H. V. Halladay

Editor.....R. B. Kale

Osteopathy Without Limitation

To the faith of a man is
credit due,

For a mighty civilization.
To belief in a plan that was
carried through

Trails the birth of the greatest
nation.

Four hundred and thirty-three
years have passed

Since Christopher Columbus
hurled

His faith to the fore. No fear
harrassed

The path to the new found
world.

Yea, a man who had courage and
firm belief,

On a mystery voyage set sail
When all of the world saw a trip
to—grief!

It was faith that was blazing
the trail.

The life of Columbus was lived
that way,

And the thought it has left
rings true,

First, honor the faith of that
man today—

Then, consider the faith in
YOU.

—Hal Cochran.

THE IDEAL OF THE BOOK

To know God and do His will;
to accept gratefully what He
sends us and do faithfully what
He bids us; to pray as we would
talk with a friend; to trust where
we cannot understand, and to be-
lieve Him even in things that
hurt; to keep unspotted from
the world's sin and unselfish to-
ward the world's need; to love
those whom we cannot like and
to hate no one; to be true when
others are false, brave in the
midst of cowardice, and kind in
return for injuries; to pity our
enemies, enjoy our friends, and
serve our Heavenly Father above
by Helping His children on
earth; in fact to be like Christ
in love and life, in service and
sacrifice—that is salvation—that
is Christianity and that is the
ideal toward which the Book of
Books ever leads us.

If you want others to remem-
ber you with pleasure, forget
yourself and be just what God
has made you.—Charles Kings-
ley.

The true Christian will not
argue the best way to Heaven,
but will point the way by the life
he leads.

I will not be swayed by envy
when my rival's strength is
shown;

I will not deny his merit, but I'll
strive to prove my own.—(S. E.
Kiser.)

Football Abolished At Still College

(Continued From Page 1)

sum that we can publish but we
do not like to. To be brief, it
has cost more than we expected
and consequently more than it
was worth.

Perhaps we expected the profes-
sion to take a greater interest
in the college on account of foot-
ball. We notice that profession-
al schools of our own system
that do not sponsor football are
increasing their enrollment. We
have more students than last
year but we know it is not due
to the fact that we have had a
football team. There may be a
few students that select a col-
lege on account of the major
sports at that institution, but we
are sure that does not apply
where a professional training is
paramount.

The most important factor in
our college is the student. If
we have to take a little from
each department in order to
maintain a football team, we are
taking a little from the training
of each student. We are an in-
stitution teaching a highly spec-
ialized science. It should be and
will be our business in the fu-
ture to seek greater prestige and
a higher degree of efficiency in
Osteopathy rather than in foot-
ball. We are not against foot-
ball, but we are strong for
Osteopathy.

We cannot predict the effect
on the enrollment, but if pre-
cept and example may be used as
a basis for observation we anti-
cipate a larger student body next
year.

What about basketball? We
want to keep it. The trustees
feel that it can be continued
without being detrimental to the
best interests of the college.
Time will tell and we hope that
the balance will show in its
favor.

In closing may we offer two
articles taken from the local
newspapers relative to this
change. The first is from the
Des Moines Morning Register of
December 11th, the second an
editorial which appeared in the
Evening Tribune-Capital of De-
cember 13th. They speak for
themselves.

Still Abolishes Gridiron Sport

Believing some athletics on
too large a scale interfere with
the exact routine characteristic
of classes and school room con-
duct, in a medical institution of
learning, the board of trustees of
Still College of Osteopathy yes-
terday made public an announce-
ment that football as a sport for
local Bonasetters will be abol-
ished.

Inadequate gymnasium facili-
ties, too much financial expendi-

ture and little or no income from
the sport were other reasons ad-
vanced by the trustees for their
action.

On top of the announcement
came last night the information
that Coach Frank Rainey Sutton,
doing his seventh year of tutor-
ing here, will sever his connec-
tions with the Osteopaths and
seek duties elsewhere, probably
in the east. Sutton, a graduate
Marietta, O., college, has been in
charge of football and basketball
at Still. In addition, he was re-
quired to teach a few of the ex-
act sciences.

Sutton, like some others
among the student body, was of
the opinion that the edict likely
would effect enrollment at the
local school in the future, par-
ticularly discouraging the scient-
ifically professional minded
who took to football and basket-
ball for benefit or fexercise.

Basketball, too, it developed
was on trial but the trustees de-
cided, it was said, to maintain
the indoor sport for another sea-
son, at least.

One thing about football at
Still during Sutton's regime was
the unusual number of Marietta
college men who captained the
various elevens. First, it was
Paul Howard Swezey. Then,
came Robert W. Murphy and
only during the season just
closed David N. O. Shaw served
as pigskin pilot. All, either
graduated from Marietta college
or attended classes there.

The Enrollment

Still college has abolished
football. It will be interesting
to see how the experiment works
out.

The sports followers and ath-
letic officials predict that there
will be a falling off in enroll-
ment. It is yet to be proved that
this will result, and certainly
whether any students who do not
return will be such as ought to
remain, after all.

We suspect that the value of
athletics as advertising for col-
leges is overestimated. Surely
but few come to spend several
years at a school because of a
few months of football, and little
is claimed for any other sport in
the way of publicity.

The classic example is Colum-
bia university, which did not
have football for many years.
During that time it grew to have
the largest enrollment in the
world.

Take the championship foot-
ball teams this fall. For almost
the first time in history Carnegie
Tech, New York university, and
several others have the strongest
teams. How in the world did
these institutions exist at all
when their teams were not win-
ning?

Enrollments do not grow
when teams win, and they do not
decrease when they fail. If our
colleges prospered on athletics
and fail when athletics fail,
something would be wrong with
them.

In Still's case, the reasoning is

sound. Still is a strictly techni-
cal school. There is no time for
fooling in an institution that is
training men for a profession. No
time can be wasted, and most of
the students are there for the
immediate purpose of acquiring
certain knowledge. Probably
none of them were attracted by
football except some of the play-
ers, and if there are any of these
who are not in school to learn
the school is well rid of them.

(Signed)

C. W. Johnson, Pres.
K. M. Robinson, Secy.
R. B. Bachman, Treas.
J. P. Schwartz, Dean
B. R. Crum
H. V. Halladay
J. M. Woods

Board of Trustees of
Des Moines Still College
of Osteopathy

Kurtz-Kronner



Miss Rosemary Kurtz and Dr.
Kronner were united in marriage
on Monday, Dec. 3, 1928, at
Dearborn, Mich. The wedding
was attended by many friends of
the couple. After a short trip
following the wedding, they re-
turned to Dearborn, where Dr.
Kronner is now engaged in prac-
tice.

Baker-Stillwell

A surprise of the semester
took place on Nov. 28th when
Miss Grace Baker of Des Moines,
and Harold Stillwell of the
Senior A class were united in
marriage. Rev. Orcutt per-
formed the ceremony which
took place at the Simpson M. E.
church. They are now residing
at 2625 Lyon street. Best wishes
and congratulations.

Brown Derby Missing?

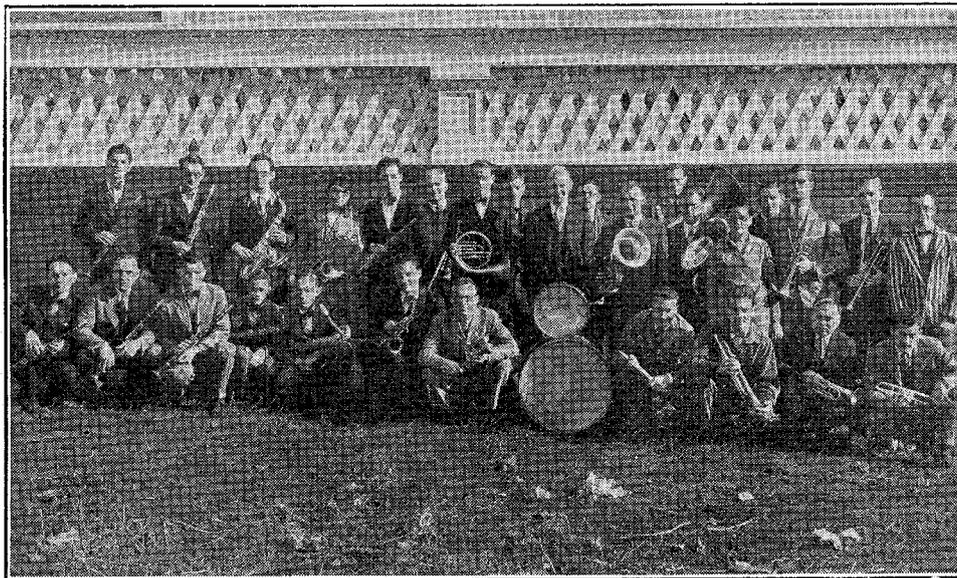
All the students will remem-
ber the merriment that held
sway a few weeks ago when Dr.
Halladay "Our Master of Cere-
monies" was presented with a
LITTLE Brown Derby at an as-
sembly.

Many of the students, especial-
ly a certain few, have been de-
cidedly disappointed in it's con-
tinued absence. Dr. Halladay
says the political race (not the
Kentucky Derby) is over and
anyway he prefers a black one.

Mrs. Carney rushed into her
living room. "Oh, Walter," she
cried as she panted for breath.
"I dropped my diamond ring off
my finger and I can't find it any-
where."

"It's all right, Olive," said
Walter; "I came across it in my
trousers pocket."

The BAND—



Standing, left to right—Moore, Crawford, Chance, Bruder, Perry, Gill, Sutphen, Nicholson, Herrick, Rickenbacher, Dahl, Fedson, Stilwell, Stoddard, Lenhard, Henry, Oleum, Dr. Halladay, Director.

Kneeling—Perry, Skinner, Grau, Steninger, Taylor, Miken, Stewart, Koch, Toepfer, Scheidler, Dorweit.

Is One of the Organizations of Des Moines Still College of Osteopathy

~~~~~ That Offers ~~~~~

### A Broad Osteopathic Education

*Unsurpassed by Any Osteopathic College*

~~~~~

For Information, Address Secretary, 722 Sixth Avenue

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 6

January 1st, 1929

Number 12

Still Defeats Penn 49-28

The Still college basketball team won its second game of the season, defeating the Penn college five of Oskaloosa on the Des Moines U court Dec. 17th by the score of 49 to 28.

Still took the lead from the beginning toss and maintained it throughout the entire game. At the end of the first half Still led 27-14.

Fred Benz and Capt. Harold Davis led the attack, both playing a splendid floor game. Davis and Benz counted eight field goals. The former also dropped in five throws from the foul line to annex the scoring honors of the evening. Still, on the most part, presented a fine defense and displayed some excellent guarding.

Still's dribbling attack made many openings for the forwards to sift through and with Benz driving in for repasses the Still attack was relentless.

Hyink proved a capable floor man and the other two players, Jagnau and Lang completed a well balanced team that brought another victory to D. M. S. C. O.

Michigan State Board

The mid-year examination, given by the Michigan State Board of Osteopathic Examiners, will be held in the City Hall, at Battle Creek, Michigan, on January 29, 30 and 31.

The secretary of the Board is Dr. H. Conklin, City Bank Building, Battle Creek, Michigan.

Vacation Clinics

The various clinics of the college are working overtime to take care of the vacation rush. The abundance of new patients seeking Osteopathic care necessitates the holding of special clinics to care for them. The clinic sessions are held on Monday, Wednesday and Friday and many of the students have found it advantageous to remain in town during the vacation.

The work in the obstetrical department has given many of those who remained several unusual cases. These have proven very instructive to the students and they feel that their time has been repaid by experience that will prove valuable as practicing Osteopaths.

A NEW PAGE



*No vision and you perish,
No ideal and you're lost;
Your heart must ever cherish
Some faith at any cost.
Some hopes, some dream to cling to
Some rainbow in the sky,
Some melody to sing to,
Some service that is high.*

—H. DU AUTREMONT.

Stillonian Staff

Much time and consideration has been given in the selection of a staff that would individually and collectively extend every effort in the editing of the year book. This selection has been made on their ability and previous experience.

Leonard J. Grinnell, Editor-in-Chief.

Bernard Frye, Associate Editor.

Henry Scatterday, Associate Editor.

Frank D. Dornbush, Business Manager and Treasurer.

Alan M. Nelson, Assistant Business Manager.

Barton Treat, Assistant Business Manager.

C. A. Granberg, Administration and Classes Editor.

Richard J. Rhode, Activities Editor.

Genevieve Stoddard, Organizations Editor.

Francis Watson, Hospital and Clinics Editor.

Christine Fedson, Athletics Editor.

Victor Reeder, Alumni Editor.

Raymond B. Kale, Convention Editor.

James Cornelius, Art Editor.

John Campbell, Photography Editor.

Harry Skinner, Circulation Manager.

Norman Weir, Advertising Manager.

Burns Scott, Humor Editor.

Gift To Dr. S. S. and Ella D. Still

A unique Christmas gift has been given to Dr. S. S. and Ella D. Still by the students of D. M. S. C. O. as a memento to the founders of the Still College. It was a book of parchment bound in sheepskin in the colors of the college, and containing the signature of every student, the faculty, the board of trustees, the hospital staff and the members of Sigma Sigma Phi.

This gift was sponsored by the members of Sigma Sigma Phi, national honorary fraternity with Ray E. McFarland in charge of the arrangement of the book.

Mid-Year Class

The graduation date for the mid-year class has been definitely set for Jan. 17th. Plans are rapidly nearing completion for commencement exercises which will be held in the Hoyt Sherman Place.

Most of the class have remained at school during the vacation completing arrangements and studying for state board examinations. Every member of the class has completed all the required treatments and necessary work to graduate.

Future plans of the class role include internships, while some will go direct into the field.

Michigan Decides in Favor of Osteopaths

The decision in favor of the Osteopaths in Michigan entitling them to possess and dispense narcotics is clearly set forth in the following decision by Judge Tuttle:

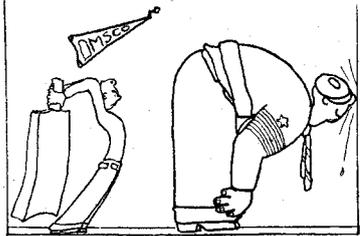
Myron A. Hostetler, plaintiff, a duly licensed osteopathic physician under the laws of Michigan, on September 17, 1928, made application to respondent, the Honorable Fred L. Woodworth, Collector of Internal Revenue of the United States for the first district of Michigan, for registration under the Harrison Narcotic Act, so-called, and offered to pay the federal tax therefor. The Collector declined to receive the money or to allow the registration of the Relator and to issue a permit to him to dispense narcotic drugs upon the ground that Deputy Commissioner Nutt in charge of the Narcotic Division at Washington, D. C., had refused to recognize the decision in this court of Dawkins, District Judge, in the case of Walter P. Bruer, Relator, vs. Fred L. Woodworth, Collector of Internal Revenue, Respondent. (Bruer vs. Woodworth 22 Fed.) 2nd 577, as the law affecting osteopaths other than Dr. Bruer, in the District of Michigan. Thereupon Relator filed this suit for a writ of mandamus to compel the Collector to comply with his demand.

The record in the instant case is identical with the record in the case of Walter P. Bruer, Relator, vs. Fred L. Woodworth, Collector of Internal Revenue, Supra, except a difference in party Relator, who is also a duly licensed osteopathic physician under the laws of the State of Michigan. In the Bruer case, supra, my learned associate, Judge Dawkins, in a well considered opinion held that the Relator as a practitioner of osteopathy is a physician within the meaning of Act No. 92 of the Public Acts of the State of Michigan for the year 1923 (State Narcotic Law) entitling him to possess or dispense the narcotics mentioned in Section 1 of said act in the course of his professional practice. This Court believes that the opinion of Judge Dawkins in the Bruer case correctly states the principles of law involved. I adopt and follow that opinion.

Since the decision by Judge Dawkins in the Bruer case, the

(Continued on page 2)

FRATERNITY NOTES



ATLAS CLUB

Most of the boys left for their respective homes in fine shape, after the annual Christmas dance held Saturday night, December 15th at the house. Dr. Halliday must be complimented for the fine way he played Santa Claus. Thanks, Swartzie and the crew of freshmen, for the artistic decorations.

Eleven men survived the task of the year and were able to hold down the fort during the holidays.

The youngest of the house, Pledge Jack Campbell, has contracted the foreign style from Ken Ward for wearing spats.

Drop around, "Deed," we are always glad to see the married folk.

Why does Dr. Trimble have to borrow money after a short visit at the club?

Through the kindness of Orville Rose, "Rusty" Wright has learned how to eat "cat."

Ten of the boys made their annual pilgrimage to the church around the corner Christmas Sunday and surprised the congregation. Easter is next.

"Cookie" Moore is playing sandman to the city since McKinley's in God's Country.

Brother Nickolson really goes for cheese sandwiches and coffee for breakfast.

We find that "Turk" Nossek makes a good custodian during the vacation.

Dissection must be the cause for Carl Harmon staying in nights.

The fellows are ready for a bigger and better year in 1929.

IOTA TAU SIGMA

There are eight of us holding down the ol' homestead and doing a pretty good job of it at that. And why not? Although there is plenty of "dope" I could give on the boys—you know—this is vacation time and to me that means rest and everything. So why should I exert myself? I'll answer it for you. I believe in the conservation of energy. Sure, the same to you and many of them.

The height of indifference was when Pledge Routzahn ordered a ninety cent dinner and was unable to eat it. He was all fed up on the stew he had the night before. We offer you our condolence, Carl.

Red Lang is keeping his room in tip-top shape. Boy, it shines like nobody's business. We're for you, Red. Come on in and clean our room, Pledge Peck is on a vacation, and how.

The boys taking Christmas dis-

section have slept in several times. Poor fellows, it only means a pack of cigarettes for every time they sleep in and that runs into big money.

We had our Christmas formal at the Hoyt Sherman Place on Tuesday evening, December 18th. A goodly crowd was there. The music was by Walt Woods and his Music Masters. Dr. and Mrs. Woods, Dr. and Mrs. Potter, Dr. and Mrs. Marshall were the chaperones. We're looking forward to the next one. Russell Wright and James Shaffer were the representatives of the Atlas Club and P. S. G.'s respectively. That's all. I thank you.

Michigan Decides In Favor of Osteopaths

(Continued from page 1)

Supreme Court of the State of Michigan, in the cast of Mutual Life Insurance Company vs. Geleynse, 241 Mich. 659, held that an osteopath is a physician or practitioner "and the failure to disclose a consultation with an osteopathic physician in an application for a life insurance policy voids the policy." While the precise question involved in this case has never been decided by the Supreme Court of the State of Michigan, yet the holdings in the Geleynse case clearly assumes an osteopath to be a physician, using the terms "physician" and "practitioner" as synonymous.

A judgment in accordance with these views may be presented.

Dated and signed at Detroit, Michigan, on this 12th day of November, A. D., 1928.

Tuttle, J.
United States District Judge.



A wedding of the holiday season was that of Dr. Clyde (Jiggs) Eugene Reed of the June class of '28 and Miss Faye Nelson which took place Dec. 24 in Des Moines. They will be at home after Feb. 1, 1929 at Junction City, Kansas, where Dr. Reed has established an excellent practice. Our congratulations and best wishes for future success and happiness are yours.

Praise more and blame less and you will see more good accomplished.

Let none be shamed to confess fidelity to an ideal, however remote from realization it may seem.—R. J. Campbell.

Cheerfulness and health more generally travel together—and cheerfulness is the pathfinder.

Robt. Louis Stevenson's Tribute to the Physician

There are men and classes of men that stand above the common herd: The soldier, the sailor, and the shepherd not infrequently; the artist rarely; rarer still, the clergyman, the physician almost as a rule. He is the flower (such as it is) of our civilization; and when that stage of man is done with, and only to be marveled at in history, he will be thought to have shared as little as any in the defects of the period, and most notably exhibited the virtues of the race. Generosity he has, such as is possible to those who practice an art, never to those who drive a trade; discretion, tested by a hundred secrets; tact, tried in a thousand embarrassments; and what are more important, herculean cheerfulness and courage, so that he brings air and cheer into the sick room, and often enough, though not so often as he wishes, brings healing.

NEW USE FOR SUNLIGHT

The modern use of sunlight as a healing agent is a re-discovery of knowledge which at one period of history was widely disseminated. Nevertheless, the modern use of sunlight is entitled to rank as in some ways a new departure, for it is based on observation and on study which belongs peculiarly to the present stage of the evolution of science. The story is among the most interesting and romantic in the annals of medicine. Some ten years ago, when Europe was engaged in the final struggles of the great war, the discovery was made that the lack of animal fats, which had resulted from the enormous consumption of fat in the manufacture of high explosives, had reduced human resistance to a number of diseases. Rickets was widespread throughout the central empires; tuberculosis was taking a greatly increased toll of life in all the belligerent countries. When the war ended efforts were made to supply fats, in the form of cod liver oil, to the children of Vienna and other stricken cities, and then the strange observation was made that this supply, though apparently essential during the winter months, became less necessary as summer advanced. The first glimmerings were received of the truth that animal fats are, in some respects at any rate, an equivalent of sunlight in the balance of health, or, in other words, that light is a food. Only eight years have passed since the first announcements of this discovery were made, yet in these eight years a new science has been established and a new therapy introduced. It is the object of this special number of the Times to afford a clear view of the work which has already been accomplished and to point the way to further progress. The fact is, however, emphasized that so far knowledge is fragmentary and insufficient.



Around Our Merry Campus

A teacher was giving his class a lecture on charity. "Willie," he said, "if I saw a boy beating a donkey, and stopped him from doing so, what virtue should I be showing?"

Willie (promptly—"Brotherly love."

Little Boy: Why do you always smile when you are outside your office?

Dentist: Because I look down in the mouth all day.

Tommy Tummy

"Tommy," said the fond mother, "isn't it rather extravagant to eat both butter and jam on your bread at the same time?"

"Oh, no mother," replied Tommy, "it's economy. You see, the same piece of bread does for both."

A Druggist Sells Lipstick

"What!" exclaimed the lady, "you charge me a dollar for that lipstick?"

"Yes, ma'am," replied the polite druggist, "that is the very lowest price we can sell it for."

"How is it that I can get one just like it at Brown's for 90 cents?"

"I cannot say, madam. Perhaps Mr. Brown has taken a fancy to you. He is a widower and you are very beautiful and—yes, ma'am, one dollar, thank you."

It is reported that Holly Morrow's back was strained while lifting the forepart of last week.

Servant—There's a man to see you, sir.

Master—Tell him to take a chair.

Servant—He has, sir. He's taken them all, and they're moving out the piano now. He's from the furniture store.—Jack-O-Lantern.

He—I've come to a conclusion.

She—What is it?

He—I realized today that I have been a bachelor for thirty-eight years, and—

She—Oh, Jack, this is

—He—And I decided I'd had a jolly time and that I'd keep it up.—Tit-Bits.

"What's the difference between vision and sight?"

"My girl is a vision, yours is a sight."

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser—H. V. Halladay

Editor.....R. B. Kale

Osteopathy Without Limitation

A New Year

The advent of a new year is singly of the utmost import to Des Moines Still College and to Osteopathy.

Based on a history of a scientific training in Osteopathy unequalled by any college that has been established for the expressed purpose of perpetuating Osteopathy, Des Moines Still College has advanced steadily to that high level that its founders intended. It has ever been the avowed purpose of those who teach in the college to place D. M. S. C. O. to the fore.

It is well to look back, as a means of measuring our progress and development, but it is ever our purpose to advance keeping the ship of the school on an even keel and the sails unfurled to the winds of a broad and true scientific Osteopathic viewpoint. Time in itself is but a measurement of space and never one in the history of Still College can it be said that a radical move has been instituted that would deter the future of the school.

Today Des Moines Still College of Osteopathy stands on a par with an institution established to train men and women to care for and to alleviate human ills. Thinking not of yesterday but of the tomorrow those at the helm advance the needs, meet the requirements of a greater Osteopathy in a manner that is most pleasing to every one interested in this institution.

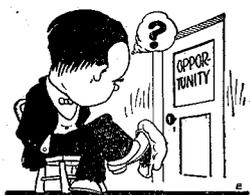
Each week brings reports from every state in regard to the fine work the graduates of this school. They are progressive in every phase of the science and are ever ready to serve those that seek their services no matter from what walk of life.

Osteopathy is advancing and will advance until that day when it is universally recognized.

The whole modern trend is toward a broader understanding of every science, accepting that which has received the acid test of time and has proven its worth in its specific place. Enhanced by a view such as this Osteopathy will grow even beyond the fondest hopes of the "Old Doctor" yet be founded on his fundamental and basic principles.

So with the advancement of the new year let it be said that Des Moines Still College has continued to progress and Osteopathy has accepted its responsibility to mankind and has advanced according to the true science that it is.

From the Field



Beatrice, Neb.
Dec. 19, '28

Dear Sir:

Are you, or any other member of your class contemplating locating in Nebraska? If so, I have a dandy practice and equipment for sale, and anyone interested cannot make a mistake investigating same—FIRST. Size of town is 12,000, good churches and schools.

I am wanting to take up more surgery, hence my offering my practice for sale.

Thanking you and wishing you well, I am,

Respectfully,
D. L. Anderson.

The following is a letter received by one of the students of the college:

December 13, 1928

Dr. Lillian B. Tracey,
c/o Still College of Osteopathy,
Des Moines, Iowa.

Dear Doctor:

Your letter of December 10 received and contents noted.

In answer to your inquiries would state that there are at least fifty cities within a radius of fifty miles of Detroit, that would welcome Osteopathic Physicians and Surgeons. In fact, the city of Detroit could very easily take care of all the members of the graduating class. The profession in Detroit would be more than pleased to welcome them.

I would advise you, one and all, to come to Detroit and look around.

If Detroit is too large a city, I would then advise Flint, Pontiac, Royal Oak, Lansing or Saginaw. The principle industry in these cities just mentioned is that of the automobiles.

Michigan wants Des Moines Still College graduates for the reason that they are progressive and aggressive. They always make the grade.

Enclosed please find a copy of Judge Tuttle's decision, regarding the Narcotic situation in Michigan. I would like for you to give same to Dr. J. P. Schwartz.

Kindly remember me to Doctors Schwartz and Marshall.

If there is any way that I can be of any service to you in the future, or if you want any additional information, kindly let me know. I remain,

Fraternally,
Mark Herzfeld, D. O.

MH/EM
ENCL:1

He that wrestles with us strengthens our nerves and sharpens our skill. Our antagonist is our helper.—Burke.

BRANCHING INTO ATHLETICS

Chapter V.

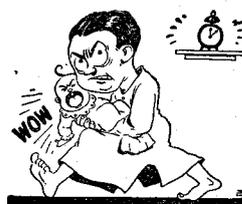
In taking care of ankles in athletic work we have two kinds of treatment to consider. First, protective and second, curative. In enlarging on the first let me call your attention to the fact that while you have perhaps not noted it, there is as much variation in ankles of the male of the species as there is in the female. Some boys or young men have ankles built to withstand the extra strain put upon them in vigorous contests. Others can take part in one type of athletics and no other, the reason being in their physical makeup. Babe Ruth recently visited Des Moines and went out to Drake and took a light workout with the Drake football squad. Ossie Solem, the coach, said afterward that Babe as a backfield man was a fine batter. Babe's ankles couldn't stand the strain. There are many Babe Ruths playing football when they should not be. Now when we look over the gang that has responded to the call for football men we look them over. With half an eye you can pick out the ones that will suffer from ankle sprains through the whole season. These men may be necessary on the team and if so we have to meet the condition with an outside aid of some sort. Don't pass over this ankle inspection lightly. Your pregame work will save you a lot of post-game worry. Two years of carefully kept statistics prove that fifteen percent of football injuries are to the ankle and foot and that they keep the player either out of the game entirely or prevent him from doing his best at the time when it is needed. He is useless until the ankle has recovered.

The greatest aid in preventing ankle injuries is adhesive. Just as has been mentioned before, the tissue that is most often torn is ligamentous. If Nature has not provided the athlete with strong ligaments and tendons around the ankle we will have to provide a substitute. The more you spend for adhesive the less you spend for treatment, but like everything else it must be used properly or it had better be left off. Coaches often disagree on the type of taping for the ankle but all agree on the point that tape applied properly prevents injuries.

If you study the movement in the ankle region you will find that flexion and extension are present at the joint between the tibia and the talus or astragalus. Side bending and rotation are not present here but at the joint anterior to the talus. When the foot is "turned" it is usually in inversion and the ligaments that suffer are the ones extending from the fibula to the talus and calcaneus. There are three small ligaments here that while strong enough under ordinary

circumstances are not sufficiently heavy to stand the violence of sudden stops and twists that come in football. We must protect the outer part of the ankle joint more on this account. Another thing to think of is that there is only one muscle that crosses the ankle externally that adds strength to this side of the ankle. It is the peroneus longus. The joints between the talus, calcaneus, navicular and cuboid are secured by strong ligaments that need very little aid and this small amount of protection they do need is taken care of in the proper application of tape primarily intended to strengthen the ankle joint. Write to Johnson and Johnson at New Brunswick, N. J., and ask for a copy of "Adhesive plaster bandaging in Athletics," and turn to page thirteen. This type of bandage is used a great deal but with a modification that makes it better. Do not let the ends of the tape overlap along the dorsum of the ankle. Leave an open space to prevent the compression of the blood vessels along the dorsum. This is an excellent bandage to use in the care of an injured ankle. There is another bandage illustrated on page fifteen that is best in the cases where the lateral ligaments are weak.

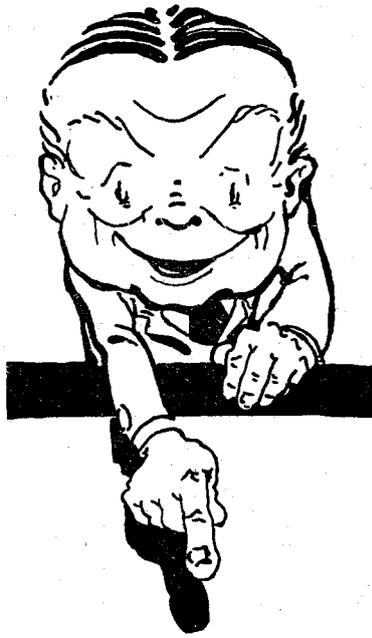
We do not like the use of the third strap put on in the figure eight style. This binds the ends down, but prevents free circulation. If used it should be put on with the idea of holding number one in place and not for the purpose of binding the ankle. The double bandage as shown on page sixteen is used in the thin ligament and muscle cases. It is stronger by one more band. Gauze may be used under these bandages but they do not have the intended effect if they can slip around. A protecting bandage must be as close to the bone as possible.



Dr. and Mrs. G. J. Howland are the proud parents of a son, Leland Louis. Dr. Howland is a graduate of D. M. S. C. O. and is now practicing in Decorah, Iowa. The new son was born on Dec. 11th.

Word has been received from Dr. and Mrs. W. K. Howes that a new member of the family has arrived in their household. Cyrus Thomas was born on November 17th.

The dominant traits of mankind are truth, justice and righteousness, and the appeal to reason must ultimately prevail.—Calvin Coolidge.



STOP!

When You Consider the Study of Osteopathy

Plan to Attend

Des Moines Still College

Because, D.M.S.C.O. Offers—

1. Unlimited Clinic Material
2. The Finest of Instructors
3. A New and Modern Building
4. A Democratic Student Body
5. Opportunity for Part Time Employment

**For Further Information Address Secretary
Des Moines Still College of Osteopathy, 722 Sixth Avenue**

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 6

January 15th, 1929

Number 13

Student Body Favors Assemblies

The first assembly after Christmas vacation was of decided importance to the student assemblies of the college. Dr. Johnson, taking charge of the program spoke of the assemblies of the past semester, but questioned the advisability of taking the students' time for an assembly on Friday mornings next semester. The decision of the question was left to the student body, who voted unanimously in favor of the continuance of assemblies. Dr. J mented on the fine conduct of the students as a self governing body and later spoke about the good standing enjoyed by the students in the city, of which he and the faculty are proud.

Regarding the assemblies of the new semester, a program is to be outlined and a member of the faculty will have complete charge. This will assure the students of a different type of entertainment each Friday yet a program that they will not want to miss. The whole idea will depend on the co-operation of the students, and the interest of the faculty in their desire to make the assemblies a success.

Dr. H. V. Halladay told about the letter received from Dr. S. S. Still in regard to the book sent as a memento from the college. All were glad to know that it found such favor and of the joy that it brought to Drs. S. S. and Ella Still.

Reverting to the band in which we know that Dr. Halladay is deeply interested he explained his plans for a future saxophone sextet and the securing of more music for the band. We indeed look forward to their appearance and anticipate future musical programs.

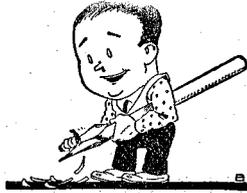
Senior Assembly

Changing the custom of presenting the special awards on graduation night to the Senior Assembly day has added much to make the assembly a success.

Dr. J. P. Schwartz, dean of the college, made the awards following the reading of the class will by C. V. Moore. Those of the class receiving special awards were Lillian Tracey, Ray E. McFarland, Carl Seastrand, C. V. Moore, C. S. McMurray, Roy A. Lypps and J. R. Shaffer.

These awards are made on a basis of special work completed in Anatomy, Obstetrics, Clinics, Eye, Ear, Nose and Throat, and Gynecology.

Vermont State Board



The Vermont State Board of Osteopathic Examination and Registration will hold an examination at St. Johnsbury, Vermont, on February 15 and 16, 1929.

All applications for this examination should be made to Dr. Dale S. Atwood, St. Johnsbury, Vermont.

Nebraska State Board

The next Osteopathic examination will be given February 20-21, at the State House, Lincoln, Nebraska. All applications must be on file in this Bureau at least 15 days prior to date of examination.

Bureau of Examining Boards.
Mrs. Clark Perkins, Director.

Mid-Year Class Banquet

Realizing that graduation was but a few days away the entire senior class gathered at the Grant Club Friday evening at 6:30 o'clock in response to the invitation issued to the class by the faculty and the trustees of the college.

The entire scene was replete with joviality and festivity, each trying to outdo the other in repartees and non-committals of the evening's occasion. A group of musicians from Lincoln high school furnished delightful entertainment during the program.

The faculty, with Dr. J. M. Wood officiating in the capacity of toastmaster, provided an evening that will long be remembered by every member of the graduating class. Coach F. R. Sutton appeared on the program, speaking on the subject "Before Graduation," and Dr. H. J. Marshall on the subject "After Graduation." Lillian Tracy gave the response of the class.

The indulgence of the last cup of coffee ended the banquet that cemented a closer friendship between the faculty and the members of the class of January, 1929.

There is no easy or royal way. The man of today "who can" was yesterday the boy "I will."

Senior Obstetrics

A complete check having been made on the January class of 1929 reveals interesting statistics in regard to their obstetrical work while students at Des Moines Still College of Osteopathy.

Requirements of the college for graduation are that a student must actually deliver two cases, act as assistant of five or more and have one hundred fifty credit points. Each member of the outgoing class have delivered an average of four cases, has assisted in eight cases and has two hundred forty-three credit points. Statistics in themselves are a proof and especially is this true in the consideration of the obstetrical department of the college.

During the Christmas vacation all who remained were busy, many on two and three cases in as many days. Two days found the assistants of the obstetrical department on seven cases, four of them being within six hours. This is a record of which any school can be justly proud, to say nothing of the variety of the cases.

The Obstetrical clinic of D. M. S. C. O. continues to grow and will continue as long as this department of Osteopathy maintains such high standards of proficiency in its work. The students are fortunate in having such a vast amount of experience and the present graduating class will realize this as they practice in the community in which they locate.

Sigma Sigma Phi Awards

The January class of 1929 approaches the final day of their student life at D. M. S. C. O. and with it comes the annual selection of two members for the Sigma Sigma Phi awards for service and proficiency, the former being awarded to Roy A. Lypps, and the latter to James R. Shaffer.

To qualify for either award the student must have spent his or her entire four years at D. M. S. C. O.

The basis on which the proficiency award is made shall be the individual's high degree of proficiency from all standpoints, such as: general attitude, personality, attentiveness, adaptability, courtesy, osteopathic technical efficiency, and loyalty.

(Continued on page 3)

New Students

Mid year class enrollment has started and the school looks forward once again to a new class within its halls. Several students are in town and some have visited the school to make arrangements for enrollment.

Correspondence from others and from the alumni indicate that more will arrive within the week. This will not be a record breaking class but it is expected that there will be more than enough to replace those that are graduating in the January class.

Not only the alumni of D. M. S. C. O. are sending in new men but other field members as well, and the school officials appreciate their efforts and interests. Every one knows that the more Osteopaths there are in the field the stronger the profession.

Don't wait, send in your prospective names and let us know when the men will arrive so we will be able to meet them at the train.

Registration for the mid-year class will be January 18th and 19th with class work beginning on the 21st.

Review Course

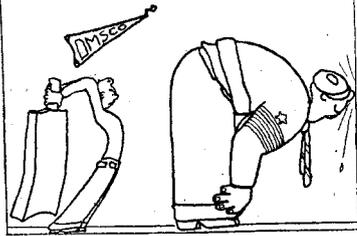


Dr. Samuel Fomon of Chicago has returned to D. M. S. C. O. and is again conducting the Fomon Medical Review course. The class started on the afternoon of Jan. 4th and will continue until the subjects are completely covered in every branch of the Medical Science which will be after February 1st.

Class is held every Monday, Wednesday and Friday evenings, for those who cannot attend the afternoon sessions, all day Saturday and Sunday. Some take advantage of both sessions and thereby derive a more thorough review.

The class this year is large and those who are taking the course value it not only for the knowledge derived but it also enables the student to see each subject from a different angle as it is presented. So, too, the student is able to study each subject as a whole and as related to other subjects.

FRATERNITY NOTES



ATLAS CLUB

Well, the last of the stragglers have finally gotten back. Bill McKinley, who was last to arrive as usual, finally peeled in last night three days late for school. Taylor had a hard time telling whether Bill was a colored or white boy. We took a vote and decided if we scrubbed hard enough we might make Bill clean again. "Cookie Moore" was much relieved to see Mac come in as "Cookie's" feet were so sore he walked like he had rheumatism.

Thanks to brother "Duke Wire" for the bobcat skin.

We are in doubt as to whether McDonald is really Scotch or not. You know he got himself a derby, I wonder if he counts his money towards him.

Joe College comes in one door and right out again. They think there must be a great attraction some place.

Ken Ward received a card from the following boys who were in Canada: Cecil Musselman, Frank Dornbush, Eddie Rickenbacker, Harold McDonald and Jack Campbell. We wonder what they were doing when they sent the card.

Ask Dornie about the inspection office.

Ed Swartzbaugh is still enjoying the food that he brought from home.

John Anderson has been in a very humorous mood, I wonder why?

Mikan, will you ever forget New Year's Eve?

Nosseck is still trying to tell the boys just what to do. More power to you, Turk, old boy.

Jack Campbell is still in doubt as to the truth of Warren Swartzbaugh's statement about New Year's Eve.

The Atlas Club boys are enjoying a banquet at Younkers Tea Room in honor of Dr. Lipps. Dr. Campbell was toastmaster. The program consisted of talks given by the following: Dr. Johnson, J. P. Schwartz, Marshall J. L. Schwartz, Halladay, Parks, Trimble, Lindbloom. Dr. Lipps spoke to us. Then a few remarks from the toastmaster.

The holiday season added many new members to the well known "spat" club of which Ken Ward was the originator. The following members are: Grand Mogiel, Ken Ward. Other actives are: McDonald, Wright, Campbell, Harmon and Fedson.

Karl Harmon shaved his mustache off so that he might get his name in the Log Book. Well, Karl, your wish has come true.

IOTA TAU SIGMA

The happy New Year greetings have all been completed and the boys are all set for the mid-year examinations: These examinations mark the completion of the term's work, and also creates wonder and anxiety as to just what the next term will present. However, we are all in the "saddle" and ready for anything once.

Most of the boys had the opportunity to go home during the Christmas holidays, while some more chose to stay in the village and "make their Whoopie." Apparently St. Nick knew where each of them were by the displays of socks, neckties, etc. around the house. But nobody is devoid of forgetting some things and Santa surely made one bad omission when he neglected to include boxing gloves for Spaulding and Routzhan and a bicycle for John Wright.

"Hart Schaffner & Marx Cudden" and Red Lang were also among those who remained here. Suppose they don't like to ride on trains, loved school too much to leave, (OR) possibly there's another reason. Now I'll ask you one.

Anybody want to buy any live stock? See Nick Gill; he brings the latest report on the Ohio live stock commission. But where is the man that wanted to sell "that duck"? He must have a proposition or two as the "ole B. R." is plenty obese.

A very common remark that I'll have you figure out:

Morgan—Jeat yet?

Rich—No, joo?

And then a single file formation to McClintick's for the bread line.

Brother Cudden was seen a few weeks ago and was as gassy as ever but in a different way. It's Texaco this time, filling up the old Fords around the home town.

We must not forget our little flower from Malta alias "Lilly." As a result of his musical ability he has progressed to the point where his new duties are choir leader. And to top things off in better shape he now possesses a brand new baton. Yes sir, enameled and everything.

More hidden talent uncovered. if Hap Nowlin ever has to quit studying Osteopathy he will be right to enter the field of the auctioneers. Got any blimps you want sold? This fellow Nowlin could sell you H2S for incense in the dissection room.

Alumni members! Are you making definite plans to see us during the convention? We are planning to see you.

Bro. R. E. Curry of the 1913 class was seen Christmas time and has made definite arrangements for that week and we want more of you to do the same.

The fraternity enjoyed a dance at the house Saturday night. Had a great turn out and a grand time.

PHI SIGMA GAMMA

Now that Red Stewart is back things can function better. We

sure missed our brick top.

Pledge Stivenson don't seem to be the same since he came back. Oh, well, only five months and you will be back to see her again.

The boys that stayed at the house during vacation took turns being the custodian. We hope they weren't lonely.

Tiny George Loftus showed the people that he can lick his weight in wild cats. And all the girls heaved big sighs as Tiny came prancing into the ring.

Stritmatter, Scatterday and Pledge Toepfer bucked the snow all the way back from Ohio. Just the same we're glad they got back safe.

Patterson got out his six shooters the other afternoon when a large black hairy creature came in the front door. But upon examination it was found to be Pledge Perry in his new fur coat. Too bad Pat, maybe you'll get your bear yet before you go back.

Chronic Grau has worn out his third atomizer since he has been here. No danger of the flu getting that boy.

Walt Madson and Pledge La Chance tried to break the world's record for non-sleeping during Christmas. We unanimously award them the prize.

Technical Smith seems to have been the father of the boys during Christmas holidays. Congratulations on your good work.

Rudy Gauger returned to Useless, Neb., and found it was still in the same place. We're glad the Indians didn't get him.

Pledge Armbrust came back weighing twenty pounds heavier. If he went home every week end it would be bad.

Jimmy Cornelius was layed up over the holidays. We sincerely hope he makes a fast recovery.

Dusty Dorwart sure had his hands full bucking the snow on his way back. Dusty says that he will have an airplane next and avoid the snow.

Pledges Schaffer and Stoike arrived safe but a little late. Don't let it happen again boys.

Now that Foman is here we never see some of the boys. Drop us a line once in a while fellows.

Phi Sigma Gamma takes great pleasure in announcing that George Purdie, Frank Shaffer and Wilfred Brace are now members of the fraternity.

SIGMA SIGMA PHI

The Beta Chapter of Sigma Sigma Phi takes the pleasure in announcing the initiation of William Johnson, Harry Skinner, LaVern Utterback, Norman Wier and Myron Monger.

Tuesday evening, Jan. 8th, at 6:30 o'clock Sigma Sigma Phi held its Senior Banquet at Younkers Tea Room. The above pledges were also honored guests at the banquet. Everybody ate as though they hadn't had a square meal since Christmas. The committee that planned the banquet can do it again any time now. It was good to the last drop.

"Judge" Utterback says that it was an "ill breath" that brought him no good, but he rolled along with the goat.

Dr. Halladay read a letter he received from Dr. and Mrs. S. S. Still thanking Still College for their beautiful Christmas gift that was sponsored by the Sigma Sigma Phi. They were very happy to get such a gift and they treasure it very highly.

At our last meeting the following officers were elected for the coming semester:

President, Russell Wright; vice-president, P. J. Gephart; secretary, Dwight Stone; treasurer, Neil Holton; editor, P. J. Gephart; corresponding secretary, William Johnson.

Last but not least we regret to see three good men leave the college. They have completed the first flight of their career and we sincerely hope they can continue with the good work. These men are Roy Lipps, Ray E. McFarland and James Schafer. We wish you well and good speed to success.



Around Our Merry Campus

Sound Treatment

A professor of surgery who was known to be "nuts" on the use of the Fowler position in peritonitis, was lecturing to the junior class.

"Gentlemen," he said very impressively, "whenever you see a patient with peritonitis, put him in the Fowler position at once. Bring him to the hospital but keep him in the Fowler position while he is in the ambulance. Operate with the patient in the Fowler position—"

"And when he dies," interrupted a voice from the class, "bury him in the Fowler position!"

Doctor—About nine patients out of ten don't live through this operation. Is there anything I can do for you before we begin?

Desky Patient—Yessah. Gi' me mah hat.—Tit-Bits.

Mr. L.—"How is your boy getting along in high school?"

Mrs. S.—"Ach! He is half halback on the football team, and way back in his studies."—Selected.

Hotel Clerk—Just in from Chicago, I see, Mr. Smith.

Mr. Smith—No; that's a moth hole in my lapel.

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Osteopathy Without Limitation

IS IT SAFE TO HAVE TONSILS REMOVED?

This question was asked not long ago in a meeting composed mostly of women. The question is frequently asked and deserves a careful consideration answer. It is neither fair to patients nor to physicians to answer such a question, yes or no.

Improvements in surgical technique during recent years have been mostly in matters that pertain to safety rather than mere surgical results. As an example, consider the operation for Goitre, thyroidectomy. A decade ago this operation was attended by a very high mortality. Now it is quite exceptional that a fatality results from the procedure. This lessened mortality has not been brought about so much by improved operating technique as by better preparation of patients for operation. There has been much research into the causes of the former high mortality attending thyroidectomy. Now patients often undergo weeks of preparation before the operation is performed.

In all surgery other than emergency, careful attention is given to putting the patient in the best possible condition before operation. Even in emergency surgery precautions are taken, such as, the more frequent use of transfusions, limiting the amount of work till later, etc., that increases the safety for the patient to a wonderful degree.

Now specifically as to the removal of tonsils (tonsillectomy): The same degree of carefulness about preparation of the patient is customary. In children, who are anaemic, preparatory medication is often given. In persons who may have a tendency to bleed freely, coagulation test of the blood is made before operation. Treatment may be given to lessen this tendency. In many other ways, precautions are taken to lessen the actual danger of operating.

It is wrong to tell a person there is absolutely no danger in any surgery. In even the least important operations there is always some little element of risk. In tonsillectomy, as well as in other surgery, this element has been reduced to the minimum.

So in answering the question as to the risk in removing tonsils, one can say the risk is reduced to approximately one chance in a thousand. Compared with the danger of not removing diseased tonsils the operation for their removal is eminently safe.

Bashline-Rossman Osteopathic Hospital



The above is a picture of the Bashline-Rossman hospital at Grove City, Pa., which was visited recently by Dr. J. P. Schwartz, dean of D. M. S. C. O.

This is one of the most progressive Osteopathic institutions of the middle west, receiving excellent co-operation of the physicians of the surrounding territory. Both Dr. Bashline and Dr. Rossman are ever on the alert in the interests of Osteopathy and lend every effort in the securing of new students.

Sigma Sigma Phi Awards

(Continued from page 1)

The basis on which the service award shall be made is the individual's loyalty to the college and to the profession from all standpoints, such as participation in college activities, leadership, initiative, constant striving for the betterment of the college and the Science, interest in the work of the American Osteopathic Association, must have exerted himself in the development of a harmonious atmosphere between the powers of the institution and the student body.

The committee on Awards consisted of Dr. J. P. Schwartz, representing the Board of Trustees of the College, Dr. C. W. Johnson, as Clinician of the College, Dr. John M. Woods representing the Faculty of the college, and a Senior B member of the fraternity.

These awards were presented in Senior Assembly Friday morning.

A new use for the "zipper" arrangement that has become so popular on tobacco pouches, overshoes and traveling bags, is suggested in the news that a woman on Long Island has just returned home from her fourth Caesarian operation. The four operations have been performed during the last six years and the four children are living. The surgeons should seriously consider the application of "hookless fasteners" to save time and trouble.

The Inventive Age

"The Scientific American" states that a person poring over the old files in the United States Patent Office at Washington found a letter written in 1833 which illustrated pretty well the limitations of human imagination.

The letter was from an old employee of the patent office offering his resignation to the head of the department.

His reason was that, as everything inventable had been invented, the patent office would soon be discontinued and there would be no further need of his services or the services of his fellow clerks. He therefore decided to leave before the blow fell.

As we look back in review of the many inventions which have come into use since 1833 we realize the limitation of human imagination and in our musing we wonder what the next ten years will bring forth in the way of new inventions.

It almost seems to us as it did to the old employee of the patent office, that the saturation point has nearly been reached, but we have only to look about us a bit or scan the magazines and papers to learn that there are new and wonderful inventions coming out every day.

The tired business man came home tired after a long day at the office. The tired business man bowed his head to ask the blessing and all was quiet.

"This is Mr. Jones speaking," he began.

Watch Yourself Go By

What's the use of taking stock
In all those things we hear?
Why rip the lining out of Brown
And make Smith look so queer?

You cannot always tell, my boy,
It may be all a lie;
So just step around behind some tree
And watch yourself go by.

You'll find that things look different
And crooked paths seem straight,
That Smith is not the only man
Who sometimes gets home late.

Perhaps your wife's own husband
Sometimes goes all awry;
So just step around behind some tree
And watch yourself go by.

In business, as in pleasure,
And in the social life,
It doesn't pay to speculate
Or let your thoughts run rife.
Just try to think the best of those

Who in your pathway lie—
And just step around behind some tree,
And watch yourself go by.

—Author Unknown.

Be just as enthusiastic about the success of others as you are about your own.—Daniel Webster.

Time wasted watching rivals reminds me of chasing butterflies up side lanes while you have the long, weary pike to travel.
—Marc Klaw.

"THE OFFICE LABORATORY"

Compiled By
ZOE ALICE INNES

INTRODUCTION

This manual has been prepared for the use of physicians who would like to have readily available the aid which simple laboratory procedures can give in establishing diagnosis.

The work is intended to supplement standard texts with information condensed and classified for quick reference, and has been compiled with the needs of the busy general practitioner in mind, rather than from the stand-point of the biochemist.

The tests given comprise those which have been found most useful in practical work, and will point the direction in which further search should proceed, but, it is conceded, should not be taken as a basis for research work.

The quantitative estimations will enable the Doctor to check the progress of cases in which sugar, albumin, acidosis, or hydrochloric acid deficiency are factors, with sufficient accuracy for all practical purposes.

Clinical application is omitted, as being beyond the scope of a manual of this nature. For this information refer to standard texts. Todd's "Clinical Diagnosis By Laboratory Methods," published by W. B. Saunders Co., Philadelphia, is recommended.

Blood chemistry, serology, and bacterial culture are higher branches for which the general practitioner usually has neither time nor equipment, and should not be attempted, in any case, except by trained workers. Where such procedures are indicated by the findings from tests here given, they should be sent to properly equipped and staffed laboratories.

This is only a framework, the "bare bones," as it were, of office laboratory work. It is believed to supply a class of information which has not, to the writer's knowledge been compiled in just this form hitherto.

GENERAL DIRECTIONS

Most laboratory workers know that accurate technique is essential for dependable results, but the need for laboratory cleanliness does not seem to be so generally understood. Each is a waste of time without the other.

The laboratory should be dusted daily. Dirty glass, in which the remains of old tests have dried, will vitiate all findings and make the work done not only useless but frequently detrimental, as it will give false information. Thorough washing and rinsing in running water BEFORE glass has dried will keep it in condition to be used at all times, and take only a few seconds. New glass should be washed in hot soap and water, to which a little ammonia or washing soda has been added, thoroughly rinsed in running water, and dried. Drying may be done by putting the wet glass in a

COLD oven, and supplying low heat for an hour or more. Avoid letting a draft of air strike the hot glass and do not remove from the oven until partly cool. Very dirty glass or that in which chemicals have dried should be cleaned in Chromic Acid Mixture.

Dust should be wiped from the lip of reagent bottles before pouring, and care taken that the corks are not interchanged.

Contaminated glassware and infectious material should be immersed in 5% Phenol or Bichloride for at least two hours before cleaning or final disposition. This applies also to containers and apparatus used for urine showing pus, since, until diagnosis is made, the cause is not known and may be virulent. **Do not use bichloride for sputum.**

In cases where definite measurements are given, they should be accurately followed, as the reagents are standardized to respond in that proportion.

Laboratory findings should always be considered in connection with the facts brought out by the physical examination. Negative laboratory results, while the symptoms point persistently to a certain condition, should be disregarded, as indicating either an anomaly in the case under consideration or faulty laboratory technique.

Pathologic findings in random specimens of urine should be checked by the examination of a mixed 24-hour specimen before drawing conclusions.

Urine which cannot be examined immediately should be preserved, as it begins to change soon after voiding. The most practical preservative is Boric Acid, a large pinch, (approximately 5 grams) to each 4 ounces. For a 24-hour specimen the patient should be instructed to mix a heaping teaspoonful into the first voiding. This will preserve chemical values and inhibit bacterial growth.

A routine urinalysis, a hemoglobin estimation, and a white cell count should be done for each new patient. Much information as to the general condition of the system will be obtained, and the whole can be carried out in twenty minutes if the work is well systematized.

URINALYSIS

A routine analysis should be made on a freshly voided specimen where possible, and should include Color, Transparency, Reaction, Specific Gravity, Albumin, Sugar, and Microscopic examination.

In making tests, unless definitely instructed to "overlay," see that all ingredients are well mixed.

Quantitative determinations must be made on the mixed 24-hour output. Patients should be given definite instructions as to time of taking, measuring and preserving.

Color

Straw to light amber. Usually the more concentrated the darker. Very light colored

urine with a high specific gravity will usually show sugar. A decidedly brown urine with yellow-tinted foam on shaking indicates bile. Anomalies in color as green, blue, pink, etc., call for an inquiry as to drugs recently taken. Methylene blue colors urine green if acid, blue if alkaline. Santonin yellow if acid, purple if alkaline. Senna red if acid. Sulphonal, trional, and phenol either internally or externally, very dark brown. In general the cause of any decided variation from normal color should be ascertained.

Transparency

Normal urine is clear when voided. A cloud consisting of mucus, epithelial cells, etc., usually gathers on standing, but may be dissipated by shaking. For finding the cause of any turbidity see directions for clearing urine under ALBUMIN.

Reaction

ACID turns blue litmus red. ALKALI turns red litmus blue. NEUTRAL solutions turn neither.

AMPHOTERIC solutions turn both.

Normal reaction is slightly acid. It should be taken as soon after voiding as possible and before preservative is added. Many neutral urines will be found among normal specimens, especially when much citrus fruit is used in the diet, but pathology should always be suspected if urine is alkaline on voiding, except an occasional specimen taken during the process of active digestion when it may be alkaline for an hour or two. These are rare.

Specific Gravity

Normal 1.016 to 1.024.

Varies with the amount of fluid ingested, amount and kind of food, exercise, occupation, etc. **Long's Rule for Estimating Total Solids**

Twenty-four hour output in ounces times last two figures of the specific gravity plus 1/10 of this product gives total solids in GRAINS. Normal 900 grains. Example using 48 ounces and S. G. 1.016:

$$48 \times 16 = 768.$$

$$768 + 76.8 = 844.8 \text{ grains solids in 24 hours.}$$

Haser's Rule for Estimating Total Solids

Last two figures of Specific Gravity times 2.66 times 24-hour output in ccs. divided by 1,000 equals total solids in GRAMS. (1 oz. equals 30 ccs.) Normal 60 grams.

$$16 \times 2.66 = 42.56.$$

$$42.66 \times 1440 = 61286.4.$$

$$61286.4 \div 1,000 = 61.28 + \text{grams solids in 24 hours.}$$

(Continued Next Issue)

Patient, (after having taken treatment)—"Doctor, how much do you charge?"

Doctor—"I charge nothing. Three dollars please."

"The time will come," shouted the speaker, "when women will get men's wages."

"Yes," said a little man in the corner, "next Friday night."

From the Field

Milwaukee, Wis.

Jan. 12, 1929.

Still College of Osteopathy,
Des Moines, Iowa.
Gentlemen:

I have a very nice treatment room in my office all equipped and furnished. Have been subletting for the past five years. The Osteopath that had recently been occupying it has bought a practice here and moved out.

If there is any one in your spring class that is looking for a city location, I would be pleased to get in touch with them.

The rent here is reasonable and there is some referred work each month.

Thanking you for anything you can do for me in this matter, I am

Respectfully,
Dr. C. C. Hitchcock.

A letter was received from Dr. Perry S. Borton, Kahoka, Mo., where he is engaged in the practice of Osteopathy. He is desirous of disposing of his office and equipment and would like to hear from anyone interested in locating in that locality.

For further information address a letter to Dr. Borton.



Dr. and Mrs. Reginald Platt of Houston, Texas, are the parents of a son. Mrs. Platt and Reginald III are reported doing splendidly.

Dr. Platt is a recent graduate of D. M. S. C. O. and is one of the staff physicians of the Houston Osteopathic clinic. He reports that Texas is a great field for Osteopathy, especially the Rio Grande valley.

Dr. Loerke Wed



Dr. Welden R. Loerke of the June, 1928 class of D. M. S. C. O. and Miss Ruth Bolzell were united in marriage Thursday afternoon, November 15th at Stanton, Neb. The ceremony took place at the Methodist church and immediately following the couple left for Ottumwa, Iowa, where they spent part of their honeymoon visiting Dr. and Mrs. G. W. Loerke.

You may not be superstitious or believe in signs, but keep on believing the signs which read "Railroad Crossing." — Uncle Philander.

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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February 1st, 1929

Number 14

Dr. D. L. Clark Visits D. M. S. C. O.

Dr. D. L. Clark of the A. O. A. spoke at the assembly on the morning of January 18th and brought a message of value to the student body that was received with true Osteopathic enthusiasm.

Following preliminary remarks in regard to the students and their future professional attitude he advised the students to take advantage of all subjects taught in the school. The present requirements and the better equipment gives every student the chance to go into the field well rounded in the science and able to compete with others in the healing art. There is no reason for anyone failing to make good. If the Osteopaths, he continued as a matter of co-operation had twenty-five percent co-operation they could accomplish more in the next five years in the upbuilding of Osteopathy in every phase of the work than they have done in the past thirty. This of course is based on the modern trend and advancing knowledge in the science—and all due credit to the pioneers who have worked so faithfully.

He stressed the fact that success depends largely on service rendered. A doctor should join various organizations and at all times be an asset to the community in which he lives.

Announcements and the school song brought the assembly to a close.

Mid-Year Enrollment

Once again the new replaces the old and with their coming the new freshman class brings a fine group of students to the halls of D. M. S. C. O. We are proud of this new class and extend them our warmest welcome.

The class this semester will replace the graduating class in an excellent manner, in as far as numbers are concerned. And too, many of the class have had previous college work which makes it a certainty that much will be expected of them.

Many of the old students who found it necessary to drop out for a year have returned so with the registration of the old and the new students the office force has had many rush hours. Everything was handled in a fine manner and the new semester is now well under way.

Effects of the new words are wearing away and the new students are gradually acclimating themselves to the surroundings.

Class of January, 1929

The graduation exercises of the mid-year class was held at the Hoyt Sherman Place on the evening of January 17, 1929. An unusually large number of friends and relatives attended the exercises.

Dr. J. P. Schwartz, dean of D. M. S. C. O. presented the class to Dr. Johnson, who as president of the college, conferred the degree of Doctor of Osteopathy. Following the presentation of the diplomas the class adjourned to the mezzanine floor where they received the congratulations and well wishes of all assembled.

The members of the class were: Gordon A. Dutt, Rudolph E. Gauger, R. A. Lypps, Ray E. McFarland, Charles S. McMurray, Christy V. Moore, H. I. Nesheim, Carl E. Seastrand, James R. Shaffer, David N. O. Shaw, and Lillian B. Tracey.

Program

March... Gladys Monroe Stribling
Invocation... Dr. M. E. Bachman
Selection... Mrs. Gifford Knudson
Address... Judge Hubert Utterback
Selection... Mrs. Gifford Knudson
Presentation of Class.....

..... Dr. J. P. Schwartz
Conferring of Degrees.....

..... Dr. C. W. Johnson
March... Gladys Monroe Stribling

Judge Utterback Gives Senior Address

The address by Judge Hubert Utterback was one of the best ever heard by a graduating class of D. M. S. C. O. The simplicity of the delivery, yet explicit in its phrasing commanded the attention of everyone that attended this mid-year graduation.

Judge Utterback has been an instructor in Still College for eighteen years which he has thoroughly enjoyed, stating that it has enabled him to come in contact with youth of courage. He expressed the desire of leaving one thought with the January class that would carry through the future and so choose as the main theme of his address "Children of Fortune."

Referring to our nation and stating what it meant to many, first liberty and second opportunity and education. He commented on the fine system of schooling—from grade school on through the professional training. He especially commended the class in selecting the wonderful profession of Osteopathy for in it as in no other profession there is the opportunity to serve both God and man. People have

(Continued on page 4)

Alumni News

The editor is desirous of running a special column in the Log Book to be called Alumni News.

This is being done to bring the men of the field into a closer relationship. This will enable the members of the various classes to keep in closer contact with each other and to know the successes of all.

If the members of each class will do this it will aid materially in plans for the A. O. A. convention to be held here in June. Many of the classes are planning reunions at that time and this publication will be glad to be of any assistance.

Organize now and plan to attend the convention in June—Don't wait—then write.

Dr. Spring Entertains Junior B Class

Friday evening, January 18th, the Junior B class gathered at the home of Dr. C. F. Spring to enjoy one of his traditional parties. All who have accepted his gracious invitation in the past will remember there is only one person who can entertain and provide an evening so full of wholesome activity as Dr. Spring. As a freshman we looked forward to this occasion and as alumni will be reminiscent.

Reports from many who attended verify the fact that this party will long be remembered by all the present Junior B class. The games engaged in provided variety and much enjoyment and laughter throughout the evening. Before the final gong sounded a most delightful lunch climaxed the evening. Dr. Spring with all his versatile humor provided an evening of joy and delightful friendship.

Official Definition Of Osteopathy

In the new constitution of the Ohio Society of Osteopathic Physicians and Surgeons adopted last May, section 2 reads as follows:

"The terms 'osteopathy' and 'osteopathic' as used herein are distinguishing words adopted by that school of medicine and surgery which teaches that correct structural adjustment of the body mechanism is the most important factor in restoring and in maintaining normal function and physical, chemical, biological and psychological principles."

Still Loses To Western Union

Still college staged a big rally in the second half of its contest Monday with Western Union college of Le Mars on the Des Moines university court but the visitors had too much of a lead, the result of their fine play in the first half, and the locals were beaten, 45 to 41.

D. M. S. C. O. was on the short end of a 27 to 11 count at half time and three times in the second period they came within two points of tying the score.

Still fought hard in the second half, scoring 30 points to 18 for the opposition.

Accurate basket shooting gave the visitors their big lead in the opening half. Jagnow, Hyink and Benz shared the scoring honors for Still in the second half. Benz counted 16 points for Still.

Still Defeats Fast Platt Team

Still college downed the Platt Business college of St. Joseph, Mo., Saturday night, 28 to 27 in a basketball game in which the play ranged from the mediocre to the brilliant.

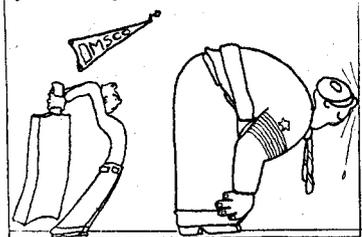
Playing in the Des Moines university gym the D. M. S. C. O. team started with their regular team who guarded and checked at every angle. The half time whistle found the visitors leading, 9 to 6. Then Benz, star guard, entered the game and the Still team gradually wiped out the lead that the Platt quintet held. With the score 23 to 20 in favor of the invaders Hyink came into the game at center and his height, drive and freshness enabled the team to gather in the deciding points.

For the first six minutes of the game neither team was able to score. Then Birmingham of Platt broke the ice with the first of his field goals. Lang followed with a free throw and Wynn's tipping shot gave a 3 to 2 edge for Still. Close playing and hard guarding kept the two team's offenses devoid of many baskets. The Platt team exhibited an extremely fast breaking offense but its shots were hurried and missed scoring.

Baskets by Jagnau and Benz left D. M. S. C. O. only one point behind early in the second half, but with the score, 17 to 12, in its favor, the Platt team started some sensational shooting giving them a 23 to 12 lead. Still now

(Continued on page 3)

FRATERNITY NOTES



ATLAS CLUB NOTES

J. P. Campbell

Well, now that the final exams are over, perhaps these long serious faces will brighten up.

I will try and give a brief review of some of the humorous things that have happened during the last few weeks.

The saying we heard continuously around the house last week by Harry Taylor was, "Wait till my skates from St. Paul come."

Harry Nossek is conducting a six weeks course in friendly advice on girl problems.

Squirt Utterback wants to know why Karl Harmon insists on buying cigarettes when he received a carton from home.

I see Mike Caldwell has added a new face to the picture gallery.

We have found a new cure for boldness, Skinner. Look it up.

After many starts Bob Gordon finally got back from school.

After many days of competition Ken Ward and Pledge Jack Campbell are to play off the finals of the pool tournament.

Warning—The next person caught taking the newspaper from its proper place should be severely punished. Signed by CHIEF WHALE BONE.

I understand that Joe College, who has proved himself a basketball star, has decided to turn professional.

I wonder what would happen to Ed Swartzbaugh if he should lose his little calendar.

Another world's record has been smashed. Bill McKinley ran his route in fifteen minutes.

IOTA TAU SIGMA

R. F. Herrick

The chapter gladly announces the pledging of Le Roy Sparks of Clarksburg, W. Va. Everyone of us extends "Sparky" a hearty welcome.

We also see two more men back in our ranks who were absent last semester. Earl Hewlett spent his half year at home engaged as "Tiller of the soil." The other brother is Gordon Ellsworth Du Bois alias Divi Divi. Dewey attended Ohio University but the lure of the tall corn state was too great to overcome and "here he is."

J. Nick Gill was very much elated over a telephone call from Millersport, Ohio, some time ago. So much, in fact, that he has started to feed the boys around the house. We did not say just WHAT he's feeding us, though.

Brother Peterson was seen reading Darwin again, apparently "Pete" has not as yet come to any understanding on that evolution question.

Judd Koch has started a school of his own, "How to learn

to spell at home." It would (Pay) everybody to investigate this.

We regret to have Brother R. K. Richardson leave us, but trust that September will see him come tooting back to us.

On Saturday evening, January 19, we held our semi-annual alumni banquet. Dr. R. E. McFarland being the honored guest of the evening. Dr. McFarland completed his work at school in January, 1929. After congratulations were offered we were favored by a short farewell address by Brother Mac, and the several field men were called on. Those present were: Dr. E. E. Steffen, Dr. B. L. Cash, Dr. D. A. Richardson, Dr. I. J. Nowlin, Dr. W. E. Russell, and Dr. W. J. Nowlin. Brother Rohde was the toastmaster for the occasion. We wish Dr. McFarland success in years to come.

The chapter has heard from Dr. H. C. Belf who is practicing in Detroit. Brother Belf seems very much enthused about our coming convention and we hope every alumnus has that same spirit.

Dr. Richardson was in the city during semesters. His knee, which is in a cast, due to a brucitis that developed, did not deter his coming up to the house. We hope it will soon be O. K. so he can resume practice.

PHI SIGMA GAMMA

C. A. Reeves

Phi Sigma Gamma takes great pleasure in announcing the pledging of James Scatterday, Worthington, Ohio, and Robert Allen, Columbus, Ohio.

The freshmen are quite the busy boys around the house this week.

Jimmy Cornelius is getting better slow but sure. We wish you all the luck in the world and a speedy recovery.

Patterson was elated when some one noticed that he had a baseball nine on his upper lip. We all thought that Pat was getting a little lax in his toilet preparations.

A few of the boys are thinking quite seriously of the stage, or is it the stage door? Anyway, time will tell.

The new dance Bendola, seems to be quite the rage around the house at present. Maybe some artist will develop yet.

Dusty Dorwart is a busy man this week. He's the papa of all the yearlings. Go to it Dusty.

Rudy Gauger left for Nebraska. Sorry to lose the old kid.

Jimmy Shaffer also left our fold. But we look for him back. Certain magnetic powers, I call it.

And now that we have found out that Pledge Armburst's real name is Count Von Hagen (ahem!) we hope that it won't cause a great deal of excitement among the femmes of Des Moines.

If any of you haven't seen Scatterday's new picture yet, just inquire about it and he will show it to you.

Red Stewart is working again. Guess he got over his weak spell. Pledge Jagnow was experi-

menting on how it feels to get knocked cold. The after effects weren't so good though.

Pledge Grau got back from Melon Town safe and sound with plenty of eats for the boys. Said the snow was so deep that he couldn't find the watermelons.

Madson, Toepfer, Perry and Stivenson seem to have taken to the winter sports. All kinds of new contraptions for sliding purposes.

Pledge La Chance has taken up skiing. A few extractions might help a lot?

SIGMA SIGMA PHI

It is the pleasure of Beta chapter of Sigma Sigma Phi to announce the pledging of Ralph Lang, Richard Rhode, Harold Cudden and Bernard Fry.

Letters have been received from our alumni and we are glad to hear from them. We are anxious to know what is going on in various communities. May we request that all the alumni drop us a few lines to let us know how you are getting along and above all, your correct addresses.

The convention isn't far off and we want to get in touch with every man so that we might make this convention a bigger and better one.

Let's have those letters.

SQUARE AND COMPASS

C. A. Reeves

Still Square of Square and Compass takes great pleasure in announcing the new members, Dr. W. J. Nowlin and R. N. Strittmatter.

L. J. Grinnell was elected the new president. D. N. O. Shaw did some excellent work while in office.

Plans are under way for a smoker for new Masons and De Molays soon. Definite plans will be announced later.

Horse Sense

If you work for a man, in heaven's name work for him. If he pays wages that supply you your bread and butter, work for him, speak well of him, think well of him, stand by him, and stand by the institution he represents. I think if I worked for a man, I would work for him. I would not work for him a part of his time, but all of his time. I would give an undivided service or none. If put to a pinch, an ounce of loyalty is worth a pound of cleverness. If you must vilify, condemn and eternally disparage, why, resign your position, and when you are outside, damn to your heart's content. But, I pray you, so long as you are a part of an institution, do not condemn it. Not that you will injure the institution—not that—but when you disparage the concern of which you are a part, you disparage yourself.—Elbert Hubbard.

Follow with reverent steps the great example
Of Him whose holy work was "doing good";
So shall the wide earth seem our Father's temple,
Each loving life a psalm of gratitude.

—Whittier.



Around Our Merry Campus

The Customer—It's wonderful the way you can read the funny writing on those prescriptions.

The Drug Clerk—Some of it is hard to make out. Then we always pick out something harmless and expensive.

"Your wife has been delirious all day," said the nurse in a worried tone, "calling for you and crying for money."

"Hah!" snorted friend husband, "Delirious, hell!"

The lady had lost her husband, and had given instructions to the stone mason as to the wording on the tombstone, the ending to be "Rest in Peace." In the meantime, her late husband's will disclosed the fact that she had been somewhat shabbily treated.

She rushed around to the stone mason and told him to omit the words "Rest in Peace."

"I'm very sorry," he replied, "but they have already been carved."

"Oh, well," said the lady, "add 'Until we meet again.'"

Dietitian—Yes, a few lettuce leaves, without oil, and a glass of orange juice. There, madam, that completes your daily diet.

Mrs. Overweight—Thank you so much, Doctor, but do I take this before or after meals?

Able To Pay

The young medico coughed rather gravely. "I am sorry to tell you," he said slowly, looking down at the very sick man in the bed, "that there is no doubt you are suffering from scarlet fever and, as you know, it is extremely contagious."

The patient slowly turned his head upon the pillow and looked toward his wife.

"Dearest," he said in a faint, but distinct voice, "if any of my creditors call, you can tell them that at last I am in a position to give them something."

Play Safe

Patient: "My wife says that I talk in my sleep, doctor. What should I do?"

Doctor: "Nothing you shouldn't."

Alice—Auntie, were you ever in a predicament?

Maiden Aunt—No, dear, but heavens knows I've tried.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser—H. V. Halladay

Editor.....R. B. Kale

Osteopathy Without Limitation

A Talk With Pres. Clark

Traveling east and west and north into Canada in an effort to meet and talk with the doctors and students, Dr. Clark reports that he has found more enthusiasm than ever before in regard to the next national A. O. A. convention. Prospects are for the largest convention attendance in the history of the association.

The program is fast lining in to form and it is destined to go down in history as the best of any convention. Dr. Clark appreciates the work of all who are working to make the program a success and asks for the co-operation of the entire profession.

His visit and meeting the entire school faculty and students has given him a higher appreciation of D. M. S. C. O. as an Osteopathic institution. He is more than pleased with the caliber of students, the work being done at Still college, and the progress made in the last few years. He predicted a continued march until it would become even a greater institution in the science.

Defends Osteopathy

The following clipping was taken from the Milwaukee Leader of January 17th. Dr. Ralph Davis is a graduate of D. M. S. C. O., the class of May, 1927, and is now practicing in Milwaukee. We are glad to see that the Osteopaths in the field are standing firm for Osteopathy in its highest sense.

Fishbein Wrong Say Osteopaths

"To include osteopathy in a group of quack cults is a travesty of justice and an insult to American intelligence," declared Dr. E. J. Elton, secretary, Wisconsin Osteopathic Association, referring to an attack on the profession made by Dr. Morris Fishbein, Chicago, in his talk on Fads and Quackeries in Medicine, Tuesday night, in Temple Emanu-El B'ne Jeshurun.

Many Milwaukee osteopaths expressed indignation.

Dr. Ralph Davis, Plankinton Arcade, declared there was no truth in Dr. Fishbein's statement against osteopathy.

"Every state in the union recognizes osteopathy as a healing art, not a cult or quackery," said Dr. Davis.

"It has gained a reputation for honesty and maintains colleges where training is equal to medical college requirements. There is already a movement on foot to establish an osteopathic hospital in Milwaukee."

From The Field

A letter has been received from Dr. Chas. F. Frazer of Escondido, Calif., in regard to the sale of his practice. He has a splendid practice and complete equipment necessary for such a practice.

He wants a good Osteopath to take over his office and equipment. He desires cash as he is nearing his seventy-fifth year of life, having been practicing for twenty-eight years.

Anyone that is interested should write to Dr. Frazer, 226 E. Indiana Ave., Escondido, Calif.

Dr. C. C. Carter of the June class of 1928, who is now located at Big Springs, Texas, wrote a short but interesting letter. He is making plans to attend the A. O. A. convention to be held in Des Moines in June.

We want to hear from the field men as to their location, about the prospects for others locating nearby, etc. This would be of interest to the alumni as well as the students.

Write again, Doctor, for we are always glad to hear from you.

An interesting letter was received from Dr. Ralph C. Davis from Milwaukee, Wis. He is more than pleased with his location and comments on the excellent harmony existing between the Osteopaths.

He further expressed his appreciation to Dr. Halladay for the fine talk while in the city, for it paved the way in lining up four high schools in taking care of their athletes.

He reports that in his hospital work he has sufficiently demonstrated and proven to himself the fact that post operative Osteopathic care is far superior to any other form of treatment.

The Milwaukee Osteopaths are organizing and already have plans for attending the national A. O. A. convention in June.

His address is 123 Wisconsin Ave., Milwaukee, Wis., Room 5161.

Word has been received of the death of Dr. Robert C. Malcomb. He has been in the practice of Osteopathy in Washington for the past twenty-three years.

He was a graduate of the Des Moines Still College of Osteopathy and a charter member of the Association of Osteopathic Physicians of the District of Columbia. Prior to entering the practice of osteopathy he was connected with St. Elizabeth's hospital.

He had been out of practice the greater part of the past year on account of ill health but a few months ago he believed he had fully recovered and took up his work with renewed vigor in his newly equipped offices on Connecticut avenue.

Dr. Malcomb was a member of Stansbury Lodge No. 24 since 1902, S. R. Degrees, Mithras Lodge of Perfection of Maryland, Evangelist Chapter, Robert De Bruce Council and Albert

Pike Consistory since 1919.

He is survived by his wife to whom he was married about three years ago. He was sixty-two years of age.



Madison, S. D.,
Jan. 15, 1929.

Des Moines Still College
of Osteopathy,
Des Moines, Iowa.

Dear Sirs:—

The Snyder Health Institute has attracted thousands of patients from all sections of the United States and Canada. It has a good location in a good small city. But it is for sale, as the owners wish to go to the mountainous west.

If you have a married man among your recent graduates who would like to buy an established practice and conduct a sanitarium, we would be pleased to hear from him.

Very truly,
Dr. Wm. Snyder.

Dr. E. L. Raffenberg of Grundy Center has written to the college advising us that his practice is for sale. He will dispose of all for the price of his equipment. If you are interested in such a location write to Dr. Raffenberg for detailed information.

The Gastroduodenal Ulcer of Humpbacks

Siegfried Plaschkes (Wiener klinische Wochenschrift, April 12, 1928) states that it is now generally assumed that, aside from a certain tendency to ulcer formation attributable to heredity in the individual, there are certain local factors acting on the stomach itself that lead to gastric ulcer, such as the traumatic, chemical, and biochemical factors, also embolic, inflammatory, neurogenic and mechanical factors. In some the constitutional factor predominates over the conditional ones, as is the case in the familial occurrence of the ulcer. Then there are the external factors, such as occupation, and so on.

For a number of years the author has observed a series of over fifty cases of ulcer of the stomach or duodenum associated with severe grades of curvature of the spine (humpback). These cases show an excessive narrowness between the spinal column, pancreas and liver, producing a markedly lordotic or scoliotic prominence of that part of the spine pressing against the stomach. The region involved is usually that of the eleventh and twelfth thoracic vertebrae and the first and second lumbar vertebrae, which constitute the level turned toward the convexity and press upon the stomach from behind. The author has

considered only those cases as true ulcer which showed either at operation or at autopsy or on roentgenography the presence of an ulcer.

The author's case showed ulcer of the lesser curvature and also prepyloric and pyloric and duodenal ulcers. He claims to have adduced evidence that the lordoscoliotic curved spinal column may produce an ulcer in the stomach lying immediately over the spine; it is also possible that, together with other factors, a "normal" spinal column may also be the mechanical cause of ulcer formation, especially as he has been able to confirm the old view that there is no such thing as a normal vertebral column. This is particularly evident in roentgenograms, which shows the lateral deviation of the vertebral bodies. The curvature of the spine occurring even under physiological conditions are also of significance, such as is found in the region from the eleventh dorsal to the second lumbar vertebrae, in which very region a kyphotic angulation of the vertebrae, a sort of vertebrae prominens inferior, is found immediately above a lordotic portion. The author has found this to exist generally in adults. If the spine is palpated from below upward, the finger will hang at the tenth or eleventh, more rarely at the twelfth thoracic vertebrae at a prominent spinous process, which means that the following eleventh or twelfth thoracic vertebrae or the first lumbar vertebrae is displaced ventrally and must become prominent anteriorly. The more marked the kyphotic angulation, the more prominent is the associated lordosis ventrally. If there is in addition a smaller or larger postural anomaly in the form of an angulation laterally or anteriorly one may assume especially in thin people and in a marked filling state of the stomach, an effect upon the stomach. In this way we can understand how the spinal column may exert an influence in the development of gastric or duodenal ulcers.—Medical Journal and Record, Dec. 5, 1928.

Again we find the allopaths are beginning to realize that the theory as given by Dr. Andrews Taylor Still is correct. Time alone will be able to prove his theory on health and disease, as it is being proven every day.

Still Defeats Fast Platt Team

(Continued From Page 1)

took the turn in shooting baskets and the Osteopaths rapidly cut down the lead.

Jagnau's tipping tied the score at 23-all, Birmingham countered with a one-handed hook shot but Davis' midcourt shot evened the count again. Benz used his foul shooting ability to put the local two points in the lead. Birmingham wasn't stopping just yet and one of his sensational sideline shots swished through. Neither was Davis finished, though, and his shot from the side gave the locals the game.

"THE OFFICE LABORATORY"

Compiled By
ZOE ALICE INNES

(Con't. From Previous Issue)

ALBUMIN

Tests for albumin must be made on clear urine. If the specimen is turbid, carry out the following procedures in the order given:

1. Warm a small portion. If it clears, cloud is due to urates and has no significance. Filter out before making analysis, reserving a portion for microscopic examination, which should be uarm when centrifuged.

2. To the same portion add a drop of any acid. If it clears, cloud is due to phosphates and carbonates and usually has no significance. Acidify enough to do the albumin tests.

3. Filter a portion. If it clears, cloud is probably due to pus. Reserve a portion for the microscopic examination, and filter the rest. If it does not clear on filtering cloud is due to bacteria. Ascertain the age of the specimen to determine whether they have developed since voiding. Such urine can be cleared by shaking with CP Talc and filtering but it will usually be found that the specimen is too old to give accurate findings. Except in cases of bacteriuria, bacteria of endogenous origin are rarely numerous enough to cloud the urine.

Heat and Acetic Test

Half fill a test tube with urine. Boil upper half leaving lower half cold to furnish contrast. Add not more than 6 drops of 30% Acetic Acid, boiling between each drop. If a cloud develops which deepens and grows clotted on addition of acid, albumin is present. If it clears, cloud is due to inorganic salts. Examine against a black background by light transmitted from several directions to detect a very faint trace. Watch for a cloud developing after the acid is added.

Heller's Test

Overlay concentrated Nitric Acid with urine. A compact white ring developing exactly at the line of contact indicates albumin. A loosely organized white ring developing ABOVE the line of contact indicates nucleo-albumin or organic salts and is not significant.

Esbach's Test (Quantitative)

Fill an Esbach albuminometer with urine to the mark "U."

Fill with Esbach's reagent to the mark "R."

Cork and tip back and forth a few times to mix. DO NOT SHAKE.

Allow to stand undisturbed at room temperature for 24 hours.

Markings on the tube indicate grams per day per liter.

Calculation

Multiply reading by number of liters voided in 24 hours. (1 oz. equals 30cc. 1 liter equals 1,000cc.)

If information is wanted quickly the following modified test may be used:

Fill with urine to the mark "U."

Add 10 drops of Ferric Chloride.

Fill with reagent to the mark "R".

Cork and mix by tipping.

Place tube in a moderately hot water bath for 5 minutes.

Remove from bath and stand aside for 1 hour.

Reading may be made any time after that.

If the bath is too hot, albumin may collect in a clot at the top of the tube. When this happens, wait till the tube is cold and then tap gently with the finger-nail at the point where the clot is collected until it begins to fall. Stand aside until settled.

SUGAR

All copper reagents for sugar testing are based on the fact that a monosaccharide in the presence of heat and an alkali will reduce copper salts.

Benedict's test is recommended because the reagent is stable, requires only one heating, and uses a very small amount of urine.

Benedict's Test. (Qualitative)

To 5cc Benedict's Qualitative reagent in a test tube add 8 drops of urine, and boil for two minutes. Set aside and read when cold. Small amounts of sugar may not precipitate until the reagent is cool. A positive test is determined by the color and character of the precipitate, which will be from yellow to red, crystalline in structure, and settle solidly and evenly. Urates will sometimes change the color of the reagent to green and may develop a precipitate which is dirty white, flocculent, and settles loosely and unevenly. The chemical change is from the sulphate to the oxide, and the depth of color and amount of precipitate is a rough indication of quantity of sugar.

Benedict's Micro-method. (Quantitative)

Use diluted urine, 1 part urine to 9 parts water.

In a 6-inch test tube place 5cc Benedict's Quantitative reagent.

Add a large pinch of Sodium Carbonate.

Add a large pinch of Powdered Pumice Stone, (to prevent bumping.)

Heat to boiling.

Fill a 10cc graduated pipette with diluted urine.

Keeping the reagent constantly boiling, with special care not to boil over, add urine from the pipette drop by drop until the reagent loses the last traces of blue. As soon as the color begins to change, work slowly waiting 30 seconds between each drop, to allow time for the chemical change to be completed before adding more.

Read pipette.

Calculation

10 divided by the pipette reading equals percentage of sugar.

Since percentage is only significant in relation to the total output, it is recommended, where a day-to-day check is desired, that the grams per day be calculated.

24-hour output in ccs divided by the pipette reading times .01

times 10 equals grams per day. (1 oz. equals 30cc.)

$1500cc \div 1.5 PR \times .01 \times 10 = 100$ grams of sugar per day.

Where the sugar content is believed to be very small, as indicated by the qualitative test, undiluted urine may be used. In that case, divide 1 by the pipette reading for percentage, and omit last multiplication (by 10) for grams per day.

Chemical change is from the sulphate to the sulphocyanate which is white. (Pumice stone leaves the residue dirty gray.)

Pregnant and nursing patients frequently show sugar. This may be lactose, which is normal under the circumstances. A fermentation test will differentiate.

Fermentation Test

Rub up a piece of fresh yeast cake about the size of a pea with sufficient urine to fill the arm and bulb of the fermentation tube. Holding the tube with the arm horizontal fill with the prepared urine. Set upright carefully so that no air bubble forms at the top of the arm. Plug with cotton and allow to stand at room temperature for 24 hours.

Lactose does not ferment, but if the sugar is glucose, fermentation will ensue and gas will collect in the arm of the tube.

MICROSCOPIC

Fill a 15cc centrifuge tube with urine, balance with the same amount of water in a tube in the opposite arm, and centrifuge at second speed, (about 1500 R. P. M.) for three minutes. Carefully decant and discard the supernatant urine, allow a drop of the sediment to run onto a slide, spread the full length of the slide, with the lip of the tube, drain surplus back into the tube and place a cover glass. Examine for casts with the low power and very subdued light. If none are found in three times SLOWLY the length of the slide, they may be presumed to be absent. Examine the portion under the cover glass with the high dry power. Look for pus, blood, bacteria and crystals. If difficulty is encountered in identifying pus cells, place a drop of dilute acetic acid touching one side of the cover glass. Bring a strip of filter paper in contact with the opposite side. Capillary attraction will draw the acid under the glass and accentuate the nuclei. Pus cell has one to several irregular nuclei, others have only one, round or oval.

Specimens from female patients showing pus should be checked by an aseptically taken catheterized specimen to exclude vaginal contamination.

Uncertainty as to blood cells should be checked by diluting the sediment left in the tube with water and doing Myer's test for blood.

In suspected bacteriuria, allow a drop of the uncentrifuged urine to dry on a slide, fix, and stain by Gram.

Examination of urinary sediment for the Gonococcus is unsatisfactory, as the cells are

usually swollen or shrunken, and many of them broken, making it impossible to establish the diagnostic point of cellular inclusion. Urine to be examined for B. Tuberculosis should be prepared by the method given under bacterial staining.

Except in the case of stone or gravel, crystals are not greatly significant, and the information supplied is usually also furnished by other tests, so not much time need be spent in identifying them.

The physical examination will determine whether any of the following are indicated.

(Continued Next Issue)

Judge Utterback Gives Senior Address

(Continued From Page 1)

a faith and trust in doctors who have the opportunity of knowing the innermost secrets of the home.

Speaking further in regard to the class he said it should be a season of rejoicing for the dividends of a preparation that has given them a basis to go into life and make a success has been declared. This investment was derived from the best things in life and with the desire to build a good, clean, honest life only success would be theirs. There was never a time in life when character meant so much as when the opportunity of doing good was so prevalent and when one must exercise the fundamental ideals if they desire to win.

He continued saying that all should strive to reach a useful place in the world and to aid others whenever it is possible. We should at all times hold ourselves above reproach for there can only result a wreck on the sea of life if the moral laws are disobeyed. So a moral and spiritual equipment is necessary as well as educational if people are to develop and continue a confidence in a doctor. The doctrines of an honest and loyal life are as old as life itself and to succeed in this great professional a doctor must have the fundamentals of a true life. For as in all life the final judgment will be based on the service that has been rendered.

Closing his address he told the class that success is the rule and not the exception. It is the average man who will make the success for he works and applies the fundamental ideals of life.

Irrevocable Mistakes

A young man was taking a medical examination. The examiner asked, "How much is a dose of croton oil?" "A teaspoonful," replied the candidate. The professor said nothing, but after a while it struck the student that he had made a mistake. He said, "Professor, I want to change my answer to that question." "It's too late," replied the instructor, looking at his watch. "Your patient has been dead fifteen minutes."

Our greatest glory is not in never failing, but in rising every time we fall.

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THE LOG BOOK

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Volume 6

February 15th, 1929

Number 15

Basket Ball Team Takes Trip

Leaving Des Moines early on Tuesday morning the D. M. S. C. O. basketball team started on a trip through the northern part of the state to Vermillion South Dakota. They will finish with two games in Sioux City, Friday and Saturday nights.

Their schedule for the week includes some exceptionally fast and strong teams.

Buena Vista, Storm Lake Feb. 12
Western Union, Le Mars Feb. 13
South Dakota U, Vermillion, South Dakota Feb. 14
Cudahy Athletic Club, Sioux City Feb. 15-16

Those going on the trip are: Harold Davis, Captain, Fred Benz, Ralph Lang, Gordon Dubois, Clyde Hyink, Ray Jagnow, Ray Lamb, and Paul Wynn.

This five-day trip will prove the merits of the team while on foreign floors, and Coach Frank Sutton expects every man on the squad to perform well.

New Students Welcome

The assembly period of Jan. 25th was devoted to the welcoming of the new students of the January class and those from other schools who are now with us. The faculty and student body joined in the welcome.

Following the introduction of the faculty and the various remarks made, the new students were ushered to the platform and introduced to the students of D. M. S. C. O. True to the old spirit of the college, they were welcomed in a most appropriate manner.

We as a student body welcome these new members and congratulate them upon their having chosen Osteopathy as their life work, as a profession, and D. M. S. C. O. as their future Alma Mater.

Reunion Plans

Plans are already formulating in many classes of D. M. S. C. O. for reunions at convention time. Many classes have organized for the express purpose of a big "get-together" in June.

It is an ideal time to return, so get out your writing equipment and drop a letter to your classmates.

The office will be glad to lend any possible assistance and the "Alumni News" column of the Log Book is for your special convenience.

Let's go! Plan and boost for a reunion of every class—and the greatest of all conventions.

Internes

Dr. James R. Shaffer and Dr. Ray E. McFarland have received appointments as internes in the Des Moines General Hospital of this city.

Dr. Chas. S. McMurray has been appointed interne at the South Western Osteopathic Hospital at Wichita Kansas.

To these men we extend our congratulations and best wishes in the field of their chosen profession and in their desire to further advance themselves.

Novel Program at Assembly



The assembly on Friday morning, February 8th, proved to be one of difference and features. Dr. W. J. Nowlin, who was in charge of the program, in his introductory remarks spoke concerning school life and securing the most out of the studies. They were well received by the students of the college.

L. J. Grinnell spoke to the students about securing the glossy prints for the Stillonian and suggested that pictures for same be taken as soon as possible. The staff is anxious that all the minor details be taken care of at once.

The first appearance of the Still College Orchestra was at this assembly. Introduced by Dr. Nowlin, they scored on number after number, and the students as a whole acclaimed their appearance. Their playing following the featuring of Miss Gevernia Downey, was equal in every way to previous numbers. In fact, certain conditions being present, it is a certainty that the program would have ended in an all-college dance.

The featuring of Miss Gevernia Downey, whose stage name is "Ginger" Lee, climaxed the morning assembly. Miss Downey, who has contracted with Shuberts of Chicago, entertained in a most delightful manner with her impersonations. Her first number was Honey Boy Evans, and later on the program an impersonation of Anne Pennington's "black bottom", which was followed by a tap dance as an encore. Her clever manner and stage appearance assure her of success.

Doctors!

You want the 1929 Stillonian. Why not order it? Eventually—why not now?

Let us tell you something about it.

First, two new departments have been incorporated into the new Stillonian. One of these is under the heading "1929 Convention." In this division will be a complete list of the committees and various divisions of the days of the Convention.

The other is a more complete Alumni Department than ever before. This should interest those who may not have heard from their classmates for many years. Each department in the book will be ably edited and planned by a most complete staff. Special attention is being paid to the photography and art work.

Each department's work is well under way, some being almost complete.

The greatest change in attempting to enlarge and beautify the 1929 Stillonian, is in the cover. The color is a rich, royal purple, one of the colors of our Alma Mater. On the grained cover will appear the seal of the college, as well as the name of the Year Book in gold.

The best Convention yet is coming in June. The best Stillonian yet is coming in May. Why not write to the staff now and inclose your check for five dollars (\$5.00), plus fifty cents, if you want your name on the book. Your book will then be mailed, postpaid, to you on its publication.

The Stillonian Staff wishes to thank everyone who has contributed to the success of the 1929 Stillonian. —The Staff.

Senior Class Gift

Much comment has been expressed concerning the picture that adorns the wall of the waiting room of the college. This picture was presented by the graduating class of Jan. 1929.

The painting is entitled Birchbend, by Douveret, who is a most successful painter of American scenes. Birchbend is one of his most famous canvases. Douveret has in this painting reproduced a typical scene from a turn in the road in the Catskill Mountains in upper New York state, not a great ways from the Hudson River. It is classed as one of America's most popular landscapes.

The college appreciates this gift and it is indeed a fitting memento from the graduating class.

Still Cagers Outclass Marshalltown

The Des Moines Still College basketball team completely outclassed the Marshalltown Bears on the Des Moines U. floor Friday night, Feb. 1st, 54 to 15.

Coach Frank Sutton used all his tall rangy men who passed the ball accurately and with the ease of well seasoned men. This accuracy in shooting was noticeable throughout the entire game, hitting the loop regularly for perfect shots.

Captain Harold Davis led the field with eight baskets and Fred Benz playing at guard pushed him closely with five goals and two foul throws.

Lose Twice to Kirksville

Gaining an early lead in a ragged battle resulted in a 36 to 27 triumph for Kirksville over D. M. S. C. O. here Tuesday night, Feb. 5th, in the first contest of a two-game series at the Des Moines university fieldhouse.

The resulting victory came as a surprise to the D. M. S. C. O. team and student body. The team lacking its usual smoothness in passing and shooting found it hard to compete with the accurate shots of Kirksville.

The invading quintet seldom missed an opportunity to cage a field goal and took advantage of every miscue. After the first four minutes of play with the score at 6-all, Kirksville pulled away from Still, holding a 24 to 11 advantage at the rest session.

The start of the second half saw Kirksville add eight consecutive points to their lead before Still counted. With the visitors leading 32 to 16, Coach Sutton's men launched their best scoring punch, but their belated rally fell short many points of tying the score.

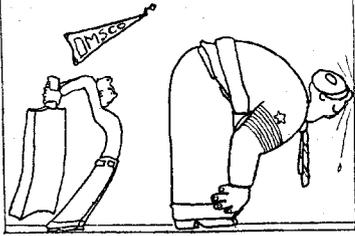
The second game ended disastrously when Kirksville came from behind to upset the Still college dribblers for the second time February 6th, by a 46 to 36 margin in a game played at the Des Moines university field house.

Still seemed headed for a certain victory early in the contest when they piled up a 22 to 15 advantage with only two minutes of the first half left. However two consecutive baskets by Kirksville cut Still's lead down to three points at the intermission.

In the second half, Kirksville presented a steady offense and

(Continued on page 4)

FRATERNITY NOTES



ATLAS CLUB NOTES

J. P. Campbell

The Atlas Club is pleased to announce the pledging of Robert Homan of Cleveland, Ohio, Larry Boatman of Montezuma, Iowa.

Several of the boys enjoyed Pledge Homan's birthday celebration by using a paddle on him. Moral: Keep your age to yourself.

Ken Ward, who underwent an operation last week, is getting along nicely. They just can't keep a good man down, eh, Ward?

We received letters from Drs. Richardson and Ward. They are both getting along just fine.

It seems that Karl Harmon is very much attached to his prize harmonica. How about it, Karl?

Pledge Boatman is seriously thinking of writing a book on what he thinks every man should know about the opposite sex.

Rusty Wright has acquired great skill with his feet and toes. I wonder why?

The Junior A's seem to be very nervous, due to the fact that they are now eligible for O. B.

There seems to be great rivalry between Warren Swartsbaugh and Mike Caldwell as to who shall sleep with Bill McKinley. My, Bill, but you must have IT!

It seems that the pledges bother Ken Moore terribly with their silly actions, but bye and bye Kenneth, they also shall acquire that professional attitude which is so becoming to one of your nature.

Pledge John Anderson, the man of two characters—claims to be Scotch, although he is from Minnesota and with s-o-n on the end of his name.

Judge Utterback has caused a riot among his roommates, due to the fact that he bought himself a RED HOT necktie which fairly talks, it is so loud.

Dornie told a certain little girl he was a marvel on skates, so asking them they did go. But when Dornie saw the ice he decided he would rather go sliding.

IOTA TAU SIGMA

R. F. Herrick

A letter from Dr. Earl Shaw received with great welcome and read by all of us. "Tooter" is doing fine, which sounds good to us. He mentioned that he intends to be here for the big time in June.

We have yet to find out who "Billy Long" and "George Henderson" are. Hap Nowlin, being away for a time may enlighten us on some of the mystery.

Bro. Morgan has a new way to kill mice. His technic is putting the 'Lil Fella' in his overshoe and then jamming his shoe into

it. Rather cruel but very effective.

On Feb. 20th the chapter was favored with the presence of Dr. A. B. Taylor. The doctor was a guest for dinner and afterwards gave us some technic on first aid bandaging and surgical first aid. We enjoyed his address very much and learned a great deal.

Bro. Gill is doing a mighty good job as steward of the house. The boys are quitting their meal jobs to be on the roll call of the boarding club. And do they inhale the groceries? Not much!

Saturday night, Feb. 2, gave the boys a very delightful time. We had our semi-annual house dance. These are always looked forward to with great anticipation and always greatly enjoyed. We would like to sleep a bit the next day, but Red Lang usually calls a rehearsal of our "German Band" to prohibit any rest.

Word was received from Bro. Benien of Tulsa, Okla., to the effect that he was going to drop us a line but something must have happened, as we have not had the said letter as yet.

We were honored this weekend by the parents of Pledge Beldon of Marathon, Iowa. Mrs. Beldon is not in the best of health and came down to Des Moines primarily for treatment. We sincerely hope she is fully recovered at a very early date.

Has anybody any photos of girls? Bro. Rohde has yet a very small space on his desk for one more, but only one. All the other space is occupied.

We are all looking forward to the completion of the dissection classes, when we can catch our breath and have a minute or two for extra activity. The present term should be over this week, Thursday.

PHI SIGMA GAMMA

J. J. Stivenson

Phi Sigma is proud to announce the pledging of James B. Parks, Elkhart, Iowa.

Rock Stone has started his internship at Phi Sigma. Rather early, isn't it, Rock?

Pledge Perry seems to have fallen hard for these (FREE) week-end dinners. How do you do it, Don? Is it an original idea—or ???

Pledge LaChance nearly frightened us to death with his goblin appearance, but they are back to normal now. How does it feel to freeze your ears, Ed?

Moving, Pat? We notice you have removed some of your adornments.

Pledge Chronic's atomizer almost came in for a busy siege. Were you going to rent or lease it, Dave?

Pledge Armbrust has a new "time killing" job—posing as Fashion Plate for Isaac Cohen & Company.

Walt Heinlen believes in relieving the strain on some of the stage performers. Which sex, Heinie?

P. S. We notice that Chuck Auseon seems to be very jealous of Walt these days. We wonder why?

Brother Long was called home, due to the serious illness of his

mother. We sincerely hope that he will find things better than he expected.

Jimmy Cornelius and Pledge Allen are on their way to recovery. As Rock says, "stick rite there and fight them, boys."

Stuart's been complaining of homesickness this last week. Never mind, Red. "WE'RE homesick for the sunshine of Ohio, too."

Dusty's resting up this week, along with the pledges. Must have been hard on him, too.

Scatterday is behaving a little better now that his brother is here. They fight to see whose Queen reigns the kingdom of their desk each day.

Doc Groff appeared to be in a terrible hurry the other night. He asserts that quarantines and he just can't get along together.

Dixie's always saying this "Go West" stuff, but why is he thinking of going East this summer? Is it the "Call of the East" or are the Gamby-Hale Girls going East?

From the Field

Gentlemen:

It has been suggested to me by Dr. Clark of this city that it might be possible to interest one of your recent graduates in taking over the practice of my deceased husband. His practice was developed over a period of seven years in this location. Full details will be given to any interested person.

Thanking you for any assistance you may give me in this matter I am,

Yours truly,

LaVerne T. Gildersleeve.
7120 Vernon Ave., Chicago, Ill.

Care of Baby's Teeth

Baby teeth must be as carefully taken care of as the permanent teeth. Small cavities should be filled as soon as they are discovered. It is important to conserve each baby tooth until it is naturally thrown off by the succeeding adult tooth. Premature loss causes a lack of development of the jaw. The undeveloped jaw will not be able to accommodate the oncoming permanent teeth. A crowding and irregularity will result. This not only paves the way for dental trouble throughout life but also causes distortion and disfigurement of the lower half of the face. The early loss of a baby tooth also impairs masticatory efficiency at a time when it is most necessary to prepare food for the growing child. The infection, which is usually present around a badly decayed baby tooth when the nerve is involved, has a bad effect on the health of the child. Every child should visit a dentist before his fourth year.—W. M. Gardner, D. D. S.

It will be useless to expect great things at the dawn of a new day unless you get up early in the morning.—Uncle Philander.



Around Our Merry Campus

Convict Guard—Look at the way you've busted them rocks! Can't you take a little pride in your work?—Life.

Asker—So you're working on an invention that will make you rich?

Teller—It's a phonograph record that will explode after it's played the sixth time straight.

"I see this medicine is good for man or beast."

"Yes," said the druggist.

"Gimme a bottle. I believe that is the right combination for my husband."

"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."

Tourist: "Can you direct me to a filling station?"

Urchin: "Fer yerself or yer car?"

It was along a beautiful stretch of highway and the telephone line along the right of way was in the hands of repairmen. She was driving and cooing, when of a sudden she spied the men climbing the poles.

"Elmer, just look at those fools," she exclaimed, "do they think I never drove a car before?"

"I have a terrible rumbling on my stomach. It's like a wagon going over a bridge."

"It's most likely that truck that you ate this morning for breakfast."

"So Bacigalupi's going to marry money?"

"Yeah; his girl's got three gold teeth."—Judge.

"In time of trial," inquired the speaker, "what brings us the greatest comfort?"

"An acquittal," interrupted a man at the back of the hall.

Indignant Parent (6 a. m.)—Young man, what do you mean by bringing my daughter in at this hour?

Flaming Youth—Well, I gotta be at work by 7.

First Actress—What did you do with your testimonial money?

Second Actress—I had my throat doctored.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser—H. V. Halladay

Editor.....R. B. Kale

Osteopathy Without Limitation

The Wisdom of Lincoln

What constitutes the bulwark of our own liberty and independence?

It is not our frowning battlements, our bristling seacoast, our great army and our navy. Our reliance is in the love of liberty which God has planted in us.

Our defense is in the spirit which prizes liberty as the heritage of all men in all lands everywhere.

Destroy this spirit, and we have planted the seeds of despotism at our own doors.

Those who deny freedom to others deserve it not for themselves, and, under a just God, cannot long retain it.

This country, with its institutions, belongs to the people who inhabit it.

Why should there not be a patient confidence in the ultimate justice of the people?

Is there any better or equal hope in the world?
—Abraham Lincoln.

A serious person reminds me of a car that is geared too high. It's difficult to handle in congested traffic.

Lincoln's associates couldn't understand him at those terrible moments when the fate of a nation hung in the balance—because he would so many times abruptly break into a serious conference with a funny story, or some reading from the book of some current humorist. But we can all understand now.

Eventually we can all understand the one who bravely laughed and lifted us up while his heart worked out its task behind the stage.—Mathews.

I like to see a man proud of his city, and I like to see him live so that it is proud of him.
—Lincoln.

'Tis the human touch in this world that counts,

The touch of your hand and mine,

Which means far more to the fainting heart

Than shelter and bread and wine:—

For shelter is gone when the night is o'er;

And bread lasts only a day, But the touch of the hand and the sound of the voice

Sing on in the soul away.
—Spencer M. Tree.

ASSEMBLY SCHEDULE

January 25.....	Introduction Day
February 1.....	Dr. H. V. Halladay
February 8.....	Dr. W. J. Nowlin
February 15.....	Dr. J. M. Woods
February 22.....	Dr. R. B. Bachman
March 1.....	Dr. C. F. Spring
March 8.....	Mrs. Z. A. Innes
March 15.....	Dr. M. E. Golden
March 22.....	Coach Frank Sutton
March 29.....	Dr. J. P. Schwartz
April 5.....	Dr. H. J. Marshall
April 12.....	Ava L. Johnson
April 19.....	I. C. Gordon
April 26.....	Dr. B. L. Cash
May 3.....	Judge Hubert Utterback
May 10.....	Pan-Hellenic Day
May 17.....	Senior A Class Day

Alumni News



The first letter for the "Alumni News" column was received from Dr. A. E. Steffen of Bloomfield, Iowa, in regard to a reunion of the members of his graduating class. Now that the ball is started—keep it going. If every class that has graduated will appoint a member of the class to act as corresponding secretary we can have a reunion of every graduating class of D. M. S. C. O.

Think of coming back to Des Moines; what an opportunity of seeing the old classmates and of talking over old times.

Plan now to be in Des Moines—June 17-22.

Class of June, 1910

Why not plan on a class reunion of our class at the convention in Des Moines next June? I have written to all members whose address I know. If you haven't received a letter from me please write and give me your address. We can plan a rousing reunion. Plan early to be there as the convention needs you and you need the convention.

Dr. A. F. Steffan,
Bloomfield, Iowa.

Class of June, 1928

A letter from Dr. Frank J. Wilson expressed the fact that he is glad to know that the Log Book is going to have an Alumni Column. He would like to hear from all his friends and classmates where they are located and all about their success. He is located at 428 Miami Savings Bldg., Dayton, Ohio. Write to Dr. Wilson and plan with him to have a class reunion at the convention in June.

Good Habits

Instead of constant nagging, so ruinous to the child, why not try a personal efficiency game, asks Mrs. Maude L. Smith in Child Welfare Magazine. Mrs. Smith has found the game to work with great success. She makes ten points count as a nickel and, if at the end of the week the chart is 100, she adds a slight bonus.

For prompt rising in the morning she gives 10 points; teeth brushed, 10 points; shoes shined, 10 points; hands and nails cleaned, promptness at breakfast, promptness to school, care of rooms, promptness to supper, 10 points each; cheerfulness, 20 points.

Each child keeps his own record. The benefit, the writer declares, is threefold; orderliness becomes a pleasure; the child is earning his own spending money, which must cover all his little expenses; and a friendly spirit of rivalry is created among the children.

There are many thoughtful housewives who are convinced that it pays to buy pasteurized milk to make delicious cottage cheese, skimming the extra cream for cereals, desserts, and the like. There is nothing more healthful or better to eat than homemade cottage cheese. Make it a game to use cottage cheese.

The growing child must have lime. Cornell Extension Bulletin No. 105 gives this comparative statement: The following amounts of foods are required to give the same amount of lime as is furnished in ONE GLASS OF MILK: 9 potatoes (73 ounces); 36 apples (146 ounces); 5/6 loaf of graham bread (20.2 ounces); 5 and 1/2 pounds beef (85.2 ounces); 24 shredded wheat biscuits (24.9 ounces); 1 and 7/12 loaves of white bread (37.8 ounces); 54 prunes (18.94 ounces); 24 small onions (30 ounces); 8 eggs (15.1 ounces); 4 large carrots (18.2 ounces). Make it a game for the children to learn food values.

Musical Assembly

Once again the band of D. M. S. C. O. appeared at assembly to delight the student body. The selections that were played brought round after round of applause after each number.

During the course of the program Fred Benz of Still College basketball fame spoke in regard to the basketball game to be played the following night. Concerning the Marshalltown team he stated that it was an independent team, but most of the men were college men, and it would prove to be a great game. He requested the student body support, explaining what it meant to the team.

Following several rousing cheers led by Reeves, the band entertained the students with further selections. The school song closed the first faculty program.

The band of D. M. S. C. O. under the direction of Dr. H. V. Halladay's baton is to be congratulated on the progress they have made and the high class of music that is provided for the student body.

Confined To Hospital

Ernest Thie of the senior A class, who is in the Des Moines General Hospital, is gradually improving in health.

He was removed to the hospital last Thursday night, after a final decision had been reached. His present condition and the loss of school will necessitate his remaining out of school for the entire semester.

His general condition has improved much and with his father and sister, from Sidney, Ohio, with him, we expect a continued improvement.

The senior A class extend their best wishes for his speedy return to health.

Health Improved

Robert Bryson, former student of D. M. S. C. O., who was forced to drop out of school and go west for his health, is believed to be well again.

His father, C. A. Bryson, has just returned from Tujunga, California, where he has been visiting his son. Mrs. Bryson will remain with her son for several months, until they are assured of his permanent return to health.

Hart-Dye

An event of the new year has come to our notice in the marriage of Miss Dorothy W. Hart and Kenneth E. Dye of the senior A class.

The ceremony was performed in Cleveland, Ohio, on January 1. Many intimate friends were present to share the joy of this young couple.

They included a trip to Chicago in their return to D. M. S. C. O.

"THE OFFICE LABORATORY"

Compiled By
ZOE ALICE INNES

(Con't. From Previous Issue)

Total Acidity of Urine

(Used to check the progress of treatment in acidosis. Always measure acidity when sugar is present.)

Fill Acidimeter to mark 10 with urine.

Add two drops of Phenolphthalein indicator.

Add tenth normal Sodium Hydroxide until the first tinge of pink appears.

Continue to add 1 drop at a time, tilting to mix between each, until one more drop does not deepen the color. Read degree from scale. Normal 20 or below. Always test for ketone bodies when acidity is over 20.

Acetone Test (Rothera's)

Make a solution of a few crystals of Sodium Nitroprusside in water. This solution must be freshly made and not very strong.

Saturate a few ccs of urine with Ammonium Sulphate.

Add 5 drops of the Nitroprusside solution.

Overlay with ammonia.

Positive is a permanganate purple ring at the line of contact. As the color develops slowly, the test should be set aside for ten minutes before final reading. Depth of color and width of ring are a rough measure of quantity.

Diacetic Acid Test (Gerhardt's)

To $\frac{1}{2}$ of a test tube of urine add Ferric Chloride drop by drop until precipitation stops. Filter. Positive is a Bordeaux red filtrate.

Indican Test (Obermayer's)

To a few cc's of urine add the same amount of Obermayer's reagent and of chloroform. Cork the tube firmly and shake gently for 2 or 3 minutes. Set aside to separate. Positive is from a distinct blue to dark indigo in the separated chloroform. A tinge of blue is normal, but any deepening of the color is evidence of putrefactive processes somewhere in the body. Rarely the color may be indigo red instead of blue. This is very likely to happen where the patient has recently been taking iodides.

BILE

Foam Test

Shake a small amount of the specimen vigorously. If the foam is tinged with yellow, bile is present.

Gmelin's Test

1. Overlay concentrated Nitric Acid with urine. Positive is a vari-colored ring, with green predominating, at the line of contact. (Albumin must be removed by acidifying, boiling and filtering before making this test.)

2. Filter a portion of the urine. Unfold the wet filter paper and touch a drop of Nitric Acid to the center. A play of colors similar to the ring men-

tioned will occur at the edge of the acid drop.

BLOOD (Myer's Test)

To a few cc's of urine add 20 drops of Myer's reagent and overlay with Hydrogen Peroxide. Positive is a bright scarlet ring at the line of contact. Nothing but blood responds to this test.

GASTRIC ANALYSIS

For methods of testing enzymes and ferments see standard texts.

For taking the specimen the Rehfuß tube is recommended. Contra-indications to passing the stomach tube are aneurism, uncompensated heart disease, recent gastric hemorrhage as from ulcer, and suspected perforation. In these cases an emesis may be examined but results will be only approximate, on account of the difficulty of knowing whether the stomach is completely emptied.

The test meal is best taken in the morning, but in any case should be taken not less than 6 hours after taking other food. Pump the stomach 45 minutes to 1 hour after taking meal. Do not let go beyond the hour. Be sure to completely empty the stomach by having the patient lie on the back, the right side, the left side and the stomach, pumping in each position.

Ewald Shredded Wheat Meal
(Recommended because it is lactic acid free.)

Shredded wheat biscuit moistened with warm water and slightly salted if desired. 2 large cups of weak tea, without cream or sugar, or two large glasses of water.

Measure the amount recovered. If water has to be swallowed to help pass the tube it should be from a measured quantity so that allowance may be made for it. From 50cc to 100cc should be recovered. Less than 20cc indicates hypermotility. More than 100cc indicates hypomotility. Color should be yellowish white. Bile will tinge the contents green. If bile is from retching in passing the tube, it will not be evenly distributed throughout the specimen, but will be in heavily colored spots and splashes.

Allow to stand until it settles. Note the amount of undigested food, (which will be the bottom layer) in relation to the whole. It should not be more than $\frac{1}{5}$. Look for a layer of translucent mucus gathered on the top. Such mucus has been formed in the stomach. Respiratory mucus will be dirty gray, and remain distributed through the specimen, not gathering in a layer.

An occasional streak of fresh blood on the mucus may be from trauma in passing the tube.

Blood shed in the stomach, unless shed while the tube was in place will usually be brown in color, (coffee-ground appearance). It will not be visible to the naked eye unless very profuse.

After these points are noted, strain the specimen through several layers of wet gauze.

Free Hydrochloric Acid (Qualitative)

To 5cc strained contents add 4 drops of Di-methyl-amido-azobenzol. If free HCl is present, the specimen will turn bright scarlet. Certain organic acids may give a rose color, but it will not be the bright tint of HCl (To identify this color, add 1 drop of HCl to 5cc distilled water and add 4 drops of the indicator.)

Quantitative Estimation of Acidity

These estimations are based on the degree of acidity of 100cc contents, taking the index figure 100 as a standard, and are not percentage. They are ascertained by titrating with tenth normal Sodium Hydroxide (N/10 NaOH) and the indicators Di-methyl-amido-azo-benzol for free HCl, 1% alcoholic Phenolphthalein for total acid, and Sodium Alizarin Sulphonate for Acid meta-protein (combined acid). Make all estimations in a beaker held over a piece of white paper, and stir by shaking between each drop.

Free HCl

Into the 5cc contents with indicator used for the qualitative test drop N/10 NaOH from a graduated 10cc pipette until the specimen turns light orange. Do not carry out the titration to lemon-yellow. (To learn this end-point, titrate the mixture used to identify color.)

Read pipette.

Calculation

Pipette reading times factor of 100 of contents used equals degree of Free HCl.

Example using PR of 1.6 and 5cc contents.

$1.6 \times 20 = 32$ degrees of Free HCl.

Normal 30 to 40.

Total Acid

To 5cc strained contents add 4 drops of Phenolphthalein. Titrate until specimen turns bright red, one more drop does not deepen the color, and it does not fade out inside of 2 minutes.

Calculate as before.

Normal 60 to 80.

Acid meta-protein. (Commonly called "combined acid.")

In cases where no Free HCl is found, it is well to know whether the stomach is secreting any HCl at all. If so, it will be found as acid which has begun the process of change and formed acid meta-protein in combination with the food. Where free HCl is present it may be assumed that the normal amount of acid meta-protein will accompany it.

To 5cc strained contents add 4 drops of Sodium Alizarin Sulphonate. Titrate until the color makes a quick change from red-purple to purple-red. This always occurs on one drop, so the end-point must be watched for very carefully. (To identify this color, dissolve a large pinch of Sodium Carbonate in 5cc water and add 4 drops of the indicator.) Calculate as before, and subtract the result from the degree of total acid. The difference is acid meta-protein. If

none is present, the pipette reading will be the same as for total acid.

Percentage of any acid in terms of HCl may be obtained by multiplying degree by .00365. Total acid is normally .2%.

If a co-efficient is given for the N/10 NaOH used, multiply the pipette reading by it, before making calculation.

Lactic Acid. (Uffelmann's)

Made only when free HCl is absent.

To a test tube full of 5% Phenol add 2 drops of Ferric Chloride and mix. Divide between two tubes using 1 for control. Add strained contents drop by drop up to 30 drops. Positive is a color change from purple to yellow. May be from very faint to bright canary. Other acids respond to this test, but none which are likely to be present in gastric contents.

Kelling's

To a test tube of water add just enough Ferric Chloride to color faintly yellow. Divide between two tubes, using one for control. To the other add strained contents drop by drop. Positive is a deepening of the yellow. Best read by holding both tubes over a white background and looking through the length of the tube. A delicate test but hard to read unless the lactic acid is very abundant.

Occult Blood Test

Make Myer's test as given under urine. If blood is to be looked for patient should have been on a meat-free diet for at least 48 hours.

Microscopic

The microscopic examination of gastric contents requires considerable training. To the untrained worker the search for the Boas-Oppler bacillus is the only procedure likely to give any positive information. This organism develops in conditions where no HCl is being secreted and hence usually accompanies cancer. It is not diagnostic but its presence is very suggestive.

Spread a drop of unstrained contents on a slide, air dry, and stain by Gram.

Boas-Oppler bacillus is a large, clumsy, square-ended, Gram-positive rod occurring singly and in chains. For positive identification chains must be present.

(Continued Next Issue)

Lose Twice to Kirksville

(Continued From Page 1)

broke through the Still defense for many shots.

Their powerful attack during the concluding ten minutes netted the necessary points to conclude a win.

Benz, Davis, Jagnow and Hyink were the star performers for Still.

"I can't marry him, mother. He's an atheist, and doesn't believe there is a hell."

"Marry him, my dear, and between us we'll convince him that he's wrong."

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Return From Northern Trip

Still's victory over Buena Vista, 34-30 the initial game of a five game trip, started them on a tour of northern Iowa, meeting Western Union, of Le Mars, the second night, South Dakota U. of Vermilion, S. D., the third night and a two game series with Cudahy A. C. of Sioux City.

The game with Buena Vista worked itself into one of the fastest games of the current season with the score tied most of the time, the half ending with the home team enjoying a one point lead. As the game narrowed down to minutes with both teams guarding fiercely and playing for breaks, the score at 30-30—an overtime period seemed inevitable, but two accurate shots by Still's forwards gave them the margin of victory. Free throws played an important part in the victory, Still making good 15 of 18 throws, Benz throwing 9 straight.

At Le Mars the second night the Still boys were not to be stopped, and from the opening whistle baskets from all angles completely smothered the Western Union cagers for a 40-26 win. The game was a reversal of form demonstrated earlier in the season when W. U. walked off the floor with a 44-41 victory over Still.

Jumping to Vermilion, S. D.,
(Continued on page 3)

Spring Dissection

Meeting in the pit for previous instructions in the fundamentals of dissection about sixty of the students of D. M. S. C. O. exercised their good judgment in completing this necessary work in their Junior and Sophomore years.

Under the able direction of Dr. H. V. Halladay the Spring Class in dissection is now under way and the bodies are undergoing the necessary cleaning. The necessary amount of dissection material is available to care for all who are far enough advanced in their school work to take dissection and with that which remains it assures this department of plenty to care for the summer course.

This group will finish about the first of May which will enable the summer class to start immediately following graduation. The summer course will have special advantages in that special work and demonstrations will be given in conjunction with the A. O. A. Convention.

SERVICE is the greatest thing in the human calendar, and the better we equip ourselves the better we serve, because in the expansion of the mind comes the better understanding of how best to serve. No matter what your fortunes in life, the greatest compensation that will come to you tomorrow or next year, or the closing year of your life, will be the consciousness that you have somehow been of service, either to your friends, your state or your common country. This is the greatest thing that can happen.

—W. G. H.

January Graduates Pass Exams

Reports from all the graduates of the class of January, 1929, is lacking, but it has been learned from one source or another that every member has successfully passed some State Board Examination.

Many trying hours are spent in preparation for the three days that hold terror for every graduate of an Osteopathic or Medical school. Even after four years of intensive work the Seniors value the last few weeks as a review time and after it is all over they breathe a huge sigh and then they are really ready for work.

We congratulate these graduates of Des Moines Still college on the fine way they carried through and for their maintaining the high standards of their Alma Mater.

From the Field

A letter was received from Dr. John H. Voss, a recent graduate of Still College. He expressed his interest in the "Office Laboratory" articles compiled by Mrs. Innes, especially in regard to their value to the practicing physician in their laboratory work.

It is interesting to note that the practicing Osteopaths, as well as the students, have found this article of value in their desire to render a higher degree of service.

Marietta Osteopathic Clinic

The first year of the Marietta Osteopathic Clinic has been one of decided success and advancement. Holding forth the idea that the profession has a deep responsibility for the public health, they have taken it as their duty as well as a pleasure to advise the community as to the Osteopathic progress and accomplishments, and have maintained the desire to bring to the community the greatest economic development in the medical world—group practice.

The founding of this institution was the first comprehensive effort to establish the advantages of clinical practice in or near Marietta, although the plan is being advocated generally by writers and authorities on medical practice and is in growing use throughout the United States.

It is interesting to note that over ten million Americans are now treated in clinics—a million in New York City alone.

The experience of the Marietta Osteopathic clinic with the group plan has so far proved more than they had anticipated. During this year they have been able by reason of their organization to handle many operations and complicated cases which would have been beyond the facilities of any member, if in individual practice. They have further been able to give every patient the advantages
(Continued on page 3)

Convention Program Plans

The time is drawing near and everyone is interested in what is going on in Des Moines in regard to the convention which is to convene here in June. The extreme cold and bad weather has delayed the plans for a big meeting of the entire committee but now since the weather is tending towards a spring thaw and a breaking up of the ice the meeting will be held early in March. At this time the heads of the various committees will make a report on their activities and will outline in detail the work to be done by the various members. So far the work of the executive committee has not been held up by anything and practically all plans are in definite shape and ready to be completed on short notice.

The entertainment committee has its work so well in hand that it can tell what features will be presented each hour of the time off from the scientific part of the program. There will be a number of new features on the entertainment program this year and one innovation which we hope will be carried out each year. Later you will learn about this and will be fully informed of the complete program in plenty of time to make your arrangements accordingly. From the looks of the list of events we would say that the visitors will not have much idle time on their hands.

The program committee announces that the program plan has been worked out and the speakers selected. This year it is intended to make the program a scientific one and since we come to a convention for information it is planned that you will

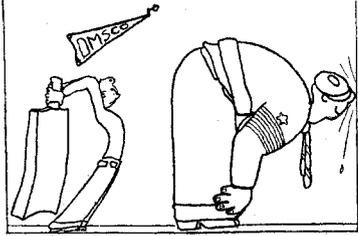
(Continued on page 3)

Interesting Article

The following article was forwarded to us by the Forum. The clipping appeared in the Forum of February, 1929, and is of interest to us, not in the fact that it mentions osteopathy as a profession or any certain osteopath, but rather that it refers to Still College of Osteopathy as an institution.

Feg. Murray, writing in the Newcastle (Pa.) News of November 26, said: "What this department would like to see is a football game between Slippery Rock Teachers and Charleston Teachers. I have never taught either dance, but I imagine it would take a referee from the Still College of Osteopathy to disentangle the footballers."

FRATERNITY NOTES



ATLAS CLUB

The Atlas Club is pleased to announce the pledging of Ray Lamb of Des Moines, Iowa.

February 16th the boys enjoyed a most delightful house dance. The house was decorated with hearts and streamers which would denote Valentine's Day. Music was furnished by Walt Woods. There was one feature dance of the evening, which was given by the pledges Boatman and Homan.

It seems that long distance calls are hard on Brother Mike Caldwell.

The Fairy Queen doubtlessly has captured our last hopes due to the fact that Brother Dornbush has yielded.

Another Dynamite Dunn has been found, I suppose you wonder who? Well, it is none other than Pledge McDonald.

Cookie Moore, after staying in for several months has started to step out. It looks rather bad for someone.

We received a letter from Dr. L. E. Schaeffer who has located in Detroit. He is getting along just fine and the boys are mighty glad to hear it.

Since Pledge McDonald sent home for his boxing gloves all the boys have been going around nursing black eyes and blue noses.

Say fellows, if you want to hear a good story, get Snookums Homan to tell you the one about Hoop Snake Basore.

Dr. Harmon — AHEM. His practice is so large that it is necessary for him to leave his telephone number whenever he steps his foot outside the house.

Brother Rusty Wright has decided to take up Asthetic dancing. He has promised the boys that in the near future, he will give us the dance of the midnight fairies.

Pledge Boatman vs. a dark haired girl in a red dress means co-operation.

We wonder, Anderson, why your nose is so red? It is that you are punch drunk or some other kind of drunk?

Dr. Campbell gave us a very interesting talk last Monday night on the subject, "Am I a Physician?"

Brother Monger now has his old Leaping Lena running again.

For the past few weeks Brother Ward has been the Royal Custodian. But since he purchased the cane it looks like someone else must be drafted. The Minnesota foreigners, Fedson, Nicholson and Taylor are all eligible.

At the recent election of the "Devil's Den," Red Devil Dorn-

bush was again elected president. The Blue Devil from Perry, was elected vice-president. Devils Food Basore was elected custodian.

We are still wondering who placed all of the comic valentines on the desks about the house.

We will close with the little ballad entitled, "If you are the good girl that you claim you are; why is it that your heels are not run over?"

IOTA TAU SIGMA

To begin with we are one happy gang to be out of "bondage" again and able to enjoy our freedom. Brother Nick Gill was taken with scarlet fever Saturday, Feb. 14, and was removed to the Detension hospital for recovery. This made it necessary for every one of us to remain in the house for one week to see if any more were to follow Nick to the "Pest House." Fortunately there was no more of us to get it. This made it possible for our release on Feb. 23. One grand sigh of relief was heard all over the house when the city health department came up and tore the big yellow and black sign off the door.

Anyway it was SOME week. Brother Wigal worked in capacity of the steward with Pledge Roy Sparks as first assistant, these boys deserve a great amount of credit for we had some real meals and what more could we wish? We regret that "Nick" has to miss school but are hoping that he makes an early recovery and is back with us real soon.

Pledge "Les" Spaulding, Brothers Steninger and Cudden have all recovered and are feeling back to par again after being on the "out of order" list for a few days.

A letter received from Dr. Hovis, who is serving his internship in the Detroit Osteopathic hospital revealed the fact that he is doing fine and likes his work there very much. Glad to hear from you "Hoops" and write often.

The house has been made "Merry" by frequent appearances of "Hap's Whoopie Band." This is a new creation around school and we wish "Hap" a great success in the work. This band consists mainly of "Still" men and are going to furnish some real music.

Rather unusual that Brother Peterson has not taken advantage of the excursions en route to Malta yet this semester. But just give him time and he will "turn up missing" sooner or later. We see some new photos on his desk so naturally we start wondering.

Brother Kinter is now enjoying the position of chauffeur for the boys in the morning. His business seems to be rushing so long as it is conducted on the I O U plan.

PHI SIGMA GAMMA

The boys all seem to be glad to get out after the quarantine. Although we will all admit that we had the time of our young lives while we were cooped up.

The cups haven't been awarded yet for the different contests. Walt Madson, Leighton Long, and Kenneth seem to be the card sharks, while the checker championship goes to Hen Scatterday. The old southern sport championship hasn't been awarded yet.

Pledges Toepfer and Armburst were the chefs, and believe me they certainly did their stuff.

Dick Stritmatter and Pledge Stoike seem to be the boxers around the house. Talk about slug, Dynamite Dunn isn't in it.

Rocky Stone was the house physician. He saw to it that we all took lots of precautions to avoid getting a longer rest.

Pledge Grau had his atomizer continually going from morning till night, and some nights would get up in the middle of the night and use it.

We never realized that Boston Patterson drank till we saw him sober during the week. Wore his Chapeau all the time for luck. It really was quite becoming to him.

Dusty Dorwart was our official bugler, only we didn't like to be awakened at 3 A. M. Also see him about that new song that he composed during the week.

Red Stewart is the only man known that can drink Chartex and live to tell the tale. He says it kept the little germs away from him.

What Dixie Reeves wants to know is who the guy was that took the chandelier off the ceiling and hit him in the head with it. Darn mean trick, especially when he practically had his man licked.

Pledge La Chance gave his usual little evening songs. Most of us learned the new song hits from him.

Pledge Perry needs glasses or was it lack of sleep. Probably he liked the design on the rug. Anyone that can stare at the rug for 3 hours wins the green derby.

Chuck Auseon started to box one morning, but the minute he got his glasses off, he had to feel around for his opponent. He thinks he is the logical contender for the heavyweight crown. We'll let Strib decide that.

Walt Heinen was very sad for a few days till that letter from Texas arrived, then you should see him brace up.

Pledge Allen has just decided that he should be awarded the medal for reading the most magazines.

Pledge Stivenson tried to make it hot for us, but we can't yet figure why he went to bed so early the first night.

During the week we discovered lots of talent that we didn't know existed. Too bad Ziegfeld can't see some of the boys in action or Sousa hear some of them.

All in all we had a wonderful week of rest—Or was it? I ask you.

SIGMA CHI OMEGA

During the past few weeks we have enjoyed talks by Dr. Mary Golden on "Ethics and Advice to
(Continued on page 4)



Around Our Merry Campus

"Papa, what do you call a man who drives a car?"

"It depends on how close he comes to me."

The surgeon had just operated on his barber, removing his appendix.

"And now," said the surgeon after his patient had regained consciousness, "how about a little liver or thyroid operation? And your tonsils really do need trimming terribly."

Forty per cent of the women in the country are working women. The other sixty per cent are working men!

Grocer's Delivery Boy (accompanied by his kid brother): "I want a tooth out, an' I don't want gas, cause I'm in a hurry."

Dentist: "That's a brave boy! Which tooth is it?"

Boy: "Show the man your tooth, Jimmie."

Dad, I want some money for my trousseau.

But, my child, I didn't even know you were engaged.

Good heavens, father, don't you ever read the papers?

Depends on Age

During the sermon some men see visions and others dream dreams.

Mrs. Jones (interviewing prospective cook): "And another thing, Mr. Jones and myself are strict vegetarians.

Prospective Cook: "That's all right with me, madam; I've attended that church, too.

A young fellow had his sweetie out one night, and happened to place his arm around her.

A motor cop happened along and hollered: "Hey, young fellow, use both hands!"

Whereupon the young man shouted back: "Well, who's going to drive?"

Male Customer: "How much will you take off for cash?"

Saleslady: "Sir, how dare you?"

"I was up in the Manicure club the other night."

"What is the Manicure club? What do you do there?"

"We sit up all night trying to better each other's hands."

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser—H. V. Halladay

Editor.....R. B. Kale

Osteopathy Without Limitation

Your Nose Knows

H. J. Marshall, D. O.

Very few of us pay attention to our noses and yet it is one of the best barometers that we have. You no doubt have had patients come into your office stating that they feel mean all over and want a treatment. When you question them regarding their condition, they will reply, "Yes, I have had a head cold for several weeks, but it does not amount to very much." On examination, you will find a badly inflamed and congested mucus membrane of the nose, with sometimes both sides closed, also a history of first one side closing and then the other. In many cases, history of a watery discharge and again a muco-purulent discharge, with headaches occasionally. A feeling of fullness in the head and as mentioned above, does not seem like it amounts to very much, because they are able to be about.

Nasal diseases may extend to the pharynx, the ear, or the larynx, due to the fact that the mucus membrane of the upper respiratory tract is continuous or the respiratory organ may become involved by impairing the function of warming, moistening and filtering the inspired air so that the air entering the pharynx is cold, dry and dust laden. As the result of nasal diseases, there are often produced, certain reflex phenomena such as nasal cough, nasal asthma, nasal choria, hay fever, neuralgia, headache, affliction of the eye. Suppuration of the orbit.

Other reflexes which originate in nasal or nasopharyngeal irritation, are coughs, laryngeal spasms, or asthma.

Many cases that are spoken of "just a bad cold," or a stuffy nose, are the beginning of sinusitis, otitis media, deafness, chronic rhinitis or ozena.

Again frequent attacks of acute rhinitis are sometimes the symptoms of some systemic pathology.

Your nose knows, heed its warning.

Don't Quit

"When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you heave a sigh,
When care is pressing you down a bit,
Rest, if you must—but don't you quit."

Marietta Osteopathic Clinic

(Continued From Page 1)

of modern scientific equipment and apparatus far beyond individual feasibility. Each patient has had the benefit of four medical opinions—each specialized in his line, and they have had immediately at their disposal a complete and intensive laboratory with all that this means. Group practice has also made it possible for each to spend considerable time in post-graduate study and research. And withal, they have served patients with greater promptness and less waiting for them, yet with less hurry, confusion and irregularity to the doctors of the clinic.

At a recent combined meeting of the Marietta Rotary and Advertising Club it was noted that all but three of the eighty odd men present were users of Osteopathy and had been treated by the doctors of the Osteopathic Clinic.

This interesting fact led to subsequent similar observations which show that 73% of the Kiwanians, and 70% of the Civitains have employed Osteopathy through this institution.

Sheets-Jacobs

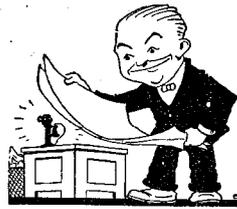


Dr. Leonard Jacobs, a graduate of D. M. S. C. O. in the class of May, 1927, and Miss Gertrude Sheets were united in marriage at Frankfort, Ind., on Dec. 17, 1928. Dr. Jacobs, following a year's internship in one of Chicago's hospitals, is now practicing in Hastings, Mich., where he has developed a fine practice. We extend our congratulations and best wishes.

Truth

Honor and truth and manhood—
These are the things that stand.
Though the sneer and jibe of the cynic tribe
Are loud through the width of the land.
The scoffer may lord it an hour on earth,
And a lie may live for a day.
But truth and honor and manly worth
Are things that endure alway.
Labor and love and virtue—
Time does not dim their glow;
Though the smart may say in their languid way,
"O, we've outgrown all that, you know!"
But a lie, whatever the guise it wears,
Is a lie as it was of yore.
And a truth that has lasted a million years
Is good for a million more.

Alumni News



A letter was received from Dr. Louis Miller who is now practicing in Jacksonville, Florida. Included in the letter was a picture of Dr. W. B. Damm of DeLand, and Dr. R. W. Murphy of Datona Beach. They recently had a get-together and plans were rapidly formulated to attend the A. O. A. convention in June.

It is decidedly interesting to know that such plans are being made in parts so far distant from Des Moines. Yet it is close in regard the value that will be derived from such a convention.

Let's go—make your plans now.

Convention Program Plans

(Continued From Page 1)

not be disappointed when you come to Des Moines this year. Complete outline and tentative program will be published soon.

Local committees have been working on every feature for your comfort and convenience. From the time you register until you have finished the week's visit these have been considered. Not only will the members of the association be taken care of but your wife and children have been considered as visitors also and they will be glad they came to the Des Moines convention with you.

Still College and the Des Moines General hospital will put on a post graduate course the week preceding the convention. The program for this is not quite ready for publication but we can say that if you make your plans to spend the time from June 10th to 22nd here in Des Moines that you will return with the most concentrated two weeks of information that you have ever experienced. You will be busier than the proverbial one-eyed man at the three ring circus.

New Arrival

Dr. and Mrs. Paul Barton of Cedar Rapids, Iowa, announce the arrival of a daughter, Cheryl Dee, on Feb. 15th. Dr. Barton graduated in the class of May, 1927. Congratulations Paul.

Another Osteopath

A son was born to Dr. and Mrs. Clifford De Long at the Des Moines General hospital on Feb. 9th, 1929. Eugene Richard by name, is a fine baby boy and both mother and baby are doing nicely. Dr. De Long is a graduate of D. M. S. C. O. and is now practicing at Humboldt, Iowa. Best wishes to all.

Return From Northern Trip

(Continued from page 1)

the third night to play S. D. University found the Still team weakened by traveling with the result that S. D. took advantage of the condition and swept into a quick lead never to be headed and playing bangup ball anxious to avenge a 41-17 early season defeat in Des Moines by the Still team. Losing Benz via the foul route the first five minutes of play had its effects considerably on the score, but any up-to-the-minute basketball team should have been able to overcome the handicap and continue its play regardless.

With the first quarter ending with Still holding an 8-0 lead over Cudahy's and playing air-tight basketball, so tight that Benz again was ejected by personal fouls and with Benz' going also went the lead. With the lead in their hands and playing cautious basketball they waited for openings and increased their lead gradually assuring themselves of a comfortable margin of victory and saving their surplus energy for the second game.

The second game opened with a rush, Still scoring first, but the lead did not last long as Cudahy's came back with an offensive attack that would have swept any amateur team in the United States aside. Playing a perfect defensive game and converting their first 11 shots from the field into baskets they continued their scoring attack until late in the second half when they found their upper extremities so weak from overuse that they had to be content to coast along allowing the game to end at 69-22.

Osteopaths Fight Ruling

The ruling that bars Osteopaths from treating patients in the Levering hospital and the using of hospital equipment is being contested by the Osteopaths of that vicinity in the Hannibal court of common pleas.

The suite is attracting considerable attention as it is considered to be one of the first test cases of its kind brought in a Missouri court and the outcome of the case if taken through the higher courts of the state may establish law that may effect public, and certain classes of so-called private, hospitals in the state.

The osteopaths in their action are seeking a restraining order prohibiting the board of control of the hospital from excluding them from treating patients in the hospital and from preventing them from using the hospital equipment, X-ray machines, operating room, etc.

The Osteopathic profession as a whole are interested in the outcome of this case. D. M. S. C. O. as an Osteopathic institution, backs these men in their firm stand for the rights of Osteopathy and Osteopathic physicians.

"THE OFFICE LABORATORY"

Compiled By
ZOE ALICE INNES

(Con't. From Previous Issue)

BLOOD COUNTING

A hemoglobin estimation by Tallquist, and a white cell count should be made for each new patient.

Hemoglobin of 80 or below indicates the need for a red cell count.

White cell count of 9,000 or above indicates the need for a differential count.

Since a full account of the methods of taking blood and making cell counts would unduly expand this manual, the worker is referred to any standard text for these directions.

Normal red cell count: Male, 5,000,000 to 6,000,000; female, 4,500,000 to 5,500,000.

Normal white cell count, 6,000 to 9,000.

Normal Differential count. (Endothelial leucocytes include all cells formerly called large mononuclear, large lymphocyte and transitional.)

Polymorphonuclear 65% to 70%

Endothelial leucocytes 6% to 12%
Small Lymphocytes 25% to 30%
Eosinophiles 1% to 3%
Basophiles 5% to 1%

Diluting fluid for red cell count may be Toisson's, Hayem's or 1% sodium citrate in physiological salt solution. All of these fluids grow molds on standing, and should be frequently filtered to prevent clogging of pipettes.

Diluting fluid for white cell count is 1% acetic acid. As this also grows mold which uses up the acid, it is better, where only on occasional count is made, to prepare a fresh solution each time by adding 3 drops of Glacial Acetic Acid to 10cc distilled water.

Differential Staining

The stain now most used is Wright's. This is a development of the Romanowsky and Ehrlich's tri-acid stains. It is very sensitive to acid, being completely spoiled for staining purposes by acid or even acid fumes, and is ruined by a drop of water. Keep the stain in the original bottle, where acid fumes cannot reach it and always use the same dropper, one which has never been used for any other purpose. This applies also to the distilled water dropper. Before making film, soak the slide in alcohol for a few minutes to remove any trace of acid and grease, and polish with a clean cloth. Avoid touching the surface of the slide with the fingers after polishing, as this leaves grease which will interfere with spreading. See that the spread film is thin and covers the greater portion of the surface of the slide. Regulate thickness by the angle of the spreading slide. Short angle, thick film.

Take up a drop of blood well toward one end of the slide.

Lay the slide on a flat surface. Place the end-edge of another

slide squarely in the drop of blood at an angle of about 45 degrees and see that the blood runs by capillary attraction the full width of the slide. Spread by pushing quickly across lengthwise.

Allow to air-dry.

Do not fix by heat. Fixative is contained in the stain.

Directions for staining are given on the bottle and should be followed since the timing depends on the particular lot of stain used. If, in spite of exactly following directions, the stain is unsatisfactory, make the following changes in timing.

If red cells are too dark, decrease the time of using the undiluted stain.

If red cells are too light, increase the time of undiluted stain.

If white cells are too dark decrease the time of using distilled water.

If white cells are too light, increase the time of distilled water.

If all of the cells appear more or less blue, interspersed with blank or very faintly stained areas, the stain has been spoiled by acid either in the bottle or on the slide. Stain a fresh slide which has been neutralized with alcohol. If the condition still persists the stock of stain is spoiled.

Take care that no stain is lost from the slide before adding distilled water, as good results depend on the accurate mixture of stain and water.

After washing with tap water allow to air dry. Do not blot. Remember that the stained film can be rubbed off before it is completely dry.

Wright's stain contains both acid and basic stains. When the undiluted stain is put on the slide, the acid stain acts first. When distilled water is added, the action of the acid stains stops, and the basic stain is precipitated. When the slide is washed with tap water, the action of both stains is stopped. Hence the need for guarding the stain from contamination with either distilled or tap water.

Red and white cell counts should be made within ten hours of taking the blood. Films may be stained any time after making.

Cleaning Pipettes

Put the rubber tube on the point of the pipette and rinse by filling and blowing out

Twice with 1% acetic acid.

Twice with distilled water.

Several times with alcohol.

Twice with ether and inhale the last of the ether to avoid getting moisture from the breath in the pipette. It must be perfectly dry, so that the bead in the bulb shakes about freely. Always clean pipettes as soon as possible after the count is finished.

If pipette becomes clogged, try to clear with a horse-hair. Never use wire. If it cannot be cleaned in this way, place the pipette in a test tube, fill the tube with Concentrated Nitric Acid and allow to stand over night. After-

ward clean as given above omitting first step.

BACTERIAL STAINING

Films should be thin and well spread. If the material is thick, a drop of distilled water may be placed on the slide, a small amount of the material mixed in it with a platinum needle or a wooden applicator, spread about, dried by very gentle heat and fixed after drying. For reasons given under B. tuberculosis, do not use distilled water in making sputum smears.

ALWAYS fix smears before staining by drawing the slide, film side up, three times through the flame.

For ordinary work either Loeffler's Methylene Blue or Ziehl-Neelsen Carbol-Fuchsin make good general purpose stains. Use no more stain than is necessary to cover the smear, and be sure that the slide has cooled after fixing before applying the stain. Where directions for staining are given on the bottle, follow them exactly, but where no directions are given, three minutes is usually satisfactory.

Wash with tap water and dry by blotting.

HANDLE MATERIAL AND SMEAR BEFORE FIXING WITH PRECAUTIONS AGAINST INFECTION.

GRAM STAIN

Certain organisms have within the body a substance which combines with iodine to form a mordant. This fixes the first stain so that they cannot be decolorized. Those without this substance will give up the first stain and take the counter-stain. All the commoner pathogenic organisms react in one way or the other and always in the same way. Those holding the first stain are called Gram-positive and are purple in the stained smear. Those giving up the first stain are called gram-negative and are the color of the counter-stain.

(Use no water until the final washing.)

1. Make and fix smear.

2. Stain 30 seconds with Anilin Gentian Violet.

3. Wash off stain with Gram's Iodin and cover the slide with the iodine for one or two minutes.

4. Wash off iodine with 95% alcohol or CP Acetone and continue to wash and drain until no more purple washes out.

5. Drain off decolorizer and stain 3 minutes with Safranin (Aqueous). Carbol-fuchsin or Bismarck Brown may be used as counter-stains.

6. Wash thoroughly with tap water and dry by blotting.

Making Smear for Gonococcus

Take material with a cotton swab from the urethra or cervix by speculum. Spread on the slide from the swab, gently to avoid breaking the cells. If the smear is taken where flame for fixing is not handy, fix by flaming on the under side of the slide with several matches. Never transport a G. C. slide without fixing. Stain by Gram.

The organism is a coffee-bean-shape, gram-negative, intra-cellu-

lar diplococcus. May be in only a few cells so search must be thorough. In acute cases the gonococcus kills out other organisms and is not found outside the periphery of the cell unless a cell has been broken in making the smear. In chronic cases other organisms may be present and gonococci may be outside the cells but for positive diagnosis some filled cells must be found. In material from regions other than the genitals careful differentiation must be made by morphology and location from micrococcus catarrhalis, and the meningococcus which are also gram-negative, but are round, not coffee-bean-shape and only occasionally intra-cellular.

Gram Reactions of Common Organisms

Positive

Staphylococcus group.
Streptococcus group.
Pneumococcus group.
Diphtheriae and pseudo-diphtheriae.

Tuberculosis.

Tetanus.

Aerogenes capsulatus.

Negative

Gonococcus.
Meningococcus.
Micrococcus catarrhalis.
Influenza bacillus.
Colon-typhoid-dysentery group
Spirillum of Asiatic Cholera.
Pyocyanus.

Freidlander's bacillus.

Koch-Weeks bacillus.

Morax-Axenfeld bacillus.

(Continued Next Issue)

Fraternity Notes

(Continued from page 2)

New Physicians" and Dr. Sandy, M. D. who gave a very interesting talk on "Fits and Misfits."

Among the letters received from members in the field was one from Dr. Frank Wilson who is practicing in Dayton, Ohio. We are always glad to hear from members of our club who are now in the field and trust that they will write often.

Hensch, Thistlethwaite and Perry have again revised the Foman Notes and the new edition is now ready for publication. (It won't be long now).

Be it known, that Winters and Wasner have agreed to sell an ounce of their mustache dye to Parkinson and Somers.

Hensch states that his greatest desire is to be the head obstetrician of the Senior Class. The race is on between him and Fred Martin.

Stan Pettit wishes to know the secret that Dahl is withholding on how to gain the confidence of women with cars.

Parkinson is still at loss to know who the party is that calls him at 4 A. M. to find out the time.

Heian is now a skilled operator of atomizers due to some special information divulged by an upper classman at an early hour of the morning.

Our next meeting will be March 4th at the usual meeting place at 8 o'clock sharp. Be there on time and hear what promises to be one of the best lectures of the season.

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 6

March 15, 1929

Number 17

Post Graduate Course At D. M. S. C. O.

The Log Book is pleased this issue to be able to give you definite information in regard to the Post Graduate Course that is to be offered by the college previous to the convention. At the convention last year in Kirksville a large number of the graduates expressed the desire to spend more than just the one week in Des Moines and since it had already been suggested that some work be put on for those who would be here for reunion purposes it has been later brought out that there are many aside from our own alumni that want to hear the faculty of the Des Moines Still College. For this reason an intensive review course has been arranged beginning the week of June 10th. The following members of the faculty of the college will speak and demonstrate each day and we can promise you that if you attend this course and mix in with it a partial attendance at the Eye, Ear, Nose and Throat convention and then follow with the National meeting you will have heard and seen the biggest and best three ring Osteopathic circus ever staged.

Dr. C. W. Johnson, noted for his work in Nervous and Mental, will give six lectures on those conditions that you meet with in practice that should be classed with the baffle problems so popular today.

Dr. J. P. Schwartz will cover the subjects of Surgery, Urology and Proctology. Those of you who have met Dr. Schwartz will not want to miss a single one of his talks. If you have not met him you have a rare treat in store.

Dr. Robert Bachman whose work in Obstetrics is known throughout the profession will lecture on this subject and its allied specialty, that of Gynecology. Dr. Bachman is the man behind the well known clinic in this work at the college and there is no one better qualified in these two specialties.

Dr. Virgil Halladay who is known to every member of the profession for his work in Anatomy is going to give you some of the old time stuff in Applied Osteopathic Anatomy and Physiology. Practical experience both in the laboratory and in practice makes Dr. Halladay an authority on this subject and there is no one in the profes-

(Continued on Page 2)

Bass Horn Purchased For Band



The D. M. S. C. O. band came into permanent possession of a new bass horn last Friday through the generosity of the students and the faculty of the school.

A meeting of the class presidents culminated in a systematic canvas of every member of the student body in an every student contribution that resulted in the raising of sufficient funds to make the purchase. Led by Dr. C. W. Johnson, president of the school, many of the faculty and local Osteopaths contributed their share and so it was possible to purchase additional music that was needed by the band.

The new horn will belong to the Des Moines Still College Band which in the future is to be one of the liveliest organizations of the school. Plans for their appearance at the A. O. A. convention have already been arranged so the Alumni and visiting Osteopaths will have an opportunity of enjoying some excellent music.

The band appreciates the work of Sigma Sigma Phi, the class presidents and all who aided or contributed toward this purchase.

Meeting Of Convention Committees

A meeting of all the committees will be held Sunday, March 17, 1929, at the Hotel Fort Des Moines. This meeting is called for 12:30 P. M. and it is important that every member be present.

Notices have been sent to all the committee members by Dr. C. N. Stryker. Let's give him our best co-operation and help make the National A. O. A. Convention something to be remembered.

Mother Here

Mrs. J. A. Nowlin has returned to her home in Farmer City, Ill., after spending a few days with her son, Dr. W. J. Nowlin who is a faculty member of Des Moines Still College. She reports that she has had a most delightful time and looks forward to the time when she can visit us again.

Normal Spine Week

The week of March 17-23 has been set aside this year by the American Osteopathic Association, as Normal Spine Week. This has been done, as in past years, in an effort to stimulate the interest of not only the profession but to educate the parents especially to the advisability of such an examination not only for themselves but for their children as well.

This idea should be held constantly in mind by all Osteopathic physicians and they should reserve part of each day during the entire week to devote to free Spinal examinations. Wherever it is possible they should conduct spinal examinations of school children and should take advantage of every opportunity of speaking before different organizations of their vicinity in relation to spinal abnormalities and the resulting effects thereof.

It is the earnest hope of those interested in the furthering of the Osteopathic Science that there will be a high degree of co-operation from every Osteopath in the field.

Stillonian News

The Stillonian staff announces that the 1929 Year Book is well under way and that undoubtedly it will be off the press not later than May 5, 1929. The various department heads have very nearly completed their work and a great deal of it has been proof read and is back to the printers for final set-up.

The Stillonian Subscription Scale in the form of a thermometer has been put up on the bulletin board. This shows that 76% of the students have subscribed and paid partially or fully for their books.

One thing that pleases the staff is the fact that the staff nurses and interns at the Des Moines General Hospital have subscribed 100%. This is a record of which anyone may be proud.

We know that many of the Alumni will want a copy of the 1929 Stillonian and for their benefit a coupon will be found at the bottom of page three (3). Please fill out and mail at once in order that the staff may know the exact number of copies to order. This order must, by the way, be in not later than April 6. Thank you, Alumni, for your co-operation and assistance. We hope to see you at the National Convention in Des Moines the week of June 17.

Still Defeats Kirksville In Two Games

The Suttonites of Still College invaded the Kirksville stronghold and downed the Rams in two of the hardest fought contests ever displayed in the Laughlin gym. The first half was more or less a defensive brand of ball, with Kirksville leading 13-12. The second half the Pirates came back with a spirited rally, with clever shooting on the part of Jagnow, Benz, and Lang. Capt. Davis who was removed from the game via the personal route was ably replaced by DuBois.

Jagnow tied the score with his charity throw, and thus extending the game into an over-time period. Benz was the only one to take advantage of the extended time, by scoring a field goal, thus giving the Pirates their first victory of the series. Lang and Benz were the scoring aces for Still, while Joseph and Anderson lead the losers.

The second game was a repetition of the first game with the Suttonites obtaining the lead and never relinquishing it. Both teams had the do or die spirit, which was shown by the numerous unintentional fouls. Capt. Davis playing his last game in a Still uniform gave one of his very best exhibitions and led his team in scoring. He seemed to be everywhere at once and when danger lurked near it was he who intercepted pass after pass and started the ball toward his goal.

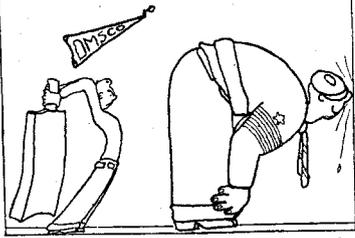
Fred Benz, another veteran, wasn't far behind and with this Davis to Benz combination working the Rams were bewildered and couldn't keep track of both at the same time. The rest of the team played their usual stellar game but due to the brilliant work of Capt. Davis it was overshadowed. The score was 28-25 with first half ending 16-15 in favor of Still.

Dr. Hopkins To England

Dr. Walter O. Hopkins of the June, 1927, class is now practicing in London, England. He is connected with Dr. F. G. Browne, 3 Uffer Brook St. West, Grosvenor Square. He is especially interested in the Bates Systems of treatment for the eyes. All reports are of a wonderful practice.

Dr. Hopkins would be interested in hearing from his classmates and other schoolmates.

FRATERNITY NOTES



ATLAS CLUB

J. P. Campbell

The boys of the Atlas Club gathered together for practical work Feb. 25, 1929. Dr. Woods talked to us on the subject, "Serum and its uses." In the first part of his talk he gave the history of serum, following which he demonstrated the way in which a blood test is taken for a Wasserman. Then he showed us how to vaccinate for diphtheria and scarlet fever. It was a very interesting talk and the boys enjoyed it very much.

Saturday, March 9, 1929, the fellows enjoyed a dance, that is all the actives, for at this time hell week was on so the pledges did not have the privilege of attending. But of course their time is coming.

Most of the boys are figuring on staying over for the convention and from all reports there will be a big time in store for all who attend.

Again we wish to make clear that all during the convention the Atlas Club will be open to all members and we hope they will make this their headquarters.

The Seniors are all studying hard in preparation for the coming State Boards, and we are wishing them all the luck in the world.

It seemed that Cookie Moore and Basore were up a tree the other night.

Lost, a street car pass, when last seen it was sailing above the Liberty building. See John Anderson.

Several of the members went to the President to see professionals play, while others went to see the amateur pledges perform at the Casino.

Larry Boatman seems to be running a race with Don Galvin as to who is the best banjo player.

We wonder why Dornie is getting down his Physiology books from the shelf? Remember D. M. U. has a campus.

As yet the bowling team which is to represent the fraternity has not been picked. But there seems to be quite a bit of talent, especially in bouncing the ball.

Say fellows, have you seen Pledge Homan's new pledge?

Ken Moore and Ole Nicholson had to patronize a hat cleaning shop due to the fact that the kind wind decided to take their hats for a joy ride.

Count Forteen alias Ken Ward gave us his version of how an Scotchman would recite Roman in the Gloman.

IOTA TAU SIGMA

R. F. Herrick

Reports from the "Pest House" indicate Nick Gill will be an active member of society in a few days, he tells the boys next Friday and we hope he is right. Things are not the same without you, Nick.

We can again look forward to some rest as most of the boys have completed the first O. B. call and will not have the next one for some time, "Buddo" was real aristocratic, planning his to occur at 1:30 P. M. But "Buddo" knows how to plan things. Quarrell was out but never has said one word about it so we have to guess on how things progressed.

The chapter extends congratulations to Dr. R. W. Ross who has begun his work at the Chicago Osteopathic hospital. (Hit 'er hard "Ma.")

"Bad Eye" Morgan alias One-Eyed Connolly receives the belt of Wampus for throwing "Two Minute" Hewlet in a five minute wrestling meet. "Bad Eye" challenges all comers regardless of size, weight or reputation.

A letter from Dr. C. W. Odell was received and enjoyed very much. Dr. Odell is located in Jackson, Mich., and reports everything K. O. He expects to be here in June and we will all be glad to see him again. (Bring your own milk bottle.)

A reward is offered for information leading to the whereabouts of Charles Harold Herbert this last week end. He looks as if he may have been in the country by the well nourished appearance of his physique.

Pledge Spaulding is intending to journey to the Des Moines General Hospital Tuesday to lose some of his anatomical makeup. Don't be misled, only a tonsillectomy.

Pledge Sparks also deserves a word of mention as he is the only man ever known to be sent out for a "Sky Hook" and return with "It." Nobody else ever heard of one but "Sparkey" goes out, does things and gets the necessary articles.

Some loyal brethren has traded a corn cob pipe for Benny Kinter's scarf. Benny is all down hearted but we think he is far ahead of the game. As who could smoke a scarf?

Strange things do happen; Ray Kale was seen at the chapter house.

PHI SIGMA GAMMA

C. A. Reeves

Leighton Long was called home by the death of his mother. We all hope to see Leighton back with us soon.

Pledge Allen left for home due to his long illness. This long winter seems to have lots of the fellows down.

Phi Sigma Gamma held a house dance Friday, March 8. Everyone seemed to have a very good time.

The old place certainly looks good now that we have it all fixed up. We feel sure that the Alumni will feel right at home during the convention. We extend them a hearty welcome.

Pledge Scatterday has arrived home from the Detention hospital following his quarantine. We are all glad to see you back Jim.

Harold Jennings will leave this week to take the Basic Science Board at Madison, Wis. Good luck.

SQUARE AND COMPASS

C. A. Reeves

Still Square takes great pleasure in announcing the pledging of Russell Wright, Curtis Parkinson, Burns Scott, Howard Toepfer, Robert Homan and Baken.

The new officers elected for this semester are: President, L. J. Grinnell, vice-president, R. E. Dye, treasurer, N. B. Walch, secretary, H. E. Skinner, chaplain, B. J. Frye, marshal, C. I. Tout, and L. C. Nicholson, guide.

A stage smoker for all Masons in Still College is to be held Thursday, March 14, at 8:30 P. M. at the Shrine temple. Entertainment for the smoker will be something that none of you want to miss.

The next meeting of Square and Compass will be held at Shrine Temple March 21, 1929.

Post Graduate Course At D. M. S. C. O.

(Continued from page 1)

sion that can equal him in this line of work.

Dr. Byron Cash will give an intensive course in Laboratory Diagnosis. Dr. Cash spends most of his time in direct contact with this type of work in connection with the hospital and will give you those points that are especially adapted to the diagnosis of surgical cases.

Dr. John Woods, one of the old timers at the college will hit the high spots in Physical Diagnosis and Pathology. These are two subjects that you need some review work in and Dr. Woods knows what should be sifted out for your benefit.

Technic, that much discussed subject will be handled by six selected speakers. Each of these is a specialist in his line and will give you new points in each. Watch for the detail of this part of the work in a later issue.

Clinics will be held each day. You have always wanted to see our clinics. Here is your chance and you will not be disappointed.

Dr. H. J. Marshall will handle Eye, Ear, Nose and Throat during the week.

Dr. Mary Golden noted for her work with children will speak on Pediatrics.

Dr. C. F. Spring will review some of the old principles of Osteopathy.

Dr. Nowlin will discuss Comparative Therapeutics.

Miss Ava Johnson, scientific writer and research worker now with the college will bring you new proofs of the science of Osteopathy.

You cannot miss this week of work. Make arrangements now to come early and stay late. More data in our next issue.



Around Our Merry Campus

Father Said No More

"Jimmy, I wish you'd learn better table manners; you're a regular little pig at the table."

Deep silence on Jimmy's part. So father, in order to impress him more added, "I say, Jimmy, do you know what a pig is?"

"Yes sir," replied Jimmy meekly, "It's a hog's little boy."

"John, the doctor has ordered me to the seashore."

"Why, you're not run down or tired out, are you?"

"No, but I will be by the time I get my trunks packed."

Bright Boy

Boss: "Well, did you read the letter I sent you?"

Office Boy: "Yes, sir; I read it inside and outside. On the inside it said 'You are fired,' and on the outside it said, 'Return in five days,' so here I am."

Guide (on a London sight-seeing bus): "Lides and gentlemen, we are now passin' one o' the oldest public 'ouses in the country."

Passenger: "Wot for?"

A gentleman is a guy who can talk to a chorus girl in her costume and say what he is thinking.

Medicine Salesman: "And, ladies and gentlemen, I have sold over one million bottles of this great Mexican remedy and never had a complaint. I ask you, what does this prove?"

Voice from the crowd: "That dead men tell no tales!"

Boss: "Has the florist next door any children?"

Clerk: "Two; a girl who is a budding genius, and a son who is a blooming idiot."

"I lost my biggest creditor today."

"Did he die?"

"No, he made me pay him."

"Are you a doctor?" she asked the young man at the soda fountain.

"No, madam," he replied, "I'm a fizzician."

There is only one man more annoying than the person who turns off the lights at a party, and that is the one who turns them on again.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser—H. V. Halladay

Editor.....R. B. Kale

Osteopathy Without Limitation

Word From Our President

We are all more or less interested in taking a measure of the professional mind with respect to the coming events in the near future in Des Moines. After many years of solicitation we have attracted the National Association Convention to Iowa.

Iowa has been in a receptive mood for over thirty years. It has harbored and supported one of the earliest organized schools of Osteopathy, which in its thirty-first year is showing an advancement and a support from the field and from those who are unbiased in the advancement of a science.

It is the purpose of the school to open its doors to any of the profession who care to do advanced or post-graduate work the week preceding the convention.

Des Moines offers opportunities for advanced investigation, which no one can fail to appreciate. The members of the faculty have declared their purpose to give freely of their time and efforts in making the course presented not only worth while, but to better fit the recipients for more effectual work after returning to their home practice.

While the college plays but a minor chord in the National Association arrangements and affairs, yet we expect to play it so effectually that the convention authorities will have no occasion to regret their coming to Des Moines for the 1929 session.

The college on behalf of Des Moines and the Association urges the most hearty co-operation with the convention authorities in making the coming convention one of the outstanding in the history of the Association. We pledge ourselves to be alert during the entire period in making our visitors feel that they are not only welcome but are also being furnished with the best thought of the foremost leaders in the Osteopathic profession.—Dr. C. W. Johnson.

Strive not to banish pain and doubt,

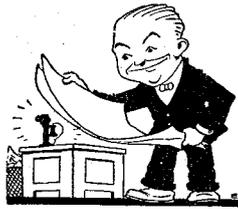
On pleasure's noisy din;
The peace thou seekest from
without

Is only found within.

—Cary

Greatly begin! Though thou have time but for a line, be that sublime,—not failure, but low aim is crime.—Lowell.

Alumni News



We are glad to receive this letter from Dr. Gladioux and accept the suggestions and advice given in a most open-hearted manner. Realizing that the convention is not far distant many of this class have already completed plans to visit their Alma Mater in June.

Grand Rapids, Mich.,
2021 Division Ave. S.,
March 4, 1929

Editor "Log Book",
Des Moines, Ia.

The "Log Book" reaches my desk twice monthly to remind me of the "good old days" in Des Moines. I hope this note will partly repay for the pleasure that the school paper gives me.

This state of Michigan is a fertile field for Osteopathy. There are many Des Moines men here and they all do well in time. There is plenty of room for more good Osteopathic physicians in Grand Rapids and I shall be glad to reply to any inquiries for details.

I should like to point out a factor often overlooked by the student looking for a location and that is the importance of a well organized aggressive state Osteopathic association, and Michigan has such an association as proven by the good fight put up during this present legislative battle, a battle which we have won according to present indications.

We are looking forward to attending the convention in Des Moines next June and hope to see you then.

Fraternally,
Dr. R. V. Gladioux.

A trifling kindness here and there

Is but a simple, small affair,
Yet if your life has sown this free,

Wide shall your happy harvest be.

No idle person is ever safe,
whether he be rich or poor.—
Booker T. Washington.

Theory and Practice

C. F. Spring, D. O.

Every fact was first a theory, then a proven fact. Every theory taught and used should be a fact; but as one looks back over the history and development of medical science, it is clear to be seen that many theories were taught and believed to be true, but afterwards proven to be untrue. While this is to be regretted, yet it is unavoidable, due to the idiosyncrasy of the human entering in to such an extent that the theory applied seems to be effective on the first few, but when applied to the masses, is found to be unreliable or untrue. Yet with care this mistake can be reduced to the minimum; and today in our schools very little indeed, is taught that has not been proven to be facts.

Before one can get a clear idea of Osteopathy, he must first learn the theories and principles upon which it is based, then by applying these theories in the practice on the patient he is able to prove the theories true and effective. So theory and practice are so closely related that it is impossible to separate them.

A treatment which is not based on sound theory is of no value because it will not hold true in practice; and when we say that through the spinal nerves practically every part of the body may be reached and influenced, we are merely stating a fact that has long been known and proven in the treatment room by every Osteopath.

Osteopathy is based upon the theory that disease is caused by some interference to the blood or nerve supply, and these interferences are so often found to be structural lesions that the findings of these lesions, therefore, constitute the most important part of our physical examination.

In studying structural lesions, we may divide them into three classes; a change in position, a change in size and a change in kind. Under a change in position, we have dislocation, (luxation) subluxation, displacement and muscular contraction. Under the second classification, we have overgrowth, a sserted growth and atrophy. Under the third, or change of kind such things as prevented growth as to shape and replacement processes.

Many of these lesions may be corrected and very many more
(Continued on page 4)

School Talent Assembly

Taking charge of what proved to be the most delightful assembly of the year Mrs. Z. A. Innis, our laboratory instructor, maintained her belief that D. M. S. C. O. talent was unsurpassed.

The opening number on the program was the famous Still College Band with Dr. H. V. Halladay wielding the baton. Each selection was greeted by riotous applause which shows the high favor accorded the group of musicians by the entire school.

Howard Cook and Earl Hewlett pleased the student body in a very fine manner with a violin duet. Miss Genevieve Stoddard accompanied them at the piano.

Next in appearance was Judd Koch with his Xylophone. The novelty of the instrument and such delightful entertainment met the instant approval of the students. Only the upraised hand of Mrs. Innis could bring order so that the program could continue.

Following a tap dance by C. A. Reeves in which he demonstrated his ability as a master, Dr. H. V. Halladay entertained with several numbers on his eight string guitar. Both numbers added diversity and entertainment.

Featuring Fred Stewart at the piano as in previous numbers by Reeves and Koch; Delmar Steninger at the saxophone; Judd Koch at the Xylophone and Miss Genevieve Stoddard manipulating the spoons this final number climaxed the program for it was clever and unique throughout. Miss Stoddard won the hand painted tie for her dexterity in handling the "Kitchen Spoons."

Mrs. Innis and those that contributed their talent to making the program a success are to be complimented.

Buena Vista Defeated

The Still college basketball team came through with a 20 to 19 victory over Buena Vista in a fast and exceptionally clean game on the Des Moines university floor Wednesday night.

The close guarding of both teams kept scoring at a minimum throughout the game. During the first half the Still team gained a 10 to 5 lead.

More than half way through the last stanza the Beavers took the lead. With a three point advantage Buena Vista attempted to use a delayed offense but the Still team intercepted passes to break up the stalling. One basket by Benz from out of a bunched defense under the basket and a longer shot by Jagnow gave Still the one point advantage which Sutton's team maintained through the last two minutes to win the battle.

Benz packed the scoring punch for Still, shooting five field goals to register half of his team's points. Davis, Hyink and Lang also played excellent ball.

The best use we can make of good fortune is to share it with our fellows.—Julian Hawthorne.

Sign and Mail At Once to 1929 Convention Stillonian D. M. S. C. O.

Send me one copy of the 1929 Stillonian

Name

Address

State

Check Enclosed.....C. O. D.....
(Mark Which Method)

"THE OFFICE LABORATORY"

Compiled By
ZOE ALICE INNES

(Con't. From Previous Issue)

SPUTUM STAINING

The sputum discharged the first thing in the morning is the best. Instruct the patient to clear the throat, rinse the mouth out with water and cough, saving the sputum raised from the lungs. Throat sputum may be mixed with foamy saliva, and is rather thin and clear. That from the lungs is thicker and is from dirty-white to green.

The tuberculosis organism belongs to the group known as acid-fast bacilli. The body contains a fatty substance which on warming takes up the stain and cannot afterward be decolorized by any simple means.

In making the smear take up a small amount of sputum on an applicator, selecting a caseous particle if one can be found, and crushing on the slide. Spread thinly. Air dry and fix as usual. Since old distilled water grows an acid-fast bacillus which much resembles *B. tuberculosis* in morphology, no distilled water should be allowed to come in contact with the suspected material.

1. Cover slide completely with carbol-fuchsin.
2. Warm gently over flame until it begins to steam.
3. Continue for 4 minutes to apply just enough heat to keep it steaming, being careful not to boil which will ruin the smear.
4. Wash with tap water.
5. Apply acid alcohol till smear is colorless in some spots at least. Will take about 30 seconds.
6. Wash with tap water.
7. Stain with Loeffler's Methylene Blue for 3 minutes.
8. Wash with tap water and blot dry.

Organism is a slender red rod, slightly curved sometimes beaded, lying singly or in bunches and clusters on a blue ground.

Since the organisms encaseate and are not found unless a caseation has broken, releasing them, negative results are not conclusive. As they are widely scattered in any case, careful search of several smears should be made before any conclusion as to negative results is drawn.

To Detect *B. tuberculosis* in Urine

Since the *Smegma bacillus*, which is acid-fast and resembles the tubercle bacillus in morphology, is always present on the genitals, urine which is to be examined for tuberculosis should be taken by catheter. If this is impossible prepare the urine as follows:

Acidify 100cc of urine with 30% acetic acid, add 2cc of 5% tannic acid solution and mix thoroughly. Place in the refrigerator for 24 hours. Centrifuge all of it at high speed, by pouring off the supernatant fluid and adding more of the uncent-

rifuged urine until the sediment from the entire specimen is collected in one tube. Dissolve the sediment in dilute acetic acid. Centrifuge thoroughly once more. Decant the supernatant acid, and make smear from the sediment, adding a little egg albumin to make the smear adhere to the glass. Air dry for 3 hours and fix as usual. Follow the method of staining given above, up to and including step 6. At this point soak the slide in 95% alcohol fifteen minutes or longer. Wash thoroughly and finish stain as directed. This should decolorize the *smegma bacillus*.

The court of last resort is to inoculate a guinea pig with some of the sediment. This should also be done with sputum about which there is any uncertainty.

B. Diphtheria

Smears made direct from the throat are unsatisfactory, the delicate organism being overlaid with extraneous material so that it cannot be distinguished with certainty. A culture from the throat should be made on Loeffler's Blood Serum medium and grown for 12 hours at 37 degrees C. If grown longer the other organisms which are always present will overgrow and kill out the diphtheria.

1. Make thin smear from culture with distilled water, dry by gentle heat and fix.
 2. Stain 3 minutes with Loeffler's Methylene Blue.
 3. Wash with tap water.
 4. Decolorize with dilute acetic acid until film is gray.
 5. Wash and blot dry.
- Organism is a delicate, rounded rod, showing an alternation of deeply and faintly stained beads and bands, which is the diagnostic sign. Some are club-shaped and a branching form is occasionally seen. Pseudo-diphtheriae shows no beads or bands, no club shapes, and is broader and heavier.

Vincent's Angina (Trench-Mouth)

Make smear from a swabbing or a bit of the gray exudate from a lesion. Air-dry and fix. Dilute Carbol-Fuchsin 1 part in 10 with distilled water, completely cover the whole slide, and stain for 30 minutes.

Organisms are a fusiform bacillus, large, slightly curved and sharply pointed at both ends, and a thread-like spirillum with 3 or 4 large curves. Both must be present.

MILK ANALYSIS

The information wanted from a breast milk analysis is usually the food value. Other estimations are complicated, and of limited usefulness except for research work. Fats, proteins and carbohydrates are estimated. Take entire contents of one breast before nursing or mix an ounce from each breast, one taken before and the other after nursing.

Fats

In any graduated container marked in tenths of a cc (a grad-

uated centrifuge tube is convenient) place exactly 10cc of milk. Add 1 drop of formaldehyde, plug with cotton and allow to stand at room temperature for 24 hours for cream to rise. Where haste is necessary omit the formaldehyde, centrifuge at high speed for 10 minutes and read cream at once. Each 1/10cc of cream represents 1% and fats are 0.6 of cream.

Normal cream 7%. Normal fat 4.2%.

Protein

Draw milk from below the cream with a pipette, dilute 1 part in 10 and make an Esbach estimation as given under urine. Each numbered division on the albuminometer represents 1% of protein.

Normal 1.5%. Higher just after delivery.

Carbohydrate (Lactose)

Using the same dilution as for protein, acidify with acetic acid, boil and filter to remove proteins, and make Benedict's Quantitative estimation on the filtrate, by method given under Urine.

Calculation. 13.5 divided by the pipette reading equals percentage. Normal 7%. Lower just after delivery.

FECES EXAMINATION

The search for amoebae and microscopic parasites requires a trained eye. To look for gall stones, place the specimen in a fairly fine-meshed sieve, and rub with spatula under running water until all material that will pass through the sieve has been disposed of. Spread the residue on a large plate and examine each concretion by attempting to crush with a light pressure of the spatula. Any that cannot be crushed should be washed and examined thoroughly. Segments of worms may be placed between two slides, the slides pressed firmly together and examined by strong transmitted light to determine internal structure.

If the tape worm head is sought, have the specimen passed into a vessel containing a quart or more of water. Caution the patient to place no paper in the container. Pick out any visible segments with a forceps, handling very gently to avoid breaking apart, and place in a basin of clean water. After all visible segments have been removed, strain the specimen through several layers of gauze and examine residue minutely. The head is about the size of a pin-head, dark-colored, and usually has several thread-like segments attached.

For occult blood make a very thin fecal suspension with water and test as given under urine. The patient should have been on a meat-free diet for several days.

To Examine Epidermal Scales for Parasites

1. Defat scales in equal parts of alcohol and ether for 10 minutes.
2. Put 2 drops of 50% acetic acid on a slide, immerse the scales and evaporate with very slow heat.

3. Stain while the slide is hot. Loeffler's Methylene Blue 5 minutes.

4. Wash and blot with great care to avoid loosening the scales.

5. Cover slide with 95% alcohol for 5 minutes.

6. Drain and allow to evaporate thoroughly.

7. Wash freely with Xylol and evaporate again.

8. Apply a minute drop of Canada Balsam and fix cover glass before examining.

Cells light blue, nuclei dark, parasite, mycelium and bacteria dark.

(Continued Next Issue)

Theory and Practice

(Continued from page 3)

materially benefited, by re-establishing the normal blood supply and the proper nerve stimulation to the parts affected. Whenever there is a change in the relation to this lesion can not properly control the parts which they supply, because a nerve can behave normally only under normal pressure; and as there is no unoccupied space in the body, any part out of its normal position must cause a change in pressure one way or another and the cure can only be brought about by the removal of this pressure or correcting this disturbed relation.

The so-called osteopathic lesion is the spinal subluxation, or slipping of a vertebrae in some direction, forward, backward or lateral; thus changing the size, shape, or both, of the foramen or opening between the bones of the spine through which the nerves from the spinal cord pass out to supply the body. If the pressure upon a nerve is decreased it is almost as effective as a cause of disease as if it were increased.

We do not contend that a small slip will press directly on the nerve, for the nerve is quite small in comparison to the opening, but this space around the nerve is filled with a soft padding which allows the nerve considerable freedom but still it must retain its normal relation to the other parts. So the bone presses on the padding and the padding on the nerve, which amounts to much the same thing as though the bone pressed directly on the nerve.

Every fact taught in our schools have been worked out and proven by practice to be effective and every movement used to correct lesions of any kind was first a theory, then a fact. Since the practice is always based on theory and theory is of no value till proven, these two, then, must go hand in hand and are inseparable.

Mrs. E. M. Long Passes Away

We take this opportunity to extend our sympathy to Leighton Long, a senior student of Des Moines Still College in his bereavement. His mother passed away on Feb. 27 at her home in Oakmont, Pa.

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 6

April 1st, 1929

Number 18

O. W. N. A. Convention Plans

The Iowa Osteopathic Womans Association committee, having charge of the arrangements for the entertainment of the Osteopathic Womans Association during the A. O. A. Convention, have their work well under way, and plans are complete which will assure everyone of a royal welcome and a delightful time.

The place for the luncheon has been reserved, and the details all worked out. All that is needed to assure its success is your presence, and we know we can count on that. Goodfellowship is our motto, and a successful meeting our aim.

The O. W. N. A. has contributed no small part to the chapter of Osteopathic history that will soon be finished. But greater things are to be done and greater contacts are to be made. Come to Des Moines next June with 100 percent enthusiasm for Osteopathy and the O. W. N. A., that this meeting may be a record breaker and the coming year the greatest in our history.

Des Moines and the I. O. W. A. sends greeting to all—the latchstring is out!

DR. DELLA B. CALDWELL,
Chairman.

Convention News

The first of a series of get-together meetings was held in the Ft. Des Moines Hotel on March 17. Dr. Ray Gilmore of Sioux City, who is chairman of the state committee on arrangements, presided and after a luncheon, attended by about 75 members from all over the state, called for reports on what had been accomplished so far. Dr. Gilmore outlined the policy of the executive committee and explained the plan adopted by the committee in order to facilitate the machinery of the organization.

Dr. Marshall made his report in general for his committee and then asked for individual reports from his sub-chairmen. These reports indicate that the work of getting the visitors from the train to their hotels and providing for their entertainment while here, is well under way and its successful completion is assured.

Dr. Caldwell made a similar report. Her organization is intact and in perfect working order. The work of organizing clinics has begun and this fea-

(Continued on page 3)

Dr. Schwartz Visits Ohio

Dr. J. P. Schwartz has returned to Des Moines after an extended trip throughout Ohio during which he spoke to Osteopathic groups in various cities. Following his visit in Toledo he journeyed to Cleveland, thence to Warren, Columbus, Dayton and Cincinnati speaking in the afternoon on the subject of "Local Anesthesia" and in the evening on "Emergencies of General Practice."

Dr. Schwartz reports that in each city he visited he was received by unusually large groups and with a spirit of true Osteopathic fellowship. And further that the Osteopaths of Ohio are a very progressive group supporting the best of Osteopathic Science and accepting every opportunity of placing Osteopathy on its highest plane.

Many letters have come from the district secretaries congratulating Des Moines Still College on having a Dean of the caliber of Dr. Schwartz and each one voicing the praise of the Ohio Osteopaths and their thanks for the time devoted by Dr. Schwartz to the furthering of Osteopathy.

Change Of Address



During the course of events and the year many changes are made. The office and the convention committee are especially interested at this time in the change of the address of those who receive the "Log Book." Many new doctors have located and many others have moved into new offices. When the address is not changed many of the books go astray and some are at a loss to know why they do not receive the publication. It is imperative with the convention news of the next few months that we have the correct address of everyone.

Vermont State Board

The next examination of the Vermont Board of Osteopathic Examination and Registration will be held June 28 and 29.

For further information address the secretary, Dr. R. L. Martin, Barre, Vermont.

Junior-Senior Prom

At a recent meeting of the Junior class definite arrangements were made to hold the Junior-Senior Prom on April 12th at the Golf and Country Club. Observing the custom of former years and abiding by a precedent established by classes that realized the true merit of such an occasion the prom is planned to be formal. The Junior class is to be congratulated on their decision and for the fine arrangements that have already been made to make this occasion a success.

The dance will start at 8:30 o'clock sharp with a grand promenade of the classes, Knouf-Livingston's orchestra furnishing the music for this annual event.

The Seniors look forward to this date for it will be another climaxing occasion to their four years spent in D. M. S. C. O.

West Virginia State Board

The next meeting of the West Virginia State Board of Osteopathy will be held at the office of Dr. Donna G. Russell, 311 Broad Street, Charleston, West Virginia, June 10 and 11, 1929.

For application blanks write the secretary, Dr. G. E. Morris, 542 Empire Building, Clarksburg, W. Va.

Ear, Nose and Throat Post-Graduate Course

The College is more than proud to announce that the lecture period in ear, nose and throat given each afternoon, will be conducted by specialists of national reputation. The following is a feast of scientific knowledge:

Monday—Dr. H. J. Marshall, "General Conditions."

Tuesday—Dr. C. C. Reid, "The Nose."

Wednesday—Dr. T. J. Ruddy, "The Eye."

Thursday—Dr. J. D. Edward, "Deaf Mutes."

Friday—Dr. W. V. Goodfellow, "Catarrhal Deafness."

Saturday—Dr. L. S. Larimore, "The Throat."

Have you ever seen such an array of scientific men at one post-graduate course?

Neither have we!
It behooves you to register and take advantage of the opportunity.

An Inspirational Assembly

Perhaps the most inspirational assembly address of the year was given by Rev. E. G. Williams of the Westminster Presbyterian Church at the assembly of March 15th, which was presided over by Coach Frank R. Sutton.

Preliminary remarks following the appearance of the D. M. S. C. O. band gave Coach Sutton an excellent opportunity of introducing Rev. Williams who commended the band very highly and stated that with such a band we should broadcast the school and Osteopathy.

Choosing as the basis of his talk the subject "Standing Firm for Our Beliefs and Seeing Them Through To the Finish," he alluded to Daniel who stood for his belief and his ideals for a lifetime. Today there are millions of starters but few finishers, many wearing out physically in the middle of life, always the lack of balance with the spiritual and as with drugs the body may be whipped for a time but the result is worse as a final.

He stressed the speed of the present generation which soon consumes the reserve energy and leaves a broken body to try and compete with the fit. The modern "Pep Age" he strikingly exemplified by campaigns for new projects with much ballyhoo and band playing with resultant enthusiasm on the part of the people, but as soon as the campaigning stops, enthusiasm also wanes.

Citing Col. Lindberg as the outstanding American boy who started what he desired and followed through and who gradually gained fame by hard, strenuous and never-ending determination to succeed and gain his object by constantly pushing forward and firmly believing in his chosen work.

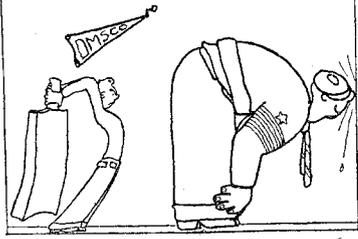
During his closing remarks he once more emphasized the determination in adhering to the belief and ideals of our profession and that success depended on our ability to carry through.

New York and Return

The annual trek to li'l ol' New York is over and all we have left is the usual pleasant memory of meeting old friends and greeting new ones. We think that it is an honor to make the Eastern States Convention. It is more than that. It is an event, for it is a real conven-

(Continued on Page 2)

FRATERNITY NOTES

ATLAS CLUB
J. P. Campbell

The members of the Atlas Club enjoyed themselves Monday night, March 8. The reason for the enjoyment was the fact that initiation took place. Therefore the club wishes to announce the following new members: George Basore, Claire McKinley, Venzil Mikan, Harold McDonald, John Anderson, Harry Taylor, Dene Moore, Charles Swartzbaugh, and John Campbell.

Baseball seems to be the game of games according to the viewpoint of a number of the fellows. As yet there have been no broken windows, looks like good control.

The new style for the club seems to be glass coverings for your desks. I wonder what will come next?

Letters from men out in the field are full of the coming convention. Many are planning on returning at that time.

Dr. Halladay who is in charge of the convention, is putting forth all his efforts to make this the largest convention ever. Success to you, Doctor. We are all behind it.

Many of the fellows are getting their old Leaping Lena's running again. It is mighty funny what spring will do to a fellow.

We are looking forward to an interesting talk which will be given by Dr. Sandy, Monday, March 25.

Larry St. Amant was called home due to the illness of his mother. We wish her a speedy recovery.

IOTA TAU SIGMA
R. F. Herrick

The chapter extends deepest regrets to Pledge Koch who was called home Friday, March 15, as a result of the death of his father. Mr. Koch had enjoyed perfect health but was stricken with apoplexy which proved fatal to him. However "Judd" has returned again and ready to take up his work.

"Nick" Gill has received an honorable discharge from the detention hospital where he has "enjoyed" himself for three weeks fighting the organisms of Scarlet Fever. He had an exceptional opportunity to raise a mustache and took advantage of it. Have you noticed it? We are glad to have the "blonde stick" with us again.

Spring: "That gives us a thought. Have you noticed how all the boys are succumbing to it's magic? It is almost impossible to get a davenport in the

afternoon unless reservations are made early.

Bro. Quartell has some very good technic, but usually takes another of his class mates with him to treat. Well, he should have, he is the world's best "Griper."

"U" Du Bois, the big hot shot from OH-10, models what the well dressed college man shall wear this spring. Hair cut and everything. It's a hit and miss proposition, "Dewey."

Bro. Morgan, the Bobby Jones about the house, may be seen most any afternoon in his golf togs trotting out to the links, to get in trim for the spring tournaments.

Pledge Spaulding is one of the best little pitchers we have. But no wonder, he's in love with the game.

Preparatory work for the baseball series are beginning to appear, as the boys are gracing the yard with the necessary paraphernalia. Obituary: One large window and two small ones.

PHI SIGMA GAMMA
C. A. Reeves

Phi Sigma Gamma welcomes the new members, Donald Perry, Jay Stivenson, David Grau, Edward La Chance, Walter Arm-burst, Fred Schaeffer, Ellsworth Stoike. A big feed was served after the degrees.

The old house looks much better since the boys cleaned up both inside and out. Madson sure knows how to get the boys to work.

Jennings returned from Madison. We hope he was successful with the board.

The Seniors all seem to be pretty busy these days. Everything from Fomon to Goepf and Freshmen review.

By the looks of most of the fellows these balmy days, Spring is here. Well, it can't come any too soon for us. In the Spring a young man's fancy lightly turns to—Oh! well what's the use.

Some of the boys were found out looking for dandelions for the femme's for Easter. Little bit early yet isn't it, boys?

Delta Chapter extends a welcome to all Alumni to make the house their headquarters during their stay in Des Moines during the convention. We assure you of a good time and a real place to stay.

The boys are discarding their fur coats for the lighter top coats these days. Moth balls are in great demand at present.

Why, some of the boys are even homesick already. Perhaps it's the feminine magnetism of the girls back home, or is it the old wanderlust? I ask you?

Robert Allen, one of the January class, underwent a mastoid operation. We extend our sympathy to you, Bob.

S. C. O. CLUB
E. E. Perry

On the evenings of March 4th and 18th the S. C. O. held its regular meetings at the Y. W. C. A. building. Both meetings

were well attended. At the first a talk on "The Osteopath As a Physician" was given by Dr. Parks. Among the many important factors relative to a physician's success, diagnosis was especially emphasized. At the second Dr. Helebrant told us many interesting facts concerning the various countries he visited while touring Europe. We wish to thank the doctors for their efforts in our behalf and hope to hear from them again.

Victor Reeder says that the secret of maintaining an equilibrium in a stuffy dissection laboratory is to sit high and nip the "cut plug" profusely.

We would like to know Steve Henry's method of obtaining addresses of week end fudge makers.

For information concerning up-to-the-minute technique on posterior innominate lesions see Stan Pettit.

Wanted: Shorter and sweeter dancing partners. Harold Kinney.

Our next regular meeting will be on April 1 at 8 o'clock sharp. Let's all be there on time and every one come, as we are going to discuss a matter which is of interest to every member.

SIGMA SIGMA PHI

At this time the Sigma Sigma Phi takes great pleasure in announcing the initiation of the following men: H. H. Cudden, R. R. Lang, Bernard J. Fry, William Clark, Burns Scott, and Kenneth Ward.

After getting better acquainted with the new brothers we journeyed down to King Ying Low's for the evening's repast. Lang could not eat Chow Mein because he never ate noodles, only in noodle soup. They slide better when they are wet, he says. What about it Lang?

It was a great pleasure to have our field members visit us on such an occasion. They were Doctors Paul Parks, Ray McFarland and Halladay. Such an affair would not be complete without them. Come visit us again and make it often.

Another Osteopathic
Baby

The day after St. Valentine's Day, February 15, 1929, a 7½-pound girl named Gretchen Sue Ann was born unto Dr. and Mrs. Carl B. Gephart at the Dayton Osteopathic hospital.

Mrs. Gephart and Gretchen are getting along very nicely.

Dr. and Mrs. C. B. Gephart are located in Dayton, Ohio.

New York and Return

(Continued from page 1)

tion and the group is the most friendly in the country.

We left here a day early in order to spend it in Chicago going over some of the details of the coming convention. The day's work smoothed over a lot of little things and if the convention is better than the average, you can credit it to the fact that there is perfect co-operation between the committees here in Des Moines and the central office. They are a good group with which to work.

Arranged my time so as to make a short stop in Syracuse to see Ken Howes and family. Ken and Tib, whom many of you know were students of mine in Kirksville and later in Des Moines, and much to the surprise of all of us got married, now have a family, a dandy boy. The visit with them was much too short.

Arrived in New York in time to help Roxy celebrate his second birthday in the Roxy Theatre. I was in New York two years ago when the show was opened and last year attended his first birthday party and this year his second.

The convention opened with the usual New York pep. Instead of about a dozen being present at the first lecture, the seats were nearly all filled and more chairs had to be brought in before the morning was over. That is the way they attend in the East. That is why I like to go there. You have a crowd to talk to, not just a handful.

And another thing. They always have a good banquet and some real speakers. We also had the pleasure of hearing Mr. Olsen who put across the drive for the Philadelphia college that was recently completed with an over-subscription.

It seemed to me that there was a larger crowd Saturday. They come to this meeting and they stay. It was all over about half past four, but the crowd was still there. This is the last meeting to be held in the old Waldorf-Astoria and all of us hesitated about leaving, for we knew that even tho we met again next year in New York, it can never be the same at another hotel.

Saturday night I stayed over to see Will Rogers and Dorothy Stone in "Three Cheers." Will steals the show. It is the common garden variety of musical show, with a lot of pretty girls and two or three good songs, but the thing that puts it over is Will Rogers' apparent improvisation of his lines. Will cannot resist the temptation to often step out of character and be himself, for which the audience is truly thankful. We all hope that Fred Stone comes back, but not until Will gets tired of his present role. It was certainly something to come home and tell the natives about.

We arrived home OK.

DR. H. V. HALLADAY.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser—H. V. Halladay

Editor.....R. B. Kale

Osteopathy Without Limitation

To the Profession

As far as the Des Moines Still College is concerned, our National Convention is now in session and will remain so, until long after June 22nd.

Each day marks new advances in our post-graduate program, held the week prior to the convention.

We are offering the Profession Week's Course filled with just the "brushing-up" things every practitioner needs. One week jammed full of practical work and scientific study. It will be a distinct loss if you miss it.

The college doors will be open wide during the convention, we invite your inspection, we urge you to see our new school.

Make Des Moines Still College your headquarters. We are here to serve you.

Fraternally,
John P. Schwartz,
Dean.

"Voyages"

A tired old doctor died today and a baby boy was born—
A little new soul that was pink and frail and a soul that was gray and worn,
And—halfway here and halfway there—
On a white high hill of shining air,
They met and passed and paused to speak in the flushed and hearty dawn.

The man looked down at the soft, small thing with wise and weary eyes,
And the little chap stared back at him with startled, scared surprise.
And then he shook his downy head—
"I think I won't be born," he said.
"You are too gray and sad!"
He shrank from the pathway down the skies.

But the tired old doctor roused once more at the battle cry of birth,
And there was memory in his look of grief and toil and mirth,
"Go on!" he said. "It's good—and bad!"
"It's hard! GO ON! It's OURS, my lad!"
He stood and urged him out of sight, down to the waiting earth.
—Ruth Comfort Mitchell Young.

No pleasure is comparable to the standing upon the vantage ground of truth.—Bacon.

Physical Bankruptcy At Fifty—Why?

DR. M. E. BACHMAN

Many requests have come to the office of the Log Book about the address given by Dr. M. E. Bachman at the assembly on the morning of Feb. 1. Believing that it would be of interest to the field members also, the article will appear in this issue.

The two most expensive things in this world are crime and disease; the more crime the more disease and the more disease the more crime.

Dr. Homer Folks, secretary of the New York State Charities Association, says: "Sickness and disease cost the United States over fifteen billion dollars annually; ninety-three percent of this is borne by the patients and their families. Physicians get \$745,000,000; unlicensed people \$120,000,000; and hospitals get \$404,501,572. The cost of drugs and medicines is \$700,000,000; loss of wages because of illness \$1,245,000,000; permanent disability causes of loss of \$12,000,000; so the total cost of illness in the United States is \$15,729,825,376 annually. The average per capita cost of disease is \$31.08 and we paid in 1928 sixty-three cents per capita for prevention."

Sickness and poverty are artificial and unnecessary, and can to a large extent, be eliminated when we learn how to live and are willing to live right.

Disease takes our best men and women at a period in life before they have reached the zenith of their ability and usefulness. The community is deprived then of their contribution to society at a time when it is most valuable. This manhood and womanhood, this leadership, this contribution to society must be conserved, and there is no class of men and women who can do more toward this conservation than those who I am addressing this morning. Our profession stands in a class by itself and our training fits us for this great work of conserving the physical powers of manhood and womanhood.

During the past year some of the most useful men of our city have dropped out of the race too early for the good of the community, and society is deprived of their quota of service.

Most men who become physically bankrupt at fifty have laid the foundation for their failures in the late twenties or the early thirties.

The man who feels himself slipping at from thirty-two to forty years of age should heed the warning, stop, look and listen, and lower his speed. Nature gives us warnings which sometimes are not understood; but some understand yet do not heed the signals. You will get valuable information in taking case histories by learning of the habits of your patients between

(Continued on page 4)

From the Field

Crete, Neb.
March 22, 1929

Des Moines Still College of Osteopathy,
Des Moines, Iowa.

Dear Doctors:

As I am retiring from my practice within a short time, I am wondering if you know of any Osteopath that is looking for a good location in Nebraska.

Crete is a town of about 3,000 located in a rich farming community in eastern Nebraska, about 25 miles from Lincoln, and is the home of Doane College.

Osteopathy is well established here in this vicinity, there having been an Osteopath here at Crete for the past 20 years. I am the only Osteopath within 20 miles and I know of no reason why this should not be a splendid opening for someone. Will sell for the price of the equipment. If interested, write to

Dr. G. L. Rumelhart.

Cleveland, Ohio,

Editor the Log Book,
Des Moines Still College
Des Moines, Iowa.

Dear Sir:

I wish to express, on behalf of the local district, their extreme appreciation of Dr. J. P. Schwartz' recent visit and lectures before our district society. It was the unanimous decision of all present that his lectures were the finest that we have had the opportunity of listening to for a very long time and our sincere wish is that he may be with us again next year. In one short afternoon and evening he was able to get in as much instruction as ordinarily would take many, many days of study in college. We can only wish that the profession develops more men like Dr. Schwartz. Incidentally I might mention that Dr. Schwartz' lecture brought forth the biggest group for a meeting here that we have had in many years. That is indeed a compliment to our opinion of Dr. Schwartz as well as to the college.

Yours fraternally,
Chas. A. Purdum, D. O.

Ensminger-Sprague



Dr. Homer Sprague of the class of 1925 and Miss Hester Ensminger were united in marriage in Cleveland, Ohio, on March 9th. Dr. Sprague is now practicing in Lakewood, Ohio, and plans to attend the National Convention in June.

Until that time, we send our congratulations to this young couple, and best wishes for their success.

Dr. Medbury Addresses Student Body

The assembly of March 21st, which was in charge of Dr. M. F. Golden brought to the platform of D. M. S. C. O. one of the foremost speakers of Des Moines, Rev. C. S. Medbury of University Church of Christ.

Preceding his address on the "Persistence of the Spiritual" he expressed his delight and pleasure of speaking to the students of the college in view of the fact that he knew Dr. A. T. Still and he knows Osteopathy for it is an Osteopath that cares for his family whenever there is such a need.

Following a discussion of modern thought both in books and business he stressed the fact that there was a continued appeal for the better for at the grilling pace that everyone lives they must defer to some ethical consideration. The present materialistic tendencies necessitate a spiritual force to penetrate so that man will be able to handle modern machinery.

Quoting Steinmetz he brought to the students the thought of this genius, that the greatest development in the next fifty years would be in the spiritual field. The weight of this thought carries its full force when we realize that this statement comes from a man of science.

Concluding he stressed further the fact that faith holds a man steady in sustaining his standards. So too, every Osteopath needs such a faith as will be necessary in the further unfolding of life. Each must advance in spiritual force and carry such an influence into the field and into Osteopathy.

Convention News

(Continued from page 1)

ture is one that you will appreciate during your visit here in June.

Dr. Halladay expressed some new ideas about registration and some of the other departments he is responsible for. His chairmen are working hard and have made reports already that have appeared in the Journal.

Dr. Chet Morris of Chicago was present and made a talk relative to the program. Dr. Morris stated that the program was planned and most of the speakers selected and their time allotted. The plan calls for an intensive five day program with the sectional work being given in the morning and the general program in the afternoon. Dr. Morris expressed complete satisfaction with the arrangements made by the local committee and stated that the accommodations here were better than even the eventful meeting in the Waldorf in 1923.

Make your reservations now or you will be sorry. Remember, it is only ten weeks until the meeting—June 17 to 23.

"THE OFFICE LABORATORY"

Compiled By
ZOE ALICE INNES

(Con't. From Previous Issue)

GENERAL

To Make Percentage Solutions

Take same number of ccs of liquid, (grams of solid) as the percentage desired, and add solvent QS to 100cc.

To Make Lower Percentage Solutions From Higher

Volume desired times percent desired divided by percentage on hand equals amount of percentage on hand to be used.

Example. To make 50cc of a 4% solution from 30% solution.

$$50 \times 4 = 200$$

$$200 \div 30 = 6.6$$

6.6cc of 30% solution plus 43.4cc of solvent makes 50cc of 4% solution.

Chromic Acid Cleaning Mixture

This should be prepared and kept in an earthenware crock with cover. (A plate may be used.) Keep covered when not in use, and do not allow any metal to come in contact with the mixture. Protect the hand with a household rubber glove when putting in and taking out glass. Be careful not to get any on the clothing, as it will eat holes. If the table is not acid proofed stand the crock on a piece of glass extending at least six inches all around.

Dissolve 10 ozs. Potassium Dichromate in 1½ pints of water.

Allow to get completely cold.

Add very slowly stirring with a glass rod, 1 quart of Sulphuric Acid. (The commercial quality may be used.) When the small crystals which precipitate when the acid is added are all gone, discard.

Acid proof dressing for laboratory tables, with directions for applying may be procured from any chemical supply house. It can only be used on new wood, which should preferably be soft. Hard wood may be used but should have an extra coat of the dressing and a double oiling. If the table has been oiled or painted, have it planed off until an entirely new surface is exposed. The time and trifling outlay of money will be well repaid, as the table is then proof against acids and alkalis, unaffected by stains, fire-resistant and can be cleaned with soap and water.

To Remove Adhesive Painlessly

Ether 30cc
Alcohol, 95% 30cc
Iodin tincture 8cc
Glacial acetic acid 8cc

Thoroughly wet the outside of the plaster and remove by peeling. If it sticks at all, wet the outside again and wait until it has penetrated. Adhesive marks on the skin may be removed with Xylol. (Do not use near the eyes.)

Glycerite of Tannic Acid

For abrasions, especially those contracted in outdoor sports.

Tannic acid 20 grams
Glycerine 80cc
Water 100cc

Stir acid and glycerine to a paste with a glass rod. Use no metal. Add water and place in slow water bath, stirring occasionally until dissolved.

Blood Stain

Stain made from "Tetrachrome" manufactured by the National Aniline Co., is in all ways as satisfactory as Wright's and is much less sensitive to acid. The materials may be procured from any chemical supply house by specifying National Aniline Co.'s goods.

Tetrachrome 0.5 grams
(7½ grains)
Methyl Alcohol 100cc
(3½ ozs.)

Alcohol must be that prepared especially for blood stain. Put a little of this alcohol in the stock bottle to be used (which must be perfectly dry) rinse it about, cork with a new cork, and let stand for some time. Drain out this alcohol, put in the weight of Tetrachrome desired, add the necessary amount of the alcohol and shake vigorously. Let stand a few days before using. The stain improves with age. Always mix further supplies in the same bottle. To stain, place 30 drops of stain on slide and leave 30 seconds. Carefully add 30 drops of distilled water and leave 1 minute. Wash with tap water and dry in air.

APPARATUS & REAGENTS

In response to numerous requests, a list of the apparatus and reagents necessary to equip a small laboratory has been prepared. This includes everything needed to do the work given in the manual except microscope, centrifuge and haemocytometer. The reagents are all stable if kept well corked and not contaminated. In a few instances the basic material has been included in the list and directions given for preparing the reagent from it, this being more economical.

Water solutions for reagent use should be made with distilled water, which can be procured at any battery station. It will be necessary to get a quart of so of 95% (190 proof) alcohol. Never use denatured or rubbing alcohol. Lower percentages may be prepared by the rule given above. Alcohol for germicidal purposes should be 60%. It is much more effective than higher strength. Slides may be kept in 80% alcohol in a pint Mason jar and polished as needed. They will then be free from acid and grease. Slides that have been stained may be cleaned for use again by immersing in the acid bath for 24 hours. (Remove immersion oil with Xylol before putting in the bath.) After thorough rinsing leave in the alcohol over night before using.

Acid Alcohol

Hydrochloric Acid, CP 2cc
Alcohol, 80% 98cc

Reagent Ammonia

Stronger Ammonia 1 part
Water 3 parts

30% Acetic Acid

Glacial acetic acid 30cc
Water 70cc

Reagents

One pint each of the following:—

Benedict's Qualitative
Benedict's Quantitative
Obermayer's
Stronger Ammonia Water
Chloroform, reagent quality
4 ozs. each:—
Glacial Acetic Acid, CP
Nitric Acid, Concentrated, CP
Esbach's reagent
Ferric Chloride, 5% aqueous
Phenol 5% aqueous
Sodium Hydroxide, Tenth Normal
Formalin, Commercial
Acetone, CP
Hydrogen Peroxide
Myer's Blood Reagent.

Stains

1 oz. each:—
Anilin Gentian Violet
Gram's Iodin
Safranin, (aqueous)
Methylene Blue, (Loeffler's Alkaline)
Carbol-Fuchsin
Toisson's Solution
Wright's Blood Stain

Indicators

1 oz. each:—
Di-methyl-amido-azo-benzol
Phenolphthalein, 1% alcoholic
Sodium Alizarin Sulphonate

Dry Chemicals

1 lb. Sodium Carbonate, anhydrous
1 lb. Ammonium Sulphate, CP
1 lb. Powdered Pumice Stone
1 oz. Sodium Nitroprusside

Miscellaneous

1 oz. Immersion Oil
1 oz. Canada Balsam
4 ozs. Xylol
Package of lens paper.

Apparatus

Tripod with asbestos gauze square
Test tube holder and brush
Test tube rack
Bunsen burner or alcohol lamp
12 Test Tubes, 5 in.
1 Test Tube, 6 in. (For quantitative sugar determination)
Urinometer
Esbach Albuminometer
Acidimeter
Fermentation tube, footed
Graduated pipette, 10cc
Volumetric pipette, 5cc
Cylinder graduate, 100cc
Funnel
4 Beakers, assorted
2 Erlenmeyer flasks, 250cc
2 Centrifuge tubes plain, 15cc
1 Centrifuge tube, graduated, 15cc
6 medicine droppers
Box of microscopic slides
Box of cover glasses
Red and Blue Litmus
Filter Paper
Tallquist Hemoglobin Scale

Every man takes care that his neighbor shall not cheat him. But a day comes when he begins to care that he does not cheat his neighbor. Then all goes well. He has changed his market cart into a chariot of the sun.—Worship.

Physical Bankruptcy At Fifty—Why?

(Continued from page 3)

twenty-five and thirty-five years of age.

There is an analogy between financial and physical bankruptcy; wrong investments and overloading do not work well in business nor in matters of health.

The words "successful business" are very alluring to many. We want to succeed in our undertakings whether they be social, political, professional, or business.

To be successful requires every ounce of energy that can be mustered. Many whose vitality is low to start with drop out of the race early. Those who remain, give all their thought and time to the promotion of their business. They try to meet the contingencies and make appropriations for enlargement and new equipment but forget to provide for the body and mind that are continually at the breaking point. Should they run their business on the same plane that they care for their health they would be financially bankrupt in a short time.

Suddenly they discover that something is not right with themselves; nature has thrown out danger signals in the form of the morning headache, more tired when they get up than when going to bed; loss of appetite; food lies heavy like a stone in the stomach; wakefulness at night, so they stay up late in the hope that they can sleep from sheer exhaustion or weariness; shortness of breath when going up stairs or hurrying which is a sign of a weak or fatty heart.

Whenever there is a pain between the chin and stomach that comes from exertion and makes you feel like stopping; better stop, for this is a forerunner of angia pectoris, a heart trouble that will stop you short if you don't heed. That irritable crabby spirit that finds everything wrong is a sure sign of failing health and a shattered nervous system. Puffy eyelids are warnings of kidney trouble, pulsating headaches and ringing in the ears may point to high blood pressure; pain under the left shoulder blade point to heart trouble; under the right shoulder to liver trouble. Sharp pain in the middle of the back may mean ulcers of the stomach.

When all these signs or some of them are manifest we go shopping for health, and we seek to buy health as we buy common commodities. We go bargaining from Excelsior Springs to Rochester, Minn. We are sometimes willing to pay enormous prices for health. We try mud baths; sun baths and other baths; we try everything from yeast to sauer kraut, and bran to Pluto water. We buy something for the kidneys, and another for the heart. We pay from five dollars to three hundred dollars for the privilege of parking our tonsils or appendix in a hospital.

(Continued Next Issue)

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 6

April 15th, 1929

Number 19

Fun At the National Convention

We know that you expect to have some fun when you attend the National Convention at Des Moines, so we have arranged for it. In Friday evening, June 14th, the Ear, Nose and Throat Society will have their banquet and we are calling this affair "Ruddy's Circus Clinic." This evening will be in charge of Dr. Ruddy of Los Angeles. If you know Dr. Ruddy, you know that we will have a good time and laugh until our sides are sore. Everyone is invited to come over and make their sides sore. Then Monday evening, June 17th, is the big reception and ball. This will be one of the big entertainment features of the week. Dancing, cards and entertainment will contribute to the entertainment.

The exhibitors will put on a good two hour show for us Tuesday evening and Wednesday evening will be fraternity and sorority night. Thursday night will be the big A. O. A. banquet and we intend making this a real banquet and the entire Shrine Temple will be at our disposal for this occasion and you may dance, dine, play cards or pool or listen to the program in the big auditorium of the Temple. Friday night we will have River-view Park for a big frolic. On Wednesday afternoon while the O. W. N. A. are having the program, the men will participate in the golf tournament and for those who are not interested in golf may attend the ball game. We have one entire section of the grand stand and it will be advertised as "Osteopathic Day" at the ball park. Come prepared to have a good time and we will try not to disappoint you.

H. J. MARSHALL,
Chairman of General Arrangement Committee.

Baseball

A year ago the newspapers came out with a cartoon entitled, "Life is Worth Living Again." The significance of it was that the baseball season was then opening. Another year has passed and we are glad to start the ball rolling again. The Iota Tau Sigma boys are the defending champions, and are slight favorites to repeat last year's performance. The loss of a star battery must be reckoned with, so the other three teams feel that they are very much in the

(Continued on page 4)

Stillonian Day

The date for Stillonian Day has been set for May 10th and plans are rapidly taking form for a great gala day. Starting with the regular assembly program of the morning the entire day will be devoted to the activities of Stillonian Day.

When the curtain of the assembly draws down the next act will be a unique way in the distribution of the Stillonians as planned by the staff in charge. Those who do not have a year book will be at loss as to the joy of looking through the annual for the rest of the morning.

The afternoon activities will be devoted to the championship baseball game and to the winning of the Sigma Sigma Phi cup. The scene of this act will have as a background the walls of the Still College Bowl with the winning teams of the baseball series taking the leading parts.

The evening will turn to another scene when the students and faculty will gather to enjoy the music, the fellowship and where all will join in the final dance of the year. The awards for the Golf and Tennis Tournaments and the baseball championship will be made during the intermission.

Basketball Season a Success

Statistics of the 1928-29 season of basketball at Des Moines Still College proclaim a successful season for the team. Under the tutorage of Coach Frank R. Sutton the Pirate quintet lost only four games and in these games they broke even. They were defeated and in return defeated South Dakota U., Western Union College and Kirksville College of Osteopathy.

Such stellar players as Capt. Davis, Benz, Jagnow, Hyink, Lang, Du Bois and Wynn completed the personnel of this team.

The results of the season's activities are:

Still 41; South Dakota U 27.
Still 49; Penn College 28.
Still 41; Western Union 45.
Still 28; Platt College 27.
Still 27; Kirksville 36.
Still 36; Kirksville 46.
Still 36; Buena Vista 32.
Still 40; Western Union 26.
Still 18; South Dakota U. 30.
Still 20; Buena Vista 19.
Still 30; Kirksville 28.
Still 28; Kirksville 25.

A \$1,000.00 P. G. Course

Again the American Osteopathic Society of Ophthalmology and Oto-Laryngology is offering a wonderful P. G. course in the way of their annual convention to be held at the Hotel Fort Des Moines, Des Moines, Iowa, from June 11th to June 16th. Never was there a better program to offer you and never was there the prospects for such a large and varied clinic. When one stops to think that they can see and hear such prominent men in our profession as Drs. Ruddy, Goodfellow, Reid, Edwards, Deason, Larimore, La Rue and others examine, diagnose, treat and operate two or three hundred cases during the convention for your expense of coming to Des Moines. It is small in comparison to what it would cost you to visit these men and watch them work in their own offices.

Make your plans now to attend the P. G. course given at Still College and the ear, nose and throat convention at the Hotel Fort Des Moines. Here are opportunities to kill two birds with one stone.

Iowa State Board



The next examination held by the Iowa State Board of Osteopathic Examiners will be on May 27-28-29 at the State Capitol building in Des Moines, Iowa. Anyone wishing to take the Iowa Board should make application on or before the First of May of the Secretary, Dr. Sherman Opp, of Creston, Iowa.

Nebraska State Board

Nebraska Basic Science Board examination will be held in the Court House at Omaha, Neb., May 14 and 15.

Under-graduates as well as graduates may take this examination.

Osteopathic Board examination will be held at the State House, Lincoln, Neb., June 10 and 11.

Address your communications to Mrs. Clark Perkins, Director Welfare Dept., State House, Lincoln, Neb.

Our Opportunity and Responsibility

The special featuring of a "Saxophone Sextette" composed of the following students, Steninger, Taylor, Mikan, Brudder, Brace, La Chance and Utterback added "pep" and delight to the assembly of April 5th.

Dr. Marshall, who presided over the assembly commended the band highly as the finest in the state, in quality if not in quantity. Following this he introduced the speaker of the occasion, Attorney Henry E. Sampson, local advisor of the Iowa Osteopathic Association, who addressed the students on the outstanding subject, "Students Today, Osteopathic Physicians Tomorrow, Opportunity and Responsibility."

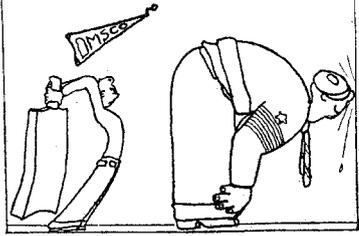
Mr. Sampson compared Pike's Peak and Osteopathy as lying undiscovered to humanity for years. Dr. A. T. Still was the trail blazer who climbed the peak and opened the view in all directions to see the need of the people of coming generations. He stands there beckoning us to climb to the peak, assume our responsibility, mount to the top and get the vision, so service to mankind can be rendered with efficiency. We are climbing that steep pathway, that has been worn from ruggedness to smoothness and we can be more to mankind because our work is cut out and the pathway mapped. Sacrifices made by the "old doctor" were beyond men of the average endurance, but encouragement and help put Osteopathy on the top of the peak. We are almost at the top standing with Dr. Still to realize the unusual opportunities.

Science places in our hands waiting millions, a future brightened with speedy success and the seriousness of taking the place of the older men going down through constant grind. One hour a week spent with an Osteopath keeps men in health where other science have failed. There is always some means that arises to meet the situation, . . . Osteopathy meets—and brings you to the great future. The Osteopathic Physician renders a great service, bringing to suffering humanity the great principles of the "old doctor."

Further the responsibility and concern for the future of this great profession comes from the interest of humanity. We have the science of the healing art

(Continued on Page 2)

FRATERNITY NOTES



ATLAS CLUB

J. P. Campbell

The Atlas club held its annual formal dinner dance, April 6th at the Hotel Commodore.

Upon entering the dining room each couple were extended the invitation to go on deck the good ship S. S. Atlas and cruise around the balmy waters during the dinner hour accompanied by appealing music.

Following the dinner hour Toastmaster Russell Wright introduced the speakers of the evening. Toasts were given by the following: The profession by Leon C. Nickelson with the reply by Dr. H. V. Halladay. The college by J. K. Ward followed by Dr. J. M. Woods, lastly the subject of Fraternity was exemplified by Dr. H. J. Marshall with reply from Myron Monger, the president of the fraternity.

Now the cry, "On With the Dance" was heard all over the deck of the S. S. Atlas. Dr. H. V. Halladay the Grand Past Noble Skull and one of the chief Whoopee makers started the ball rolling by leading the Grand march accompanied by his daughter Francis, which swung into the dance rhythm played by Charley Zollar and his Merry-makers from Ames, Iowa.

The fraternity is in readiness for a visit from its field members during the National Convention.

Spring baseball training has been somewhat hindered due to weather conditions, but Manager Caldwell is hoping for the best.

IOTA TAU SIGMA

R. F. Herrick

The chapter is pleased to announce the initiation of John Peck, Justin Koch, Walter Beldon, Carl Routzahn and Leslie Spaulding. We are also pleased to announce the pledging of Russell Fiala of Des Moines. We extend a hearty welcome to these new men.

All the baseball fans about the house are creating a great deal of enthusiasm in regard to the coming tournament to be started very soon. It is quite difficult for the boys to get together for practice, but with a lot of determination and a goodly amount of pep we have high hopes of retaining the loving cup in our home.

A letter was received from Dr. O. H. Olson of the Detroit Osteopathic Hospital in regard to the coming convention. Dr. Olson expressed his desire to attend if conditions in Detroit permit his absence. We are hoping that he will find it possible to be here.

The chapter held a dance at

the house Friday evening, April 5th. Everybody had the usual amount of merriment and are now looking for the next one.

Monday evening the boys were favored by a talk by Mr. Frank Mallett of the Standard Chemical Co. Mr. Mallett spoke on pharmacology, therapeutics and biochemistry primarily and brought to our minds a great many new factors in close connection to our own work.

The brothers about the house who are owners of any mustache dye, or the like, are taking extra care of it now that "Pancho" Kinter has a good start on his "tonsorial dignity."

Remember, the doors are open for all "ITS" at convention time.

PHI SIGMA GAMMA

J. J. Stivenson

Bro. Reeves was called home suddenly at the death of his grandmother. We extend our sincere sympathy.

Everyone's getting "hot" on the golf, baseball, and tennis, now that good weather is near at hand for practice.

Good weather favored the dance held on the evening of Friday, April 5. An enjoyable time was had by all attending this occasion.

Ask Armburst if he had a good time at the dance. He'll tell you about it—maybe.

Patterson is now a man of leisure, having retired from active service in serving Des Moines at the Missionary and turning over the managership in a certain cafe to D. G. Perry. Amen!

FIRE! FIRE! and three musketeers rushed madly in search of the destroying flames. Too bad it was only an engine try-out, boys.

Red Stuart should have lived in the days of '49. He seems to be quite adapt to a "quick draw" under certain stimuli.

Dr. C. I. Graff's latest advice—Be careful when you're in a hurry, for accidents will happen.

Hear Ye! Hear Ye! Hear Ye! All members of the Phi Sigma Gamma fraternity. The convention time is drawing near. Are you coming? Sure! Delta chapter is looking for you and depending on your presence at the national chapter meeting, which in all probability will be held on Wednesday evening of convention week. Big things are in store for you. Fraternity activities will be riding high. We want to make this the outstanding year in the history of Phi Sigma Gamma. Delta chapter will do all possible to accomplish the end results. The one big thing we will need is your attendance, second, your suggestions. We have a dandy house for you to visit and the doors will be removed from their hinges so that it will not even be necessary to hang out the latch string. We take this opportunity of extending an invitation to you to make the chapter house your headquarters during your stay in Des Moines. We will take

care of as many as possible at the house. (Bring your own sheets and write for reservations).

Plans are not complete as yet but there will be one big meeting of the National and one of the alumni of Delta Chapter (great plans) who knows, there might even be a big (formal) dinner so pack in the old TUX. (SH! The boys are all saving telephone numbers for you).

Now brothers, it is up to you to make this the greatest convention in the history of Osteopathy. Come on, let's go. Give us your suggestions. We want them and hope to have more to report at a later date.

Dr. C. I. Groff,

Chairman of the Convention Committee

S. C. O. CLUB

E. D. Parry

Our last regular meeting was held at the Y. W. C. A. on the evening of April 1st. A much appreciated talk on the technique of finding and correcting bony lesions was given by Dr. Robert Bachman. Many of the apparent complicated bony derangements were located and corrected with surprising ease by Dr. Bachman. We had no idea that so much clinical material was available in our ranks until the doctor called for subjects on which to demonstrate.

A special meeting was called on April 8th. The speaker for the evening was Mr. C. D. Sampson, who talked on precautions that a beginning practitioner should take in order to safeguard from malpractice suits. Later he enlightened us by giving some specially requested information on professional insurance. We wish to thank Mr. Sampson for the favor he has extended us and hope to hear him again.

The next regular meeting of the S. C. O. will be on Monday, April 15th, instead of meeting at the Y. W. C. A. building we are to assemble at the Polyclinic Hospital on Tenth and Grand Avenue at 8 o'clock sharp. This promises to be one of the best meetings of the season and we hope that everyone will make an extra effort to be there.

Our Opportunity and Responsibility

(Continued from page 1)

which is demanded by the world over. Education in community, legislature and jury will enlarge the scope of the profession for an unrestricted practice arranged with responsibility as given by the founder. Progress and advancement depends upon our ability and determination to carry out the Principles of Osteopathy as laid down by Dr. Still.

Once again the students left the assembly room commenting on the talk as the most inspirational Osteopathic address of the year and on the challenge of Mr. Sampson.



Around Our Merry Campus

"What are you doing up in that tree, professor?"
"I'm hanging myself."
"But you must put the rope around your neck."
"I tried that, but I couldn't breathe."

GRADUATION

Nitt—Sarah Bernhardt once said men under thirty do not know how to love.
Witt—Thank God, tomorrow's my thirtieth birthday.—Judge.

Native—Sahib, I saw a lot of tiger tracks about a mile north of here.

Hunter—Good! Which way is south?—Glasgow News.

"Finesse" is the art of getting what you want without letting others know that you want it.

John Smith was never known to be on time for an appointment. Even when he died they called him "the late John Smith."

Out Of the Frying Pan

"Did that patent medicine you bought cure your aunt?"
"Mercy, no. On reading the circular that was wrapped around the bottle, she got two more diseases."

"Well, who's been waiting the longest?" asked the dentist cheerfully as he opened the door of his surgery.

"I think I have," said the tailor, presenting his bill. "I delivered that suit you're wearing three years ago."

A historian announces that women used cosmetics in the Middle Ages. Women still use cosmetics in the middle ages.

It was a Yankee genius, Seth Boyden by name, who brought out the first pair of scissors, made by welding on soft backing or iron backing a high grade steel blade, with handles fashioned to fit the hand, and it was in 1826 that invention was given to the world. It is regarded from a mechanical view as unique and of the greatest importance to the world.

Man's freewill is but a bird in a cage; he can stop at the lower perch, or he can mount to a higher.—Tennyson.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser—H. V. Halladay

Editor.....R. B. Kale

Osteopathy Without Limitation

Ode To a Bus Boy

He was only a bus boy in a tea room
Working faithfully day after day,
He worked with a will, his expenses at Still
In an effort to defray.

Time after time he threatened to quit,
But faith held him steady and true;
So he labored on, later to respond
To the field of Science he knew.

And so four years have passed away,
He has gone from his Alma Mater halls
To return now and then, from the work of men,
With deaf ear to worldly calls.

Now out of the gray mist of the early dawn
Comes word of success and fame
Of the bus boy, who each day, carried the tray
To reach his goal in life's game.
—R. B. K.

Modern Science

Two scientists recently dropped a bottle containing an antiseptic into a vessel of impure water. The bottle was tightly corked so that its contents could not come in contact with the water. Yet twenty-four hours later, when the bottle was taken out, 25 per cent of the microbes in the water had been killed. The account of this experiment conducted by Dr. Techoueyres and Dr. Bunau-Varilla, was given before the French Academy of Sciences. An explanation advanced is that the antiseptic gives off rays that attack microbes. The tube that contained the antiseptic, a weak solution of chloride of lime, was made of quartz, which apparently let the rays through readily. The consequence of this experiment may be of great importance. Our drinking water, for example, in the future may be purified at very low cost without chemicals.—Pharmaceutical Advance.

There are souls in this world which have the gift of finding joy everywhere, and of leaving it behind them wherever they go.—Faber.

From the Field



Troy, N. Y.,
March 28, '29.

J. P. Schwartz, Dean,
Des Moines Still College
of Osteopathy,
Des Moines, Iowa.

My Dear Sir:—

You have undoubtedly learned of the death of one of your alumni, Dr. John H. McDowell, who had a very large practice in this city.

I am taking this liberty in asking you whether you have in mind a graduate of good ability who would be desirous of coming to Troy and establishing himself here as the opportunities are very good for either a man or man and wife who are Osteopaths. The few already practicing here are "Penn" graduates and are doing well, but the largest practice was carried on by the late Dr. McDowell and his wife.

Should you have in view anyone, kindly inform me at your earliest convenience or have them correspond with me directly.

Thanking you in advance, I remain,

Sincerely yours,
BARNET STEINER
168 First St., Troy, N. Y.

Golf and Tennis

The feature of the golf and tennis tournament this spring will be the awarding of a loving cup to each of the winning organizations.

In the past individual honors have been awarded but it has been decided that more competition and enthusiasm would be aroused if each fraternity and the non-fraternity men were represented by a four man team in each sport.

The Pan-Hellenic Council is sponsoring a cup for the tennis tournament and the fraternity winning twice will become the permanent possessor of the cup.

Each team will meet each other team for four singles and two double matches, each match counting one point thus making an eighteen point tournament. The one having the highest percentage of these points wins the championship.

Sigma Sigma Phi is donor of the cup for the golf tournament and the same rule applies to its permanent possession as to the tennis cup.

A 36 hole Medley Tournament will be held and the team having the lowest total score is awarded the cup.

These tournaments will be held the last week in April and the first week of May under the supervision of Monger and Dornbush. Cups will be awarded at Stillonian Day Dance May 10th.

Capt. Davis to Graduate

Playing his last game in the D.M.S.C.O. uniform, when Kirksville suffered two successive defeats, Capt. Harold Davis added very materially in the building of one of the smoothest working teams that Still College has ever developed. Throughout the working of the Still College five, the outstanding feature of the season was the fine individual playing of Capt. Davis, who was selected as all-state forward, and in addition, he has the honor of being the high point man of the world in 1927.

It was this rangy dribbler's uncanny ability to hit the loop from all angles, at critical times, that gave Still College the excellent record for the past four years. His sensational dribbling and pass work will be missed by every member of the team.

The team and the college wish Capt. Davis success in his chosen work and his new enterprise.

Varied Talents

Throughout the years at Des Moines Still College many and diverse talents have been shown by the students. The latest of all is in the dramatic ability shown by a member of the Senior A class, Wm. Hensch, who took part in the "Spider," a play presented at the President theatre which featured Wm. Courtney as guest artist.

Sherod-Faus



Ernest Faus of the Junior A class has announced his marriage to Miss Mary Sherod. The ceremony took place at Fremont, Neb., on the 6th of January. Following a short wedding trip they returned to Des Moines where they will make their home. Best wishes and congratulations.

"Remember"

1. The value of time.
 2. The success of perseverance.
 3. The pleasure of working.
 4. The dignity of simplicity.
 5. The worth of character.
 6. The power of kindness.
 7. The influence of example.
 8. The obligation of duty.
 9. The wisdom of economy.
 10. The virtue of patience.
 11. The improvement of talent.
 12. The joy or origination.
- Marshall Field.

The spirit of simplicity is not an inherited gift, but the result of a laborious contest.—Charles Wagner.

Life is no so short that there is always time for courtesy.—Emerson.

Equal Privileges for Maine Osteopaths

An ambition long cherished by Maine Osteopaths reached its fruition the 12th of March when Governor William Tudor Gardiner signed an act granting Osteopaths equal privileges with physicians and surgeons in the practice of obstetrics and surgery.

The act, one of the most far-reaching in its effects of any measure brought before that legislature, had passed through both houses without the semblance of opposition. It will become law in July.

Licensed By State

Under its authority practitioners of Osteopathy who have been graduated from accredited Osteopathic colleges after four year courses, may apply to the State Board of Osteopathic Examinations and Registrations for licenses to use antiseptics, anesthetics and narcotics necessary to the practice of surgery and Osteopathy. Any person so licensed shall be designated an Osteopathic Physician with his right to prefix the title "Dr." to their names when accompanied by the word "Osteopath." All reports and health certificates made by such Osteopathic Physicians shall be accepted by Health Departments on equal basis with like reports from doctors of medicine.

No provision is made in the act that the patient of Osteopathic Physicians may be accepted in medical hospitals or that Osteopathic Physicians and surgeons may enjoy equal privileges with surgeons and doctors in such hospitals. It is understood to be the intention of the Osteopathic fraternity to maintain their own hospitals in Maine as in many other states.

The Office Laboratory

The last issue of The Log Book contained the concluding article on the series entitled "The Office Laboratory." As a result of the many requests for back copies of this publication containing this series, reprints have been made, so that it would be available in book form. Students and members of the profession who desire to purchase this complete and handy brochure can procure a copy by writing to the Log Book office or directly to Mrs. Z. A. Innis. The price is sixty cents to cover the cost of printing and mailing.

Several inquiries have come to Mrs. Innis about the reagents and apparatus. These may be purchased, packed in one case, exactly as listed. Communicate with her in regard to the price, etc.

Address all letters to Des Moines Still College of Osteopathy, 722 6th Ave., Des Moines, Iowa.

Physical Bankruptcy At Fifty—Why?

(Continued From Last Issue)

When nature rings the bell with a headache we buy an aspirin club and beat the body into submission to tolerate that which caused the headache. We kill the watch dog that warns us of the approaching burglar, and let the thief steal our health. We try X-Ray and other rays; this treatment and that treatment; here one week and there the next week. Suddenly we discover that health cannot be bought either wholesale or retail and because we can not buy health and have it delivered by air mail we become skeptical and distrustful of everything and everbody, never stopping to think that this physical bankruptcy is the summing up of the prodigal waste of energy and strength that has been going on for twenty-five or thirty years.

Scientists tell us that it takes from twelve to fifteen months to rebuild this body. If this is true we will not be very successful in the form of treatments, pills, capsules, bottles or surgery.

What we see of a man is the sum total of what he eats, drinks, and thinks. There is an old German saying that too much and too little spoil everything and this applies to health also, especially to eating and drinking.

Heart failure, Bright's disease, apoplexy, diabetes, etc., follow in the wake of juicy steaks united with sauces, French fried, coffee, tea, rich deserts and tobacco. They may well be named the United Steaks of America.

Many people eat too much of the concentrated foods like cheese and eggs. It takes twenty pounds of chicken feed to make one pound of eggs, and eggs run from seven or eight to a pound. So the person who eats four eggs, eats the equivalent of ten pounds of chicken feed. It is easy to overfeed on concentrated foods. Most of us are familiar with the carbon knock in our automobiles. Carbon is the result of too rich a mixture in the gasoline. The symptoms I have described are carbon knocks in our bodies; the result of a diet too rich in carbon.

We have on our statute books the eighteenth amendment and the Volstead act which are supposed to regulate the intake of liquid carbon; but the Volstead act does not apply to the home brew made in our stomach from solid foods. There are people who think a person who drinks a glass of wine is eternally lost, yet these same people make alcohol in their stomachs daily, by the use of pastries, candy, rich and fatty foods. We need another Volstead act to cover this popular method of making home brew.

Let us roughly analyze the average meals and see what we eat. Breakfast consists of oatmeal with sugar equals carbons, doughnuts equal carbon, baked in lard equals carbon, covered with sugar equals carbon; cakes

equal carbon covered with butter and syrup equals more carbon; eggs fried in lard equals carbon eaten with bacon equals carbon; to this we add a half grapefruit covered with denatured sugar, more carbon; to this again we add coffee with more denatured sugar and again we have carbon. Fruit juice and sugar are a good combination to make alcohol; the result is enough gas to fill a Zeppelin; we treat this gas with baking soda and again repeat the brew process the next morning. At noon our lunch consists of a sugar roll, equal carbon; pie ala mode, more carbon; pork and beans equals more carbon; sweet potatoes or mashed potatoes with gravy equal more carbon; white bread, butter and jelly equals more carbon. At night we have the United Steaks of America and more carbon and to top the whole mess with a cup of constipation in the form of tea. We then congratulate ourselves on having good nourishing food.

When we have heaped wrath against the day of wrath and the day of visitation has come, we ask the doctor or the good Lord to help us and deliver us from this awful punishment. Even the Lord is blamed for the sickness which was brought on by violating the rules and laws of health.

There is one phase of your life that will receive more attention in the future. I refer to our habits of thinking and our emotions. No one can remain well who is in a negative mood and whose emotions are destructive. We must learn to banish fear. The good books says "Fear hath torment," and this is true in whatever sphere fear is found. The best remedy for fear is faith in God and obedience to His will. Man is incomplete without God in his life; and I am very positive that he who spends some time each day in meditating upon divine things will enjoy better health and live longer, for God said "With long life will I satisfy him." Our emotions are a powerful factor in our health or unhealth.

We must not overlook recreation in God's out-of-doors. Everybody should have some hobby and ride it freely and often. We absorb sixteen per cent more oxygen and exhale fourteen per cent more carbon dioxide in the sun and we assimilate more calcium in the sun than in the shade. The sun has healing in its wings and those who would have good health and long life must not neglect to spend much time out of doors and be filled and thrilled with God's wonderful creations.

Never mind about theories, opinions and speculations; get the facts. There is no substitute for knowledge.

Rise up, O men of God
Have done with lesser things;
Give heart and mind and soul
and strength
To serve the king of kings.
—William P. Merrill.

Baseball

(Continued from page 1)



race. The fans can look forward to some real ball games this spring. The schedule and rules arranged and in charge of Wm. Johnson are as follows:

- April 14—
Atlas vs. ITS—2:45 p. m.
PSG vs. Non-Fr—3:45 p. m.
- April 18—
Atlas vs. Non-Fr—4:15 p. m.
- April 21—
Non-Fr vs. ITS—2:45 p. m.
PSG vs. Atlas—3:45 p. m.
- April 25—
ITS vs. PSG—4:15 p. m.
- April 28—
Non-Fr vs. PSG—2:45 p. m.
ITS vs. Atlas—3:45 p. m.
- May 2—
Non-Fr vs. Atlas—4:15 p. m.
- May 5—
Atlas vs. PSG—2:45 p. m.
ITS vs. Non-Fr—3:45 p. m.
- May 7—
PSG vs. ITS—4:15 p. m.
- May 10—
Stillonian Day Game.

Postponed games will be played off April 16, 23, 30, and May 7, 8, 9. All games postponed must be played on the following Tuesday except the games of May 2, 5, and 7 which will be played on May 7, 8, 9, in case of poor weather conditions.

All the above games will be 5 inning games, tie games played to a finish.

Captains of the teams playing will decide at 1:00 p. m. of the day of the game as to whether the weather conditions are favorable.

The regular scheduled games will be played at Still Bowl; the Championship Game will be arranged by the Stillonian Day Committee.

After the completion of the above schedule the two teams having the two highest averages will play a full nine inning game, this game will be played on Stillonian Day, May 10.

Any team failing to report for regular scheduled games will forfeit said game by the score of 9-0. Please be there on time.

Receives Gift

Miss Genevieve Stoddard, a Junior in D. M. S. C. O. is the proud owner of a new Chevrolet coach which was presented to her by her uncle. It all came about as a big surprise as she states. Her uncle who is deeply interested in Miss Stoddard and Osteopathy decided that she should have a car to assist her in the discharge of her practice and obstetrical work and so the resulted gift.

"Knowledge Means Caution"

The most advertised and perhaps the most used drug is aspirin, for all sorts of conditions. Usually those who are taking it and prescribe it know very little of the deleterious and often dangerous effects that comes from its constant use.

From a medical book entitled, "Pharmacotherapeutics, Materia Medica and Drug Action," by Solis-Cohen and Githens (D. Appleton & Sompany, 1928), we take the following paragraphs, which may well arrest the attention of many who use aspirin or advertise others to use it.

"Aspirin, although commoly well borne in moderate dose, is distinctly depressant to the heart. Great cardiac weakness and a tendency to collapse, may follow the administration of a dose representing less than half the quantity of sodium salicylate previously and subsequently well borne by the same patient. Children are particularly subject to this cardiac depression; thus, in a girl of twelve years with scarlatinal arthritis, alarming symptoms were caused by 9 grains of aspirin given in the course of 15 hours, although there was no evidence of endocarditis or pericarditis, and recovery of cardiac vigor ensued on withdrawal of the drug. The cardiac depression may not be immediately evident; but continued resort to aspirin may so weaken the heart, that in an emergency, or under the additional depression of an acute infection, as influenza or pneumonia, it fails to respond. Death may thus be an indirect effect of aspirin poisoning. Moreover, an aspirin habit is easily set up by its use for relief of recurrent headaches and neuralgic pains. The same things are to be said of emperin, which is also an acetylsalicylic ester."

These are reasons why every person needs to understand all the facts regarding such much-used drugs.

Aspirin—A salicylic acid, a white crystalline compound. Incompatible with alkalis and must be given in dry form. Soluble in one hundred parts of water and ni alcohol.

Depressant—A drug which reduces functional activity and the vital energies in general by producing muscular relaxation and sweating.

Cardiac — Relating to the heart.

Sodium Salicylate — White crystalline drug used in rheumatism, neuralgia, etc.

Arthritis—Inflammation of a joint.

Endocarditis—Inflammation of the lining of the heart.

Pericarditis—Inflammation of the covering of the heart.

Ester—Any compound formed from an alcohol and an acid by the removal of water.

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Volume 6

MAY 1st, 1929

Number 20

To the Osteopathic Physicians Of Iowa

The American Osteopathic Society of Ophthalmology and Oto-Laryngology is desirous of having five hundred clinic cases during their convention at the Hotel Fort Des Moines, June 11 to 16. It is up to the profession of Iowa to furnish this clinic, so start now to pick out your catarrh, chronic sinuses, polypis, deflected septums, enlarged turbinates, tonsils, adenoids, chronic discharging ears, deafness, in fact any case with pathology of the head. Remember this is the first time Iowa has ever had the opportunity of the services of such men as Edwards, Ruddy, Deason, Reed, Goodfellow, Larimore and many more of our prominent ear, eye, nose and throat men, so take advantage of the occasion and bring in your cases.

H. J. MARSHALL,

Convention Advice At Assembly

The assembly of April 12 was presided over by Miss Ava L. Johnson who introduced the speaker of the occasion, Dr. Ella Caldwell who is in charge of the women's program at the National Convention in June. The band, which preceded the speaker with several delightful numbers was greeted with a hearty applause from the student body.

Dr. Caldwell's subject of "Spirit and Organization at Conventions" has been, she maintained, the factor in putting Osteopathy where it is today. The trail blazers of the past who worked diligently to uphold Osteopathy and its principles, won its prominent place in the Science of Healing through Organization and Spirit with due consideration to sacrifices made by all.

Doctors and Students of Osteopathy must keep the enthusiasm running high, she added. It is essential and vital, along with co-operation, to make any convention successful and beneficial to all.

The arrangement of the Convention is splendid, sectional arrangement will give all attending the opportunity to attend programs in which lies their greatest interest. The benefit which you receive from this wonderful convention depends upon your attitude and broadmindedness to

(Continued on page 3)

Students Enroll For September, 1929

An enrollment which passes all in the previous history of D. M. S. C. O. points to a record-breaking class for September, 1929.

The office reports they have answered more inquiries, written more letters, and sent out more information than in any other year. The school board is elated and a general feeling of enthusiasm permeates the atmosphere of the school. Such outlooks give every member of the faculty, the alumni, and the student body, the knowing feeling that Des Moines Still College is on the way to meet predictions and determined to take its place as the leading school of Osteopathy—truly the Profession's school.

Many of those now enrolled are planning on attending the convention and many will visit D. M. S. C. O. at convention time with doctors of the field. It is especially interesting to note that the alumni and many of the doctors of other schools are boosting for D. M. S. C. O. and sending students to Des Moines knowing the vast amount of clinic material available and the value of practical as well as excellent instruction in the theoretical and book knowledge.

Senior Day Plans

During a recent meeting of the Senior class plans were discussed in detail as to the program for Senior Day at D. M. S. C. O. The plans that culminated will result in new ideas and features being instituted that will make the day one long to be remembered by the class and every other student of the school.

Instead of usual "class will" and other non-descript foolishness the Seniors will present a program of talent which will be a delight to everyone attending. Awards and presentations will be made at this time which will leave graduation night open to the conferring of degrees and the presentation of diplomas.

Following the Senior program the rest of the morning will be turned over to the Stillonian staff who will distribute the Stillonians and then the day will be devoted to Stillonian Day activities.

Michigan State Board



The next examination, to be given by the Michigan State Board of Registration, will be held at Battle Creek, on June 11-12-13.

The secretary of the Board is Dr. H. Conklin, City Bank Bldg., Battle Creek, Mich.

North Carolina State Board

The next meeting of the Osteopathic examining board of North Carolina will be held in Raleigh, July 5 and 6.

There are some excellent openings in this state and temporary permits are issued.

Inquiries should be addressed to F. R. Heine, D. O., Secretary.

Junior-Senior Prom

The success of the occasion was assured with the first dance of the evening as members of both classes started on a whirl of dance and frivolity. The Seniors, guests of the Junior class, gathered early in an effort to show their appreciation of the extended courtesies of the class. Practically every member of both classes attended and with excellent music there was not a dull minute during the entire evening.

During the intermission the Junior class arranged an added feature and attraction for the grand march, which resulted in a gift of a beautiful rose to each of the girls. This, in addition to the clever programs and the ball room of the Hotel Savery made the evening a closing feature of the four years spent at D. M. S. C. O.

The Senior Class takes this means of thanking every one who was instrumental in providing such an occasion. They will soon leave D. M. S. C. O. and go into diverse fields, but they know that as Seniors their place will be well taken by the present Junior Class.

"He who builds no castles in the air, builds no castles anywhere."

Non-Frats Take Lead In Baseball

"Judge" Johnson

The opening of the Still College baseball series were thrillers, one game being won by a lone tally while the other was a slugfest with a three run margin for the victors.

The Atlas Club played Iota Tau Sigma at the Gun Club grounds and defeated them in a free hitting game 10-7. The victors surprised the champions of last year taking the lead at the start. Long hits coupled with erratic fielding featured this game.

The memorable Still Bowl has again been remodelled and the other game of the double header took place when the Non-frats defeated Phi Sigma Gamma by a close score. One marker in the first inning was the resulting margin of victory. Toepfer for the losers and Hyink for the winners each allowed only three hits.

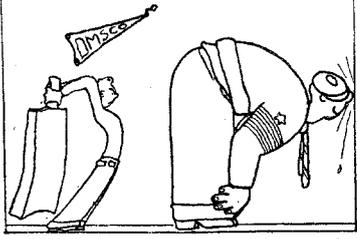
The Non-frats continued their winning streak by defeating the Atlas Club and emerging victors. The game was featured by the fine pitching of Hyink, who has now won two shut-out games and has a string of ten consecutive scoreless innings to his credit for a record performance. Long and timely hits were made by Clark, Benz, Hyink, Cronin, Baldy and Reynolds for the Non-frats in a third inning rally which netted six runs. "Ole" Nicholson made a circus catch for the Atlas Club, as he speared a seemingly home run. A double play resulted.

A double-header is to be prepared for Stillonian Day. The championship game is to be played between the two teams in first and second place. A five inning game will also be played between an all-star team of the third and fourth place teams and the Catholic Academy. The selection of this team will be made by the captains of the teams.

P. G. COURSE JUNE 10-15

The entire program of the Post Graduate Course that will be held in Des Moines Still College of Osteopathy the week preceeding the Convention of the A. O. A. will appear in the next issue of the Log Book. This is being done in an effort to answer the many inquiries that are coming into the office daily.

FRATERNITY NOTES



ATLAS CLUB
J. P. Campbell

The Atlas Club again extends invitations to all the field members attending the convention to make the house their headquarters. The fraternity would like to make this the largest reunion of practicing physicians and members in the history of Xiphoid Chapter.

The National Atlas Club banquet will be held June 19, the third day of the convention, and in this we also would like to see a record attendance.

Brother McKinley is confined in the hospital with Lobar Pneumonia and although quite ill his condition is not thought to be critical.

The seniors are preparing for their final and most important examination of their four year course at D. M. S. C. O., "State Boards."

The arrangements for the Annual Atlas Club picnic have been completed. The date has been set for May 12, and we hope that many of our field men will find it convenient to attend.

IOTA TAU SIGMA

R. F. Herrick

Several things are quite questionable around the house of late, among them are: Why Bro. Peterson did not take the advantage of the excursion this week and go to Malta. It might be that he is unusually busy with his school work and there is a possibility of some domestic trouble at home with the fair one. Another is: Why Bro. Gephart wears a beautiful white gold wrist watch and still insists upon the "pocket Ben". We wouldn't care so much if everyone was not awakened when he winds it before retiring.

The house is rather lonely at times due to the many spring dances and parties but with careful planning the boys might find time to write home, and other necessary activities.

Nick Gill has taken a great deal of interest in his professional work of late and we think we know why. Being closely affiliated with a "said" sister of mercy he has to be well informed. In fact, we think he is in love. Bring her up, Nick, and let us meet her.

Now about the big time this summer. ALUMNI! ALUMNI! Last call! Write in and make your reservations for the convention. Several of the boys can not be here at all and others see it necessary to return home and come back, but it depends upon

how many plan to attend and stay at the house as to the number of us to stay and make final arrangements. You know the street and number, so drop a card and we'll be seeing you.

PHI SIGMA GAMMA

J. J. Stivenson

Phi Sigma Gamma takes great pleasure in announcing Dr. J. E. Cochran as an honorary member.

The baseball game called at 3:30 p. m. Sunday, April 7, resulted in the Phi Sig Pirates falling before the onslaught of the Non Frats. the score being 1-0. Bad weather has twice delayed the game with the Atlas Club.

Heard Scatterday's tale about the Nebraska prairie mules? "Scat" returned Monday from a week end trip to McCook, Neb., with "Dusty" Dorwart. He says: "Between the tumble weed races and jack rabbits, I had a wonderful time."

The first, and we hope the last casualty of the baseball season has happened. No! We won't say who—but we might mention that there is a new plate glass window in place.

Ask Reeves about his ever changing art gallery. That reminds me:

For Sale—1 date book (loose leaf and in good condition).

2 Biology books (good as new)
A number of attractive photos at bargain prices, (sold only due to lack of desk room).

A special meeting was held on the evening of April 15, in offices of Kelly Koett Co. A very interesting and valuable lecture and discussion on X-Ray Diathermy, and Quartz Light, etc., was given by Dr. C. I. Groff.

Lost—Slicker in splendid condition with street car pass in right pocket. In case found—see "Red" Stuart about reward.

We all thought Walt Heinlen had gone deaf and dumb but then we found out that he was only recovering from a tonsillectomy.

George Purdie is confined at home by illness. We wish him a speedy recovery.

Frank Shaffer has gone in for joy riding. Rather nice to rate a girl with a car.

Alumni! Don't forget "Open House" during Convention Week!

Convention time is drawing near. It will not be long now until all will be back at the old stand greeting the fellows and exchanging experiences. What a time it will be. Letters from Dr. Rogers and Dr. McFall indicate that there will be big times doing in P. S. G. circles. It certainly will be great to see all the fellows again. The convention is going to be just the best ever and everyone should take advantage of it. The chapter wants every P. S. G. alumni to be here. Important matters are in the basket and we need your help, advice and anything else you have to offer. The boys have been working hard to have everything in shape when you arrive. They are doing all pos-

sible to make your stay in Des Moines pleasant. The house will be in shape and we want you to make it your headquarters. Come and see what we have in store for you. Look the house over, you will be surprised as well as pleased.

We extend an invitation to all active members of other chapters to make the house their own during the convention. We will care for as many as possible. Come! You are welcome.

Remember Des Moines is a convention city and this is going to be the banner convention of OSTEOPATHY. Every P. S. G. should be here.

DR. C. I. GROFF,
Chairman Convention
Committee

SIGMA CHI OMEGA

C. D. Parry

The Sigma Chi Omega held its last regular meeting at the Polyclinic Hospital on the evening of April 15. A much enjoyed meeting was held in the library room, with Dr. R. R. Morden as speaker. Information concerning the past and present policy of the Polyclinic was given and interesting facts on foci of infection was included in Dr. Morden's talk. He further stated that one of the largest single factors of disease was due to these focal infections.

A thrill that comes once in a lifetime was experienced when the elevator in which the entire membership of our organization was crowded accidentally but hastily slipped downward and stuck between the first floor and the basement, making it necessary for us to exit via the basement door leading to the alley.

We expect to hear Dr. Samuel Morphin, of the Flink-Eaton Co., of Lecatur, Ill., talk on the products of his company very soon.

We regret the recent illness of Parkinson and Somers and trust that they will be able to be with us at the future meetings.

Our next regular meeting will be on April 29 at the Y. W. C. A.

We will be glad to be of service to any of the graduated members of our organization who are contemplating on attending the National Convention in June, so feel free to write us and make your wishes known.

Friendship

"Who cares for the burden, the night, and the rain,
And the long, steep, lonesome road,

When at last through the darkness a light shines plain,
When a voice calls 'Hail' and a friend draws rein,
With an arm for the stubborn load?

"For life is the chance of a friend or two

This side of the journey's goal,

Though the world be a desert the long night through,
Yet the gay flowers bloom and the sky shows blue.

When a soul salutes a soul."



Around Our Merry Campus

How To Distinguish

"What is the difference between ammonia and pneumonia?"

"Search me."

"Why, ammonia comes in bottles and pneumonia comes in chests."

Watch Your Step

He—"You must economize, think of the future. If I were to die, where would you be?"

She—"I would be here all right. The question is—where would you be?"

Official

"And whose dear little boy are you?" asked the affable stranger of John.

But John was a modern product and unhesitatingly replied: "The court awarded me to my mother."

Wrong Color Scheme

"Sambo where yo'all gwine in such a rage?"

"Ah's gwine to get dat doctor what sewed up mah operation with white thread."

So Thoughtful

Farmer (to druggist)—"Now be sure an' write plain on them bottles which is for the Jersey cow and which is for my wife. I dont' want nothin' to happen to that Jersey cow."

Drug Store Profits

Druggist—"Here, sir, is your package. Seventy-five cents, please."

Deaf Old Gentleman (placing nickle on counter)—"Thank you. Here is your nickle."

Druggist—"But I said seventy-five cents."

D. O. G. (going out door)—

"Well there's your five cents!"
Druggist—"Well go on, you old fool, I made three cents anyway."

Only a few of us can have our faces on bank notes, but good management may make us the owner of some of them.

The investigation into what ever became of the Question Game shows that it lost the last of its popularity in examination week.

When you are alone you are in just as good society as you deserve.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser—H. V. Halladay

Editor.....R. B. Kale

Osteopathy Without Limitation

Brisbane Comments On Normal Spine Week

"This is 'normal spine week' osteopaths will tell you, and those interested in human welfare, old fashioned doctors especially, should pay attention.

"The spine is as important to the body as are columns supporting the roof of a temple.

* * *

"The American Osteopathic Society renders public service in making people think about the backbone.

"Consider that long string of nicely adjusted little bones, of which the topmost, highly developed, is the skull. Running down from the brain, sending out on both sides nerves that feed energy to the body, carrying back warnings to the brain, the spine is the most important part of our physical machinery, excepting, perhaps, the heart and lungs.

* * *

"Thousands of children are handicapped by twisted spines, often slight curvatures, causing pressure on important nerves, reducing efficiency not conspicuous enough to cause alarm in parents.

* * *

"Nothing is more dangerous than reckless manipulation of the spine, by quacks; nothing more important than carefully watching the spine of a growing child and remedying promptly any defect.

"Some old-fashioned doctors unfortunately adhere to the belief that no matter what is wrong, the only remedy is some kind of a medicine taken internally.

* * *

"As regards spinal adjustment, you might as well give internal medicine to an office building with its steel frame work out of gear.

"See that your children sit straight, that they do not lean over while reading to get a better light. Teach them to hold their shoulders back, use their diaphragms and keep the weight of the ribs off of their lungs. You will have healthier children, and do the same for yourself."—From "Today" by Arthur Brisbane.

When a man is no longer anxious to do better than well, he is done for.—B. R. Haydon.

Better be overstocked with faith than weighted down with skepticism.—Uncle Philander.

Are You Driving To the Convention?

Arrangements have been made with the Beattie Garage located at Ninth and Mulberry streets, just one block from the Hotel Fort Des Moines and the Beattie Parking Station just across the street from the Hotel Fort Des Moines, for reduced rates for those attending the convention.

The Beattie Garage is a three story fire proof building and can render any service you may desire.

The Beattie Parking Station will have a man on duty day and night and can accommodate one hundred cars. You can have your car washed, greased, oiled, and tire service at the station.

When you drive to Des Moines, go to the Beattie Garage or Parking Station across the street from the Hotel Fort Des Moines and tell them that you are an Osteopathic Physician and you will receive reduced rates for the week of the P. G. Course at the College and the week of the A. O. A. Convention.

My Mother



Mother, the greatest work of God,
Mother, the greatest friend of man,
Mother, the one who understands,
Wonderful woman, Mother.

Mother, who cares for you when you're a babe,
Mother, whose love for you never dies,
Mother, who'd give her life yours to save,
Wonderful woman, Mother.

Oh, that I might but repay,
E'en thought it be in a small way,
All that you've done for me,
some day,
Wonderful woman, Mother.

May God bless you, and may you see
Your son the man you want him to be.

—Leyden White.

A friend is one who walks in when the rest of the world walks out.

Give so much time to the improvement of yourself that you have no time to criticize others.—Daniel Webster.

"The Best Prescription"

Wilfred J. Nowlin, B. S., M. D.

The question as to what the best prescription is, would depend upon the individual and every man would have a different one and probably would be right. However think that the one I'll give is the best one for the student now in school.

This subject is one which you will hear all during the four years in school and we all laugh at it until we get out in the field, when our first case comes to the office and we are baffled as to treatment or diagnosis, then we think back at the advice that this or that instructor had given us in class when we had said: "Oh, well, I can get this when I get out."

Always remember that there are always some good qualities in every man and even if you disagree part of the time, remember this is a free world and we have a right to think as we please, but always believe a man until proven wrong. Just because a man does not believe as you do, then do not condemn him for he has as good a right to his opinion as you yours and in fact he probably has had more experience than you.

Every man who enrolls at Still College is here for the one purpose of preparing himself for his life work and he must cram in the four years all the knowledge that prepares him to start out into the field. Then where should he spend most of his time, in school, working for his living or in his efforts trying to make the society column of the Des Moines Register and Tribune? By far the most should be spent at school or working on the books. No, do not believe that one should be a book worm for as the old saying goes, "All work and no play makes Jack a dull boy." The same applies very much while in school. Would advise all to sit down and figure out what percentage of your time is spent for different activities.

There is not a man in school who would not like to see the Osteopathic Schools put on the same basis with that of the Medical Schools of the country and it will never become so if the students do not co-operate with the School Officials and attempt to master the "Art of Studying."

Which is best for the instructor in a course to give the a b c's of a certain course in complete form for the student so he will not have to do any collateral reading or for the instructor to depend upon the student to get the elementary work and he attempts to organize the work and clear up the difficult parts of the subject and give his own interpretation of it. It is utterly impossible for any instructor to lecture for 5 hours a week for 18 weeks and give such complete notes that is unnecessary for the student to do any collateral reading. Another thing is that it is impossible for any man to keep in his head the four year's work taught and what the main object

in teaching is, "Where to find the stuff and how to find it." One cannot keep complete enough notes which will suffice for sufficient reference when out in the field for they are out of date in a short while. It takes the four years in school to find the key to how to study, so my advice to every man is to find the solution as soon as possible. What is the use of complete notes to use as a pony in an examination for you are not cheating the instructor but yourself for when you meet up with an emergency in practice you will not be able to run to your notes but you will have to reason it out for yourself. When looking for the treatment of any condition, you will want the newest possible and not the old obsolete treatment which you will find upon leafing back over your notes.

Start your library now and not wait till out in the field, even though they tell you that they change nearly every year, it is worth a lot to know just where to find that which you are seeking.

Convention Advice At Assembly

(Continued from page 1)

all facts stated and then select what you think best.

Accepting these few suggestions in every individual's mind and all carried through it will in no doubt make the most successful year for Osteopathy and the greatest Osteopathic Convention in Osteopathic history.

Following this splendid address the Harmonica Band from Lincoln High played many delightful numbers, which were received with much applause. The band is made up of young boys of the junior grades and they deserve much credit for their accomplishments which were made possible through the efforts of their director, Mr. Pollard.

The assembly closed with the school song, and enthusiasm running high to make this the biggest year for Osteopathy.

Band Plays At A. I. B.

The D. M. S. C. O. Band visited the American Institute of Business of Des Moines, Friday morning and entertained the students at their assembly with some of the fine music that the students of Des Moines Still College enjoy every Friday.

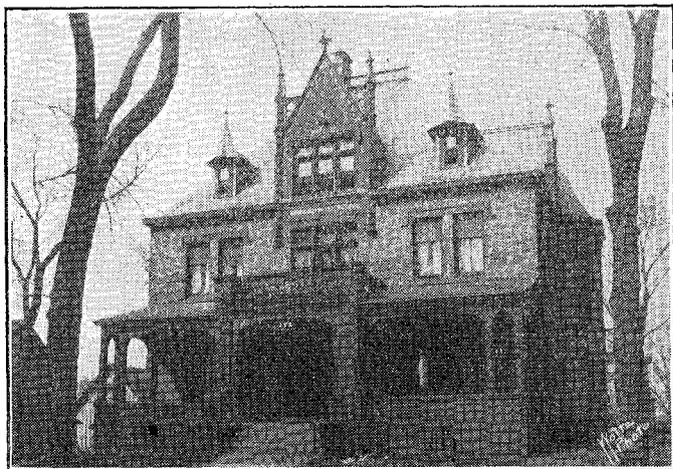
Dr. H. V. Halladay received many compliments on the splendid organization that he has developed. The band was received with a fine spirit and reports from the students say that they enjoyed every minute of the entire forty-five minutes that the band played.

We, too, as a school, are indeed proud of the organization and earnestly look forward to their staying for the convention that the alumni and the other doctors that attend the convention in June may enjoy the music of the D. M. S. C. O. band.

IOTA TAU SIGMA

Welcome to A.O.A.

Iota Tau Sigma fraternity extends a most sincere welcome to every member of the profession and to their friends during their visit in Des Moines at the A. O. A. Convention in June.



THE HOUSE



MEMBERS AND PLEDGES

Members

Raymond B. Kale, Paul J. Gephart, Mark J. Sluss, Robert F. Herrick, Delmar R. Steninger, Richard J. Rohde, Ralph R. Lang, Harold H. Cudden, Hollis G. Morrow, John C. Wigal, Benten R. Kinter, Malvin E. Quartel, Lester A. Nowlin, Howard H. Cook, Russel G. Morgan, Harry E. Kale, Gordon E. Du Bois, Earl W. Hewlett, J. Nicholas Gill, Loyal W. Peterson, Carl P. Routzahn, Herbert H. Murray, Justin L. Koch, J. Hubert Peck, Walter Belden, LeRoy Sparks, Lester A. Spauling, J. Edward Obenauer, Russell Fiala, R. Kenneth Richardson, John P. Wright, Dr. W. J. Nowlin.

Activities

The members of the Band are: R. F. Herrick, J. L. Koch, D. R. Steninger, J. N. Gill, R. K. Richardson.

Those on the Stillonian Staff are: R. F. Herrick and R. B. Kale.

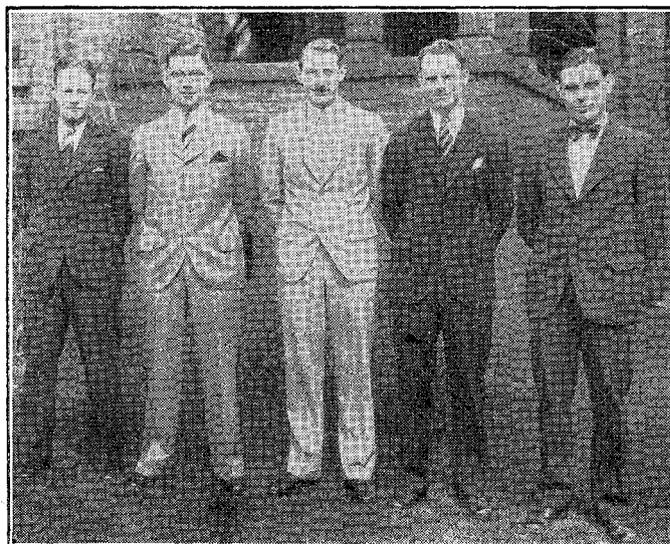
The men who played Football are: J. N. Gill, J. L. Koch, C. P. Routzahn, H. H. Murray, and R. R. Lang.

The members of the Basketball team are: R. R. Lang, G. E. DuBois, J. N. Gill, and L. Sparks.

The I. T. S. men who are members of Sigma Sigma Phi are: P. J. Gephart, R. B. Kale, R. R. Lang, and H. H. Cudden.

Laboratory Assistant—H. H. Cook.

Editor of Log Book—R. B. Kale.



SENIORS

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THE LOG BOOK

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Volume 6

MAY 15TH, 1929

Number 21

Pre-Convention Course At D.M.S.C.O.

Post-Grad. Work Starts June 10th

Capable colleagues collaborating conduct compact concise condensed collegiate course.

Read the program below and if you can find a more valuable review course offered anywhere in the United States you should go there instead of here. We invite comparison. Every speaker an authority. Every subject an interesting one. No lost time. It is really too much to give in one week but it is just what many of the profession have asked for and we are anxious to know your response to our plans. Be at Des Moines Still College the morning of June 10th at 8 o'clock and don't miss a single lecture. If you do we will all be sorry. There will be no charge. Your presence here will be sufficient evidence of your interest in our work.

Monday, June 10th

- 8:00—The Normal Pelvis—R. B. Bachman.
- 8:45—Applied Anatomy of the Head—H. V. Halladay.
- 9:30—Physiology and Diseases of Cranial Nerves—C. W. Johnson.
- 10:15—Inflammation and Repair—J. M. Woods.
- 11:00—Minor Surgery—J. P. Schwartz.
- 1:15—General Conditions—H. J. Marshall.
- 2:00—Urine Analysis—Byron Cash.
- 2:45—Cervical Technic—Della B. Caldwell.
- 3:00—Clinics.
- 8:00—Pediatrics—Mary Golden.

Tuesday, June 11th

- 8:00—Pernicious Vomiting of Pregnancy—R. B. Bachman.
- 8:45—Applied Anatomy of the Neck—H. V. Halladay.
- 9:30—Differential Diagnosis of Paralysis—C. W. Johnson.
- 10:15—Lobar Pneumonia—J. M. Woods.
- 11:00—Peptic Ulcer—J. P. Schwartz.
- 1:15—The Nose—C. C. Reid.
- 2:00—Blood Counting—Byron Cash.
- 2:45—Dorsal and Rib Technic—M. E. Bachman.
- 3:00—Clinics.
- 8:00—History—C. F. Spring.

(Continued on page 3)

OUR PREXY



DR. C. W. JOHNSON

Dissection Starts Again

Dr. H. Virgil started his class in Dissection, or Anatomical Laboratory at 3:00 p. m. Monday, May 13. This is the regular class in summer dissection, but in order to have the bodies in good shape for demonstration purposes for the National Convention, it has been started early.

Eight cadavers were laid out, this giving 64 would-be anatomists the opportunity to take their turns dissecting on uppers or lowers, as the case may be.

Dr. Halladay's Dissection Class is one of the most important divisions of the curriculum of Still College. Practical demonstrations and practical lectures are the rule and a student who pays even half attention is bound to get a wealth of good from the standpoint of practical Anatomy.

Osteopathic Women Members of D. A. R.

All women-physicians and physicians who will be in Des Moines for the Convention and who are members of the D. A. R., please send your names immediately to Mrs. J. K. Johnson, Sr., of Jefferson, Iowa.

She is planning a get together time for you. You will find her a delightful hostess and with your unity of interest a most enjoyable time is in store for you.

Daughters of the American Revolution and Osteopathy make a mighty strong combination.

Seniors' Annual Affairs

Beginning May 9 affairs were held marking the close of the college year at Des Moines Still College of Osteopathy. Forty-nine seniors will receive their diplomas May 24 and preliminary to this ceremony the various clubs and fraternities are holding their senior banquets and farewell parties.

Friday was designated as Stillonian day. The assembly was given over to the seniors who held their class day exercises. The afternoon was devoted to the championship baseball game between the Atlas Club and Non-Frats. Festivities at night were concluded with a dance at the Hotel Commodore at which time the trophies won by the fraternities were presented.

The senior banquet, which is given to the class by the board of trustees will be held May 17 and will close the active work of this class in the college. Final examinations will precede the graduation day, May 24.

Eleven members will interne this coming year. Eleven expect to establish a practice in the state of Iowa. The remaining members will scatter over the country.

The closing of the college will not mark the exodus of the entire student body. About sixty students will remain in the city for special work at the college this summer and to attend the meeting of the National American Osteopathic convention starting June 17.

Senior and Stillonian Day Combined

The assembly was opened with the D. M. S. C. O. band playing the Stillonian Day March followed by another delightful number. Following the two preceding numbers Raymond Kale took charge of the assembly in behalf of the Graduating Senior Class.

Dr. McCutcheon presented to the school a book entitled "The Flag," which is being sponsored by the Argonne Post of American Legion No. 60. Preceding the presentation the Doctor brought forth many interesting and important factors about the flag and the wonderful work the American Legion as a whole is accomplishing in its attempt to broaden the minds of all attending schools in this particular locality. Dr. C. W. Johnson accepted the book on behalf of the student body and faculty. It will be of great interest to many with the appreciation from all; the American Legion is congratulated for their wonderful work by D. M. S. C. O.

Coach Frank Sutton was greeted with a hearty applause from the student body when he was called to the platform to award football and basketball letters to the following men:
(Continued on page 3)

Osteopathic Women Members B. P. W. Club

At the last meeting of the Des Moines Business and Professional Womens Club it was voted to invite all women, Osteopathic Physicians, to be the guests of the Des Moines Club at a luncheon, Thursday, June 20.

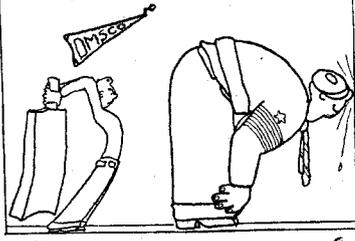
There is an opportunity to meet a mighty fine type of Des Moines business women but this is not the only thing, it will be a fine thing for them to meet such a high type of professional women.

All B. P. W. members coming to the convention send me their names immediately so that proper arrangements may be made to entertain you.

Thanking you in advance for taking advantage of this opportunity and sending in your names promptly,

Della B. Caldwell,
Chair. Women's Organization.

FRATERNITY NOTES


ATLAS CLUB
 J. P. Campbell

The Atlas Club experienced the thrill that comes once in a lifetime when the fraternity was presented with two silver loving cups awarded by the Panhellenic Council and Sigma Sigma Phi to the winning intramural tennis and golf teams. Of the four men entered in the tennis matches, Dornbush and Harvey reached the finals. Our golf team composed of Rose, Homan, Smith and Campbell came through with a decisive victory winning 30 points out of a possible 36. Robert Homan made a clean sweep of every man he met in the tournament, that's the old fight Bob.

We take great pleasure in announcing the initiation of Larry C. Boatman of Montezuma, Iowa, Robert K. Homan of Cleveland, Ohio, and Raymond R. Lamb of Des Moines, Iowa.

It is with pleasure that we welcome as our guests, Brothers Gahans and Russell from the Axis chapter at Kirksville.

As a final tribute to our graduating brothers, a banquet was given in their honor at Younkers Tea Room Tuesday evening, May 14. It is with sincere regret that we bid farewell to Brothers Wright, Dornbush, Nickolsen, Musselman, Evans, Harvey, McKeon, Holton, Smith and Rickbacher.

We again urge all members in the field to plan to attend the convention and visit the chapter house and make it your headquarters while in the city.

IOTA TAU SIGMA
 R. F. Herrick

We never know when we are to be favored by some of our field men, this is proved by Dr. Earl Shaw of Minneapolis, Minn. He walked in on us Sunday with no warning prior to his arrival. We surely were glad to see him and hope his stay is not too short. He reports everything O. K. in Minnesota.

Brothers Gill and Kinter enjoyed a week end party at Ames Saturday night. Several boys from the home state (Ohio, of course) are attending Iowa State and like all Ohio boys, like to see each other often. They report road O. K. so if any of the other boys contemplating this trip will be sure to return in good shape.

The season at hand finds the boys doing a great many things; seniors studying state boards; juniors wondering about next May; sophomores wanting to learn technic; the freshmen tak-

ing care of the sick list and studying the senior's books as usual.

We have heard from Dr. H. B. Poucher of Elgin, Ill. "Howard Belmont" says he will be with us during the big time and is to accompany Dr. W. R. Marlow and Dr. R. W. Ross, also of Elgin. We were very glad to hear from these men and anticipate a great time when they arrive.

The date set for the last house dance is to be Saturday evening, May 17. This dance is to follow the annual senior banquet. The place for the latter to take place has not been decided as yet.

Another letter from our "little fat ice man," Ike Cudden was received by one of the brothers some time ago. Ike is still playing the part of "Red Grange" back in Sycamore and says he will return with a nice big B. R. (meaning, of course, bank roll.)

The chapter takes great pleasure in expressing its appreciation for the very delightful party that was held at the Commodore Hotel last Friday evening. Every one of the boys who attended enjoyed themselves very much.

PHI SIGMA GAMMA

J. J. Stivenson

The annual Senior Banquet was held on the evening of Wednesday, May 8, at Younkers Tea Room. After an unusually fine dinner, short talks were given by each of the seniors, Dr. McCutcheon, and Dr. Johnston. Deep regret is felt by all at having to see these men leave.

A dance was held Friday evening, May 3. As usual, a fine time was had by all present. This concluded the social dances for the year.

Scatterday has entirely recovered from having his tonsils removed. Have to watch what we tell him now, for he can readily reply. Purdy is back on the well list again and seems sufficiently normal to sit up and take notice.

Pat seems to have developed a serious case of Lethargic Encephalitis. No one has been able, so far, to determine the cause, or causes.

Armburst hasn't decided yet, whether he wants to be a detective or an osteopath. We all hope he comes to some kind of a conclusion in at least four or five years.

Some things have a way of appearing in certain places without anyone knowing their whys and wherefores. Now we wonder where that cute little red lantern came from, that made its debut in the dorm the other morning.

We wonder who the next house physician will be now that Rock is leaving.

"We welcome the alumni!"

SIGMA CHI OMEGA

Our last regular meeting was held on April 29 at the Y. W. C. A. Dr. Woods gave some interesting facts concerning Osteopathy as compared with Medicine. Much interesting information of the History of Medicine and Osteopathy was included in Dr. Woods' talk. We wish to

thank Dr. Woods, and look forward to the time when we will have the opportunity of hearing him again.

On Mother's Day we enjoyed a picnic at Grandview Park. A baseball game took up most of the afternoon, and was indulged in by the ladies as well as the men. It ended without any casualties. The bill of fare consisted of mulligan stew, coffee, cake, etc. Victor Reader, who carried stew a full season at Ship's Cafe, volunteered his services as head waiter.

During the week of June 11 Thistlethwaite will assist in the eye, ear, nose and throat clinic.

Somers is out of the hospital again. He has our wishes for a speedy and complete recovery.

The last meeting of the season will be held on May 13th, when officers for our next school year will be elected.

SQUARE AND COMPASS

C. A. Reeves

Meeting of Still Square was held at the Shrine Temple, May 2, 1929. The new members initiated were F. G. Stevens and W. W. Loker.

The officers for the coming semester are: Nicholas Gill, president; Robert Homan, vice-president; Richard Stritmatter, secretary; Burns Scott, treasurer; Clayton Reeves, marshal; Curtis Parkinson, chaplain; Fred Benz, guide, and C. A. Reeves, Square editor.

The members received their "Shingles." The fellows all seem proud of them.

After the meeting a banquet was held at King Ying Low's. Who said there wasn't an art at eating Chop Suey and Chow Mein? The banquet was held in honor of the seniors and new members.

Still Square is justly proud of itself for the record it has made. Did you know that Still College has the only Square and Compass in the Osteopathic schools? The boys are mighty proud of this fact.

Wedding Announcement


Mr. and Mrs. Charles Suntheimer announce the marriage of their daughter Lauretta Joan to Dr. David A. Skidmore which took place on Saturday, April 27 at Massillon, Ohio. All acquaintances of Dr. Skidmore extend their most hearty congratulations to the young couple and wish them all the success in the world.

My crown is in my heart, not on my head; not decked with diamonds and Indian stones, nor is it seen; my crown is called "Content."—Shakespeare.

Public Protection By Fingerprinting

The assembly of May 3 being Judge Hubert Utterback's day to preside over the assembly was fulfilled by Dr. H. V. Halladay due to the fact that Judge Utterback was called out of town. The band introduced the assembly with several delightful and pleasing numbers, one which vividly recalled to Dr. Halladay scenes of his youthful days.

Harry J. Passono, finger print expert of the State Department of Justice praised the band and addressed the student body on the subject "Finger Prints," the public safeguard. Mr. Passono proclaimed that finger prints not only helped establish the guilt of criminals but protects the innocent. He exemplified the value of finger prints of every individual and the consolation it would bring to the vast number who are inquiring and answering constantly about their loved ones who have wandered and are seemingly lost in the vast throng of the human race. Many are saved from Potters field and the number would be increased if the finger prints of every individual were made an essential factor at the time of birth.

Many interesting incidents where guilt or innocence were established by the lone factor fingerprints, from some file of a state department of justice was cited as convincing facts to the student body. The check system used in the police department was also explained and proved to be of great interest.

In concluding the valuable address a demonstration was given on the technique of taking the finger prints of individuals. The assembly closed in the usual manner and the students left the hall with the importance of positive identification impressed upon their minds.

As You Think

If you think you are beaten you are,
If you think you dare not, you don't;
If you'd like to win, but think you can't
It's almost certain you won't.

If you think you'll lose, you've lost,
For out in the world we find
Success begins with a fellow's will,—
It is all in the state of mind.

If you think you are outclassed, you are;
You've got to think high to rise;
You've got to be sure of yourself before
You can ever win a prize.

Life's battles don't always go
To the stronger or faster man;
But soon or late the man who wins
Is the one who thinks he can.

Success is sweet: the sweeter if long delayed and attained through manifold struggles and defeats.—A. Bronson Alcott.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser—H. V. Halladay

Editor.....R. B. Kale

Osteopathy Without Limitation

Editor's Farewell

The final entry has been made—the ship has run its course and it is with a deep regret that the editor closes another journey over life's sea. It has been a source of joy to keep the "loggings" and to record them in the school paper for the students, the profession and their friends.

Turning the ship and its paper over to the new editor, La Verne Utterback, who will record its journey for another year I do so knowing that he will guide and direct his energies and thoughts to a furthering of that which will build a better paper, a finer school and a greater profession.

Time alone will tell but it is my earnest hope that I some day will find a new work to contribute to Osteopathy and do what I may to build a science that will abreast the finest and highest ideals of its founder, Dr. A. T. Still.

So with this issue I bid a farewell to all who have helped and who have so faithfully aided, especially Dr. H. V. Halladay, the faculty advisor who so generously gave of his time and advice.

Now I turn to the new editor and bid him God speed.

R. B. KALE

Our Ideas and Arts

In every act of ours, in every feeling and every violation and every thought, we are conscious of a self which expresses its aims and meanings, every idea of ours points beyond itself, every violation binds us in decisions, and every experience gets meaning by our attitudes. The most immediate task which life demands from us in the understanding of ourselves and of others is, therefore, to interpret our ideas, to draw the consequences of our will, to appreciate the attitudes, to measure them by higher standards.

Forget the mistakes of the past and press on to greater achievements in the future.—Daniel Webster.

Virtue is its own reward. There's a pleasure in doing good which sufficiently pays itself.—Vanburgh.

Piety is the right performance of a common duty, as well as the experience of a special moral emotion.—Henry Ward Beecher.

Life is not a goblet to be drained; it is a measure to be filled.—A. T. Hadley.

Post-Grad. Work Starts June 10th

(Continued from page 1)

Wednesday, June 12th

- 8:00—Eclamptic Toxemia—R. B. Bachman.
- 8:45—Applied Anatomy of the Thorax—H. V. Halladay.
- 9:30—Occupational Neuroses—C. W. Johnson.
- 10:15—Focal Infection—J. M. Woods.
- 11:00—The Prostate—J. P. Schwartz.
- 1:15—The Eye—T. J. Ruddy.
- 2:00—Blood Chemistry—Byron Cash.
- 2:45—Lumbar Technic—J. M. Woods.
- 3:00—Clinics.
- 8:00—Comparative Therapeutics—W. J. Nowlin.

Thursday, June 13th

- 8:00—Abortions—R. B. Bachman.
- 8:45—Applied Anatomy of the Abdomen—H. V. Halladay.
- 9:30—Infantile Cerebral Palsies—C. W. Johnson.
- 10:15—Chronic Myocarditis—J. M. Woods.
- 11:00—The Right Side of the Abdomen—J. P. Schwartz.
- 1:15—Deaf Mutes—J. D. Edwards.
- 2:00—Basal Metabolism—Byron Cash.
- 2:45—Pelvic Technic—R. B. Bachman.
- 3:00—Clinics.
- 8:00—Fractures—J. P. Schwartz.

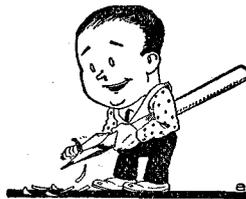
Friday, June 14th

- 8:00—Forceps—R. B. Bachman.
- 8:45—Applied Anatomy of the Pelvis—H. V. Halladay.
- 9:30—Diseases of Peripheral Nerves—C. W. Johnson.
- 10:15—Liver and Gall Bladder—J. M. Woods.
- 11:00—Toxic Goiter—J. P. Schwartz.
- 1:15—Catarrhal Deafness—W. V. Goodfellow.
- 2:00—X-Ray Diagnosis—Byron Cash.
- 2:45—Foot Technic—C. I. Groff.
- 3:00—Clinics.
- 8:00—The Endocrins and the Osteopath—Ava Johnson.

Saturday, June 15th

- 8:00—Hemorrhage, Anto-Intra and Post-partum—R. B. Bachman.
- 8:45—Applied Anatomy of the Extremities—H. V. Halladay.
- 9:30—Psychic Degeneration in Epeleptics—C. W. Johnson.
- 10:15—Chronic Lung Conditions—J. M. Woods.
- 11:00—Urinary Calculi—J. P. Schwartz.
- 1:15—The Throat—L. S. Larimore.
- 2:00—X-Ray Diagnosis—Byron Cash.
- 2:45—Treatment of Athletes—H. V. Halladay.
- 3:00—Clinics.

Penn State Board



The Pennsylvania State Board of Osteopathic Examiners will hold their next examination June 10-13 inclusive, in the Civil Service examination rooms, City Hall, Philadelphia, Pa.

From the Field

We again call the attention to all members of the graduating class in regard to the practice of Dr. Chas. F. Frazer at Escondido, Calif., 226 E. Indiana Ave. Due to old age Dr. Frazer wishes to dispose of his practice. Anyone interested write the doctor at the above address.

Dr. Ralph E. Davis of Milwaukee, Wis., informs us of the Wisconsin Osteopathic Association coming convention to be held May 29, 30, 31 at Hotel Lorraine in Madison, Wis. The following will be the program of the Convention and Clinic.

Diagnostic Clinic—Dr. A. D. Becker, director.

Opens May 29, 9:00 a. m., closes May 30, 3:00 p. m.

Staff: History Taking—Drs. R. E. Davis, G. W. Rastede.

Blood Analysis—Drs. W. B. Truax, G. P. O'Leary.

Urinalysis—Dr. R. B. Gordon. Ear, Nose, Throat—Dr. J. A. Logan.

Genito-urinary and Blood Pressure—Dr. E. C. Bond.

Heart & Lungs and Mental & Nervous—Dr. A. D. Becker.

Skeletal Exam. and Dental Exam.—Dr. J. J. McCormack.

Humansville, Mo.

Box 164

I have a good practice and office furniture for sale—quitting practice. This is the liveliest town of the Ozarks, (Mo.) with a large territory to draw from.

Contract has just been let for a \$65,000 Community House and the structures of a seventy-five bed modern hospital already started and this will be open to Osteopaths.

Full particulars are given to anyone interested. This is a country practice covering a large territory and the town is located on Highway No. 13. Examine Bankers Blue Book for financial rating of the town.

E. M. Sears, D. O.

Who's Who

Dr. H. D. Hutt has been appointed Health Officer, Holly Township, Holly, Michigan.

So far as we are able to ascertain this is a precedent in the state of Michigan, as we can find no other case on record of other Osteopathic Physicians holding like office to date in this state.

Senior and Stillonian Day Combined

(Continued from page 1)

Basketball, Capt. Davis, Hyink, Wynn, Benz, Dubois, Lang and Jaknow. The following men were awarded with football letters: Dornbush, Dalrymple, Stritmatter, Gill, Hinds, Nelson, Ed Swartsbaugh, Lindbloom, Reynolds, MacDonald, Cronen, Spencer, Eggleston, Hyink, Jagnow, Lang, Lee, Loftus and Schaffer. Coach Sutton thanked the boys for their co-operation, clean sportsmanship and constant fight while in the games.

Judd Koch played a delightful xylophone number being accompanied by the band and for an encore the National Emblem. The Drake Girls Glee club followed the preceding number by the band with many pleasing numbers and received a hearty applause from the entire student body, faculty and guests.

The Still College saxophone sextette under the direction of Dr. Halliday added much pep to all those gathered for the outstanding assembly of the year.

Miss Dorothy Colgon gave several clever readings and enlightened our knowledge especially on our "Quite Clyde Hyink" of the freshman class. How about it Clyde?

The band again rendered a march, Tropic to Tropic, which recalls to Dr. Halladay events of his youthful days when he helped entice families away from home to satisfy the begging of all the young children to see the Big Dog Show. Virge claims this piece reduces the gray hairs in his head every time it is played because of its fond recollections, we all hope when the time comes we can have the same delight of thinking of our youthful days as the doctor does.

Miss Marjorie Carryer sang several vocal solos in a very delightful manner. Miss Cathryn Perry accompanied her at the piano.

Neil Holton, president of the Senior class, presented the school with a beautiful picture in behalf of the Senior Class and the student body assures every member of the graduating class that it will hold a prominent place in the school and always remind them of the outstanding class of the school, Class of 1929.

Announcements were made concerning the baseball game to be held during the afternoon and the dance to be held at the Hotel Commodore that evening to conclude the day.

Following the program the Stillonians were distributed to the students and praise from all goes to those who served on the staff for their wonderful year book of D. M. S. C. O. The assembly closed with the school song and enthusiasm running high for the coming school year to be as successful as the one of 1928-1929.

Good luck is the product of working—not wishing.—Uncle Philander.

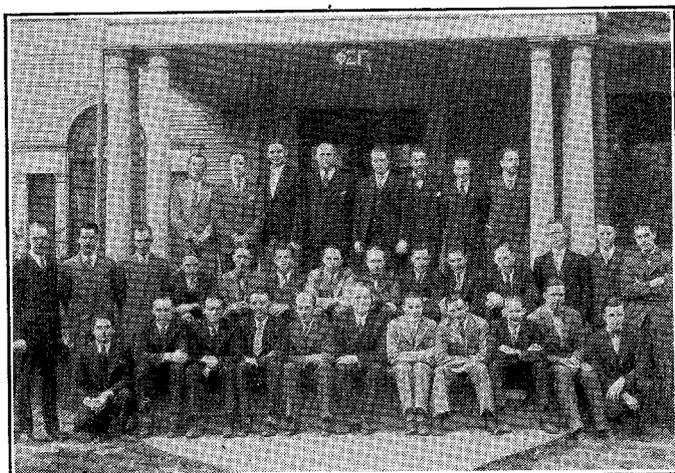
PHI SIGMA GAMMA

Welcome to A.O.A.

Phi Sigma Gamma cordially welcomes to Des Moines the National Convention of the A. O. A. in June. It will be our pleasure to have you visit our home at that time.



THE HOUSE



MEMBERS AND PLEDGES

Members

Dr. C. W. Johnson, Dr. J. C. Cochran, C. C. Auseon, C. I. Groff, T. S. Clark, W. E. Heinlen, D. H. Stone, H. H. Jennings, M. E. Widmer, L. J. Grinnell, R. E. Dorwart, B. E. Scott, C. A. Granberg, F. K. Smith, G. A. Lofthus, O. O. Taylor, M. V. Westberg, A. G. Ripley, E. D. West, J. W. Brace, D. G. Perry, W. L. Madson, G. A. Purdie, F. W. Shaffer, J. B. Parks, C. A. Reeves, F. K. Stuart, R. J. Patterson, H. F. Scatterday, R. N. Stritmatter, W. A. G. Armburst, D. H. Grau, F. K. Schaffer, R. E. Jagnow, J. J. Stivenson, E. J. LaChance, C. E. Stoike, H. C. Toepfer.

Activities

Men in the band are: D. H. Grau, F. K. Stewart, H. C. Toepfer, W. J. Brace, O. O. Taylor, D. G. Perry, R. E. Dorwart.

Men on the basketball team are: R. E. Jagnow, F. W. Shaffer.

Men on the football team are: R. N. Stritmatter, G. A. Lofthus, F. W. Shaffer, R. E. Jagnow, W. J. Brace.

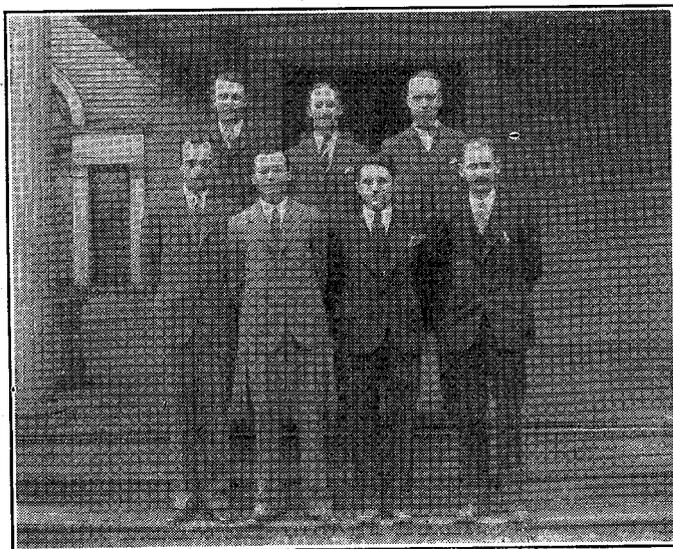
Members of Sigma Sigma Phi: C. C. Auseon, D. H. Stone, H. H. Jennings, B. E. Scott.

Men on the Stillonian Staff: L. J. Grinnell, B. E. Scott, H. F. Scatterday, C. A. Granberg.

Asst. O. B. Clinician: H. H. Jennings.

Asst. General Clinician: C. C. Auseon.

Cheer Leader: C. A. Reeves.



SENIORS

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 6

JUNE 1ST, 1929

Number 22

The A. O. A. Convention

Reservations

Be sure that by this time you have made up your mind. Most of the real good rooms are gone but there are still a few left. Don't be one of those that go to a convention without some preparation. From the present outlook it will be a record crowd and you will be taken care of but perhaps not in the way that you would if you had made a reservation earlier.

The Program

The program plan is unique and you will enjoy it. From the very start it will be a big circus for you. Look it over carefully in the June issue of the Journal and notice the carefully planned arrangement of the sectional work and the general program. Dr. Chet Morris is setting a precedent in program arrangement which already has brought out much favorable comment from the field.

Entertainment

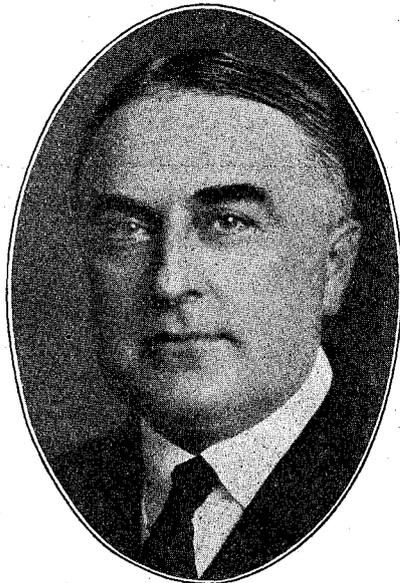
Monday you will attend the reception and dance in honor of the president. This is to be held in the Grand Ball room of the Hotel Fort Des Moines and with the entertainment features added will start your recreational periods with the proper tone.

Tuesday evening will be Vaudeville Night. A variety show is scheduled that will please all. This is to be held in the Grand Ball Room of the hotel.

Wednesday is a gala day for recreation. In the afternoon if you wish to cut the program you may follow the A. O. A. golfers around the course. Or, if you are not so interested in golf the local baseball club has recognized the meeting and is making a remarkable offer to those who like a good game of ball. Des Moines will be playing Wichita, Kan., that day. We do not know whether the staff of the Des Moines General Hospital will be pitted against the staff of the Southwestern Osteopathic Sanatorium or not, but both had better be on the field to take care of the battery if for no other reason. The local management has made a special rate for the Osteopaths that day and you are asked to bring your whole family. It is very likely that the band of the college will furnish music for the occasion. Wednesday night is given over to the various sororities, fraternities, etc., for their reunions, or if you are free there are a number of good shows for you to attend.

(Continued on page 3)

GREETINGS FROM IOWA'S CAPITAL CITY



The City of Des Moines eagerly awaits the coming of the Osteopathic Profession from everywhere.

For several years we have looked forward to the opportunity of acting as hosts to this great school of healing—

NOW YOU ARE COMING AND WE ARE READY.

A wonderful program has been prepared, seasoned with delightful entertaining features. Your problem will be to find time enough to partake of all the good things that await you.

The gates of our city, whose hospitality has become a tradition, are open wide and we bid you—**COME IN.**

G. E. HAMILTON,
Secretary-Manager Convention Bureau.

Corporation Meeting

The meeting of the Corporation of Des Moines Still College of Osteopathy was held May 23rd. In the course of the business transacted the following were re-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, Iowa.

Dr. J. P. Schwartz.
Dr. H. V. Halladay.
Dr. J. M. Woods.

Summer Clinic

The clinic for the year 1929 opened May 27th with a large enrollment 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. 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, for summer, Myron Monger.

Commencement Exercises

The commencement exercises for the class of 1929 was held May 24th, at the Hoyt Sherman Auditorium. The degree of Osteopathy was conferred upon forty-nine young men and women.

The program started with the processional march when forty-nine members of the senior class of Des Moines Still College marched to the platform of the Hoyt Sherman Place. 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 Rev. Robert L. Vance was followed by two delightful vocal solos by Mr. L. Tom Weatherwax.

The address for this occasion was given by Judge F. F. Faville of the Supreme Court of Iowa. During his address he maintained that a doctor must keep himself secure from common temptations of life and avoid professional capitalization. Continuing he stated that every doctor should have a philosophy of life that he may instill all that is wholesome in his patients to fight disease, that he needs to be a man who has a religion and knows the spiritual life so that he has a deeper and more thorough understanding of mankind. Further, a doctor can not

(Continued on page 3)

Still College P. G. Course

Beginning at 8:00 a. m. the morning of June 10th you have the opportunity of attending the most valuable concentrated review course offered the profession. Look over the program again in the last issue of the Log Book and in the current issue of the Journal and compare with others. We are not spreading it out over two weeks and expecting you to take a month off from your work to attend this course and the meeting of the association but have stressed those things that will be of most value to you in your practice and have arranged them in a compact week's work. Aside from this attractive feature in the city this week there will be the several meetings of sub-associations in the profession and there will be more than enough for you to attend if you get half of what is offered. Don't miss this week's work. And make your arrangements to stay over for the full week beginning the 17th. There will be something doing for you every minute from 8:00 a. m. Monday, June 10th until the last speaker on the A. O. A. Program, Friday, June 21st.

Letters have been coming in every day stating that the writers intended to attend for the two weeks, so many are pleased with the plan. You need not register for the P. G. Course. Just be there on time. Someone will meet you at the door and show you the way to the class.

Outstanding Doctors To Address Convention

Physicians from all parts of the United States, Canada, England, Scotland, France, Porto Rico, Hawaii and other lands are expected to attend the Thirty-third annual international convention of the American Osteopathic Association here, June 17-22.

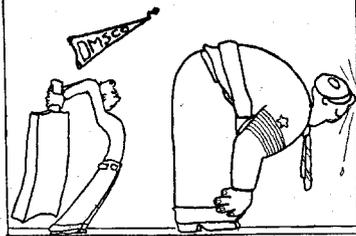
Among the speakers are Dr. Elmer T. Pheils of Birmingham, England; Dr. J. J. Dunning, London, England, and Dr. Katherine Lynch, Paris.

Dr. D. L. Clark, Denver, Colo., president of the association, in his presidential address June 17 will review the progress of the profession during the past few years and suggest a program for expanding the efforts and facilities of the Osteopathic profession associations.

One of the most important topics for discussion is the plan for establishing an Osteopathic

(Continued on page 3)

FRATERNITY NOTES



ATLAS CLUB
J. P. Campbell

This being the last issue before the National Convention, the fraternity once more extends an invitation to all its members to be sure and make preparations for the convention, make it a record breaking gathering and the house is at your disposal, with room for many. We hope to see every member of the fraternity at this wonderful convention which is going to be the paramount convention of all that ever has been held. The house is all prepared for this meeting of the leading profession of the science of healing—Osteopathy—so we are looking forward to the arrival of every member.

About half of the members have left for home, which extends from the Pacific coast to the Atlantic. Those who are remaining for the summer will delight in hearing from any of you, so write and let us know what you are doing and how everything is going.

The Atlas Club lost the final game in baseball to the Non-Frats by a score of 11-4, but taking all in all, it was a fine game—the Non-Frats being the best ball players—and every member of the fraternity compliments them on their fine sportsmanship shown throughout the tournament and to all the other fraternities participating in all the events.

We take great pleasure in announcing that Mr. and Mrs. Earl Basore of Franklin, Ohio, were our guests for several days.

Sigma Sigma Phi Banquet

Sigma Sigma Phi held its semi-annual banquet for the graduating members of the fraternity at Younkers Tea Room, Thursday, May 9th.

The honored were by name: Charles C. Auseon, Frank D. Dornbusch, Fred Everett Dunlap, Paul J. Gephart, Neil H. Holton, A. Blakely, Harold H. Jennings, Raymond B. Kale, John Martin, Leon C. Nickolsen, D. W. Stone, and Russell M. Wright.

Each graduating senior gave his farewell speech, following an excellent dinner. Dr. J. M. Woods, Dr. Butcher, Dr. Schaffer, Dr. P. L. Parks and Dr. H. V. Halladay gave us interesting talks regarding the fraternity and the coming convention. The evening was brought to a close by some timely suggestions by Dr. Halladay and Burns Scott, president elect for the coming year.

Pan-hellenic Assembly

The assembly May 17 was in charge of the Panhellenic Council and Burns Scott president of the Council presided over the assembly. The band opened the meeting with two splendid numbers and was followed by Mr. Scott's presentation of the baseball cup to the Non-Frats, who defeated the Atlas Club in the final game, by a score of 11 to 4. Each team was complimented on their sportsmanship and the interest shown by all.

Coach Frank R. Sutton was called to the platform and gave a review of athletics since he has been with the college. The moral of the teams have been raised to the highest standards ever before known in the school, due to the influence and the ability of Coach Sutton. Through the authority of the "S" Club, the coach awarded letters to Reeves for services as yell leader during the athletic season and to Dr. Virge Halladay for the spirit he aroused among all those attending the games, with the splendid band he has developed in the last couple of years. The band was the center of attraction again when they played several popular numbers, featuring the Saxophone Sextette on one of the choruses.

Dr. J. P. Schwartz was next on the program and presented the following senior awards for their service to the school and the Profession. The following were given certificates for work in Clinic: Mrs. Grace Nazerene, Frederick St. John, Gladys Cowen Paul Thistlethwaite and William Edmond; for service as Clinician, Charles Auseon received the certificate; for Obstetrician, Harold Jennings and John F. Martin; in the Anatomy department, D. W. Stone and P. J. Gephart received the awards. The members receiving these awards are to be congratulated for their distinguished work throughout their course at D. M. S. C. O.

The Sigma Sigma Phi awards for service and proficiency were awarded to Frank D. Dornbusch for service and to Harold H. Jennings for proficiency in the department of Obstetrics. The two men are to be congratulated for their work and we know they will carry on in the field as they have in the college to further Osteopathy.

Dr. Marshall's medal for service at the hospital was presented to Edgar Kapfer for diligent work while in school.

Following these presentations, Dr. J. P. Schwartz presented to Coach Frank R. Sutton a white gold Howard watch from the faculty and entire student body. The watch was engraved on the back with outstanding words which any one would be proud of, "Our Coach Frank R. Sutton, a man always—faculty and student body of D. M. S. C. O." The losing of Coach Sutton will not only be a loss to the college, but to the entire student body of the school, because he has more than the essentials that go to make up a gentleman Mr. Sutton

expressed his appreciation for such a wonderful gift and his regret in having to leave the school because of dismissing of athletics.

The resume of the school year was given by Dr. Schwartz and shows that this year was the most successful since the founding of the school. The faculty stands superior to any other Osteopathic institution and the impression made by each individual at conventions adds much to the superiority of D.M.S.C.O. Hard work of instructors and interest of student body has won the distinction that D.M.S.C.O. is and always will be the paramount school of Osteopathy and offers all that was in the past and many additions in the future. The student body was encouraged to bring back new students and enlighten every one on the profession as a whole.

The band again furnished several splendid numbers, also featuring Jud Koch on the xylophone.

Frank Dornbusch was next on the program and presented the Coach with a Life Time Schaffer pen and pencil set on behalf of the "S" club for remembrance of his services as their coach and friend.

Last but not least, Dr. C. W. Johnson took the platform and congratulated the band for their part in making the assemblies such a wonderful and successful event every Friday morning. His praise went to Dr. Virge for his excellent leadership and interest in the band. The resume of the corporate board was gratifying to all for their interest was always for the benefit of the college and student body. The future years will exceed the past which were above the standards of any school at that time. The influence of the student body was exemplified again and urged to bring back worthy students for the profession and enlighten all who have interest in Osteopathy, the Superior science of healing.

The band concluded the final assembly of this school year in the usual manner with the school song and all members who can possibly stay for the convention will be appreciated by Dr. Halladay, so he can have a big turn-out to show one reason why the college is so active and progress unlimited.

Visitors

We take great pleasure in having with us during the last few days of this school year and for the graduation exercises of their sons, daughters or friends the following: Mr. and Mrs. Dunlap, daughter and husband of Iola, Kan.; Mr. and Mrs. Gephart, of Marietta, Ohio; Mr. and Mrs. Nickolson, of Austin, Minn.; Mrs. Thistlethwaite, Mrs. Dalrymple, and many others who were over-looked, but we again acknowledge our pleasure of having you as our guest and friends and hope that in the near future you may visit us again.

Senior Banquet

The banquet for the graduating senior class was given by the school on the night of May 17th at the Hotel Fort Des Moines.

Dr. J. M. Woods filled the capacity of toastmaster and the key of all the addresses given was "Expectations." Professor Frank R. Sutton spoke to the graduating members on the outstanding subject of "What the Public Expects of You As a Physician"; following the splendid talk by Professor Sutton, Dr. B. L. Cash addressed the members on "What the Profession Expects of You As a Doctor"; next on the program Dr. H. V. Halladay talked on "Organizations," which was enjoyed by all for the facts presented can well be said to be from an experienced organizer. Dr. J. P. Schwartz, the dean of the college, brought forth the important subject of "What the School Expects of Every Graduating Member," and we can assure all that every member of the Class of 1929 will fill the expectations to the highest standards ever required of any physician. Neil Holton, president of the senior class, gave the response in behalf of the graduating members and assured all attending the banquet that they can expect outstanding work from every member of this class.

Following the address Dr. Woods turned the rest of the program to Dr. C. W. Johnson, president of the college, who closed the gorgeous banquet and memorial evening with concise, forceful and impressive thoughts on every member's mind who is now leaving the college to take up the wonderful and successful future that awaits their arrival.



Around Our Merry Campus

"Pop, what's a monolog?"
"A monolog is a conversation between husband and wife."
"I thought that was a dialog."
"No, a dialog is where two persons are speaking."

I call my sweetie Pepsodent because she's always always at the films.

Agitated Wife—"I'm positive that was a human being we ran over."

Motorist (in thick fog)—"Then we're still on the road, all right."

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser—H. V. Halladay

Editor.....L. A. Utterback

Osteopathy Without Limitation

Appreciation

It is my pleasure to express the thanks of those who are interested in this publication, to R. B. Kale, the past editor, who brought a most interesting issue to us every two weeks. The Log Book has had its most successful year in every way and the past editor has set some high standards for his successors.

It is my purpose to uphold these standards that have already been established and to make it a paper worthy of Des Moines Still College of Osteopathy and one that the entire Osteopathic profession will be justly proud.

L. A. UTTERBACK,
Editor.

Commencement Exercises

(Continued from page 1)
settle down, he must continue to grow, he must be conscious at all times of his duty as a physician to obey the laws and further advancement of civilization, always have in mind never to become narrow in his science but should work with the upmost diligence for the advancement of his profession. In closing he said that these young men and women have within their power to bring new and finer life to all he may come in contact with. Khe should be a true servant of God and to mankind.

Mr. L. Tom Weatherwax 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 were then presented.

An informal reception was held on the mezzanine floor following the exercises, for the congratulations and the well wishes of the parents and friends of the "New Doctors."

So as they pass into a new life and on the road to success they are to be congratulated by all.

Pride makes us esteem ourselves; vanity makes us desire the esteem of others.—Voltaire.

If you wish to live a life free from sorrow, think of what is going to happen as if it had already happened.—Epicetus.

No tears dim the sweet look Nature wears.—Longfellow.

The A. O. A. Convention

(Continued from page 1)

Thursday night tops the meeting with the formal banquet and ball. This is to be given in the Shrine Temple and you will be sorry if you miss it. Following the banquet the group will be entertained in the Shrine Auditorium. You will marvel at the beauty of this room. A dance follows the hour of entertainment or you may play cards, bowl, play billiards or pool or just sit around in the easy chairs and feel glad that you are here.

Friday night we all cut loose and go to Riverview Park. The management is making a special reduction for entrance into the shows and you will want to stay over and relax after a strenuous week of work.

A special feature of the entertainment program will be given Thursday night. In the past we have found that some of the parents hesitate about bringing the younger members of the family for there is nothing for them to do the night of the banquet. We have made special provision for this event and will stage a Junior Banquet, for those who would otherwise be parked for a time. The Juniors will meet at the same time as the Seniors and will be given a dinner modeled on that of the older group but not quite as fancy.

During and following the dinner a number of acts will be presented under the direction of an entertainer of the highest quality. Chaperones will be provided and the Juniors will be entertained until the banquet and entertainment of the Senior group is completed. Those who wish to attend the dance at the Shrine Temple will be taken there and the disposition of others will be arranged for according to the wishes of the parents. This is the first time in the history of the organization that any recognition has been given the Junior group that always want to attend but have never had anything special prepared for them. Bring your children, they will be safe and well taken care of.

One of the largest windows in the downtown section is to be given over for an Osteopathic display. This will contain pictures of our Osteopathic institutions and other items of interest to the laymen and will be an attraction that you will be glad to stop and see, too.

The local newspapers are already co-operating with us and you will see the type of publicity that you have looked for many times.

The sororities, fraternities and clubs have made their reservations for the reunions and many others in the way of classes and societies have written in for luncheon dates. These are all taken care of and we have room for more. If you want to get up a little party of classmates or old-timers, let us know.

The arrangements at the Fort

Des Moines Hotel are as near perfect as can be made. We will have two floors for the convention and section work and will then overflow on to the lobby. We know you will like the convenience this offers you.

The Shrine Temple is worth the trip to Des Moines. Thursday's event being held there will be one feature that will draw you back to Des Moines soon.

Registration will be systemized this year and will work smoothly. No long waits. If you wait it will be your fault.

There will be a completely informed Information Booth. This is something that you will welcome and in addition there will be plenty of signs telling you where things are. Bring your reading glasses.

The local committee announces that everything is in readiness for your meeting and your presence here is all that is lacking to make the Thirty-third A. O. A. Convention the greatest and best in the history of the science.

DR. H. V. HALLADAY.

Commencement Exercises

(Continued from page 1)

foundation to carry on research on a much larger scale than has yet been attempted. Dr. R. H. Singleton, of Cleveland, a trustee of the association, and chairman of the committee selected to guide the foundation, will describe the progress made in that direction.

Other speakers include: Dr. Hugh W. Conklin, Battle Creek; Dr. Cyrus J. Gaddis, association secretary; Dr. Arthur Hildreth, Kirksville, Mo.; Dr. Edward S. Merrill, Los Angeles, Calif.; Dr. J. Ivan Lufud, Ambler, Pa., and Dr. Hubert Pockey, Toronto.

Women speakers include Dr. Evelyn R. Bush, Louisville, president of the Osteopathic Women's National Association; Dr. Jeanette H. Bolles, Denver; Dr. Gertrude Helmecke, Cincinnati, and Dr. Louisa Burns, Kirksville.

Six affiliating associations will hold conventions in conjunction with the general sessions.

From the Field

In the Who's Who column of the May 15th issue of our paper, our assertion that Dr. H. D. Hutt of Holly, Mich., was so far as records show, the only health officer in Michigan who was on Osteopath. We kindly beg the pardon of Dr. I. Leighland Slater of Wayland, Mich., since we have recently been informed of his services as health officer for the past six years, the doctor has attended many state health officers' conventions, instituted local reforms, the work being done with the medical doctors shows co-operation and work for public welfare. We thank you for informing us, doctor, and hope to hear from you again.

The Stillonian

The Stillonian for 1929 is here, and too much credit cannot be given the members of the Staff whose untiring efforts made possible the publication of this annual.

This book gives a complete review of the administration and classes, activities, organizations, hospital and clinic, athletics and the various humorous incidents of school life.

It is dedicated to Dr. J. M. Woods for his work of advancement of the science, the profession and the school and his great interest in the class of May, 1929, with whom he started his first class work in the college.

The book contains pictures of the building, the entire student body, the athletic teams, the various organizations about the 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.

To the field doctors there are a few Stillonians left and are being held for the convention where they will be disposed of and we hope that as many as possible will get one of the most outstanding books ever put out by the Staff. They are few in number, so get here early so you can get one.



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Osteopaths As General Practitioners

The medical journals and even the lay press have had much to say, of late, regarding the shortage of physicians in rural districts. In Dr. Cutter's and Dr. Haseltine's articles, last month, there were a number of pertinent observations. We have mentioned the subject, editorially, several times.

Now, however, comes a new light upon the question, and we feel that every practitioner in the country should be informed of the conditions so that he may govern himself accordingly.

In various places and at various times the statement has been made that, in the smaller communities, the regular physicians are being replaced by osteopaths, who do not consider it beneath their dignity to study and minister to the ordinary, every-day ailments of ordinary, every-day people—who are willing to deal with what Haseltine calls the "minor problems."

Now these gentlemen are openly laying claim to this field. In a recent bit of osteopathic literature, we find the following statements:

"The medical 'country doctor' is rapidly disappearing. The osteopathic graduate is taking his place. Osteopathic students are trained for that type of work; they see the opportunities awaiting them in the smaller communities and are taking advantage of the situation. We feel justified in stating that the osteopathic physician is the general practitioner of the future."

Strong words, and full of food for thought!

Let us see what justification there is for such broad claims.

The osteopath is licensed by law to practice in every state in the Union. Twenty-eight states have special osteopathic boards; and in 21 these applicants are examined by boards whose members are entirely or predominantly medical men.

Thirty states permit osteopathic graduates and licensees to use narcotics under the Harrison law; in all the states except Maine and Rhode Island they may practice obstetrics; in all but these two and New York they may do minor surgery; in 34 states they are allowed to perform major surgical operations.

Truly, gentlemen, their powers and scope of activity are but little inferior to ours, or so it appears!

It is stated that there are, at present, 6,750 practicing osteopaths in the country, and their schools are turning out more of them very rapidly. Every one of these men is a center of organized propaganda for their doctrines. Whenever any measure comes up in Congress or in the state legislatures which interests these people, pro or con, they all get after their representatives, tooth and nail, and generally succeed in convincing them that they are the spokesmen of public opinion—because we are too blind or complacent

or just plain lazy to tell our side of the story.

Just at the present time we are not going to take sides on this matter—not overtly, at least. We are just trying to put the facts before you for your consideration.

Does it look to you as though their claim to the general practice of the future was going to be realized? Are we willing to have it realized? Are we prepared—we medical men—to surrender our position as family consultants to the American people? If so, it looks as though we have only to continue our present attitude of universal indifference and all-too-frequent petty jealousies and misunderstandings and watch things happen.

If, on the other hand, we are not satisfied with present trends and tendencies, it behooves us to remember the remark which Benjamin Franklin made to John Hancock, at the signing of the Declaration of Independence, "We must all hang together or assuredly, we will all hang separately."

There are 150,000 of us. If we exhibit only one-tenth the unity of purpose, zeal, cohesiveness and persistence shown by our osteopathic brethren we ought to be able to accomplish twice as much as they.

Your conferees in your own town are the first men to hook up with; then the County Medical Society (which ought to be a greater force in the land than it is!); then the State Society—but why go on? Verbum Sap!—Clinical Medicine.

Athletics

The athletic season at Still College was brought to a close by the Inter-mural golf, tennis and baseball teams representing the Phi Sigma Gamma, Iota Sigma, Atlas Club and Non-frats.

In golf each fraternity was represented by a foursome, each man playing a representative from one of the other foursomes. There was keen competition between each member and teams. When the finals game was played the Atlas Club topped the head of the list with a total of 30 points out of a possible thirty-six.

The tennis tournament aroused the most interest since it was played within the reach of everyone who desired to watch the games and the ability of all who entered in the tournament. In the semi-finals Dornbush dropped Dorwart after a hard and fast game at the Des Moines Gun Club. Harvey followed the same spirit that possessed Dornbush and put Kendall out of the race after a hard and furious slashing of the ball across the courts. This left Dornbush and Harvey of the Atlas Club to play for the cup, so Dornbush conceded the game to Harvey, the 1928 winner of the tennis cup.

The golf and tennis cups were won by the Atlas Club with sweeping victories in each event but not without keen competi-

tion from the above mentioned teams.

The two cups were presented by the Sigma Sigma Phi and Pan-hellenic council.

The baseball competition was watched with much interest by all, and some splendid games were played during the season. The Non-frats disposed of the Atlas Club in the final game by a score of 11-4. The Phi Sigma Gamma and Iota Tau Sigma had several outstanding stars who are as named: "Dusty" Dorwart, "Howdy" Toepfer, Chas. Auseon for the Phi Sigma Gamma; for the Iota Tau Sigma the outstanding men are as follows: Ralph Lang and Cudden. The Non-frats' outstanding players were: Hyink, Clark, Croneon, Reynolds and Johnson. For the Atlas Club Dornbush and Nichol森 performed many hair-raising plays assisted by Bob Homan and Paul Wynn.

A Hint To Obstetricians

All ye who wisdom's course peruse

Should hear of Dr. Brown,
Who pellets grand with lavish hand

Dispensed about the town.

No winds, nor rain, nor gloom of night

Were bar to his appointments;
For miles he'd go through driving snow

To ply his lance and ointments.

Now in this town a matron lived
(To see this ballad through with)

Who had more chills, and aches
and ills

Than she knew what to do
with.

She called the DR. twice a day

To treat some fresh disorder;
Oh endless grind! to try and find
The germs that got aboard her.

But virtue was her middle name,
Unselfishness her banner.

No matter what her dreary lot
She bore in Spartan manner.

The doctor mailed his monthly bills

To pay his daily hire;
And then with nice self sacrifice
She tossed 'em in the fire.

It chanced one day a stranger came

A-seeking sanctuary—
The story (gay clown) had writ
her down
In his itinerary.

On Dr. Brown the task developed
To handle her confinement.

"If I'm not quick, she'll want
this chick
Delivered on consignment!"

"Oh Doctor, is my baby
marked?"
The anxious Ma inquired,
"Or has he got some beauty spot
By cosmic thought inspired?"

At that the doctor's color rose—
He thought him of his fee.

"You bet!" he barked, "the infant's marked:

HE'S LABELED C. O. D."

—Anon.

Therapeutic Use of Ultra-Violet Light

(An abstract of a paper by Dr. Edwin T. Wyman, read before the Northeastern Section of American Chemical Society).

Ordinary window glass almost completely cuts out all the beneficial rays and exposure out-of-doors is out of the question in most cases because of the cold. Mercury arc and carbon arc lamps have been used with good success to provide the curative rays. The exact effect of the different wave-lengths is not known with certainty but the indications are that wave-lengths shorter than 302 millimicrons are those of antirachitic value. It is believed that the light used for the treatment should approach as closely as possible that of natural sunlight and for this reason the carbon arc is favored over the mercury arc lamp for future use. Dr. Wyman found also that the sun's rays in Boston in the winter months contain sufficient ultra-violet to cure rickets if windows of quartz or Corning glass G980 are used for their transmission. "Vitaglass" has also been tried but the results are inconclusive. Recently a house was built on the roof of the hospital, and a large window of "Celloglass," a composition material which has a transmission of about 30 per cent of the ultra-violet, installed so as to receive the maximum sunshine. The results were entirely satisfactory and the slides showed that sufficient rays passed through to cure rickets and give the children a decided coat of tan.

Cod liver oil has been found to have a decided antirachitic value and severe cases are treated by light and cod liver oil. It is recommended that cod liver oil be used in moderate quantities during the winter months as a prophylactic measure.

The efficiency of the light as a curative agent has been studied by X-rays of the bones, analyses of the blood for phosphorus and calcium content and clinical observation. All methods confirm the value of the agent. Control experiments and tests have been made on rats and the results agree in all cases with those on children.

In the discussion of Dr. Wyman's paper it was brought out that the most plausible theory is that cholesterol present in the skin is activated by ultra-violet radiation and this activated material is carried by the blood to the various parts of the body. As a proof of this, experiments have been performed showing that irradiated food materials containing cholesterol and phytosterol will cure rickets whereas the untreated products will not.

Dr. Wyman expressed the opinion that much work must be done before we can say that ultra-violet light is an important therapeutic agent for other diseases.

Contempt is a kind of gangrene which, if it seizes one part gets the rest by degrees.—Dr. Johnson.

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THE LOG BOOK

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Volume 6

JUNE 15TH, 1929

No. 23

The Still College Athletic Policy

The corporation of the Des Moines Still College of Osteopathy met the 23rd of May. At this annual meeting of the executive body of the college all matters are taken up which pertain to the conduct of the institution. The past year was a successful one as was shown by the re-election of the trustees having served during the past twelve months, but there was one fly in the ointment. Some of the departments of the college were suffering at the expense of the Athletic teams. Following a discussion which brought out pros and cons a motion was passed unanimously striking athletic activities from the schedule of the college.

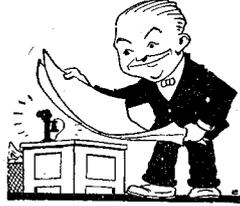
At the present writing we do not know just what this will mean. From the general tone of the student body since this was first recommended we believe that it will strengthen the college more than weaken it or the move would not have been made. A resume of the detailed report of the athletic department brings out some very salient facts, the main ones of which are that the student body as a whole is getting more interested in their work in the college than in attending and supporting either football or basketball. With the exception of those playing on the

(Continued on page 3)

How To Get To the College

To reach Des Moines Still College of Osteopathy when leaving the Hotel Fort Des Moines come straight down Walnut street from the north entrance of the hotel four blocks turning to your right on Sixth avenue and go straight north up Sixth avenue six blocks and you are right in front of the college. The college is a white brick front on the west side of the street and faces the east. It is the next building directly north and on the same side of the street as the Chamberlain Medicine Company. The address of the college is 722 Sixth avenue, if you cannot successfully locate it ask anyone and they can tell you where Still College of Osteopathy is located. Be sure and be at the P. G. course and National Convention because this will be the most successful and paramount convention of any ever held in the history of the Osteopathic profession.

Resume Of College Year



The resume of the school year shows the year of 1928-1929 was the most successful since the founding of the college. The reports show that the financial basis are the best that they have ever been and we are justly proud to say that the D. M. S. C. O. is not in debt for anything or to anyone and this is due to the careful and diligent work of Mrs. K. M. Robinson, secretary of the college, with due respect to the rest of the corporation.

Des Moines Still College of Osteopathy is the only school of its type that is making its own way without aid from the public and doing it successfully. The faculty of the college is the highest paid of any of its kind, they also stand superior to any of the other faculties. This has been proven by impressions made at conventions, the ability of the "Doctors" graduated every year is another convincing factor that D. M. S. C. O. is superior to all.

Many additions have been made for the benefit of student body, faculty and the science of Osteopathy as well as for the advancement of the college. One of the recent additions to the college was the purchase of 200 new class room chairs with broad arms braced with steel for the convenience of the student body. The college paid twelve hundred dollars ready cash for these chairs which will be appreciated and enjoyed by all for the comfort they will derive from them. The chairs are in transit now and they will be here for the P. G. Course and convention so comfort and ease can be assured to all attending.

The reports of the Auditor, Dr. Gilmour, shows the school is on superior financial basis to any other of its kind and the advancement that has been made is due to the diligent and constant work of the members of the faculty and student body.

The reports and progress for this year are very gratifying and the years to come will be supreme even to this splendid year, not only in finance but student body and faculty.

Endowment Plan

Nearly two years have passed since the college moved into the new building. We are so firmly entrenched now that it seems years since we were out on Locust street. Years since we heard the creak of the old wooden stairs and smelled the stench from the basement after a heavy rain. One factor in making our new home possible was an endowment plan offered by the Royal Union Life Insurance Co., of Des Moines. To date many of our alumni and others of the profession have taken advantage of this most generous policy and we believe more would do so if they could be brought into closer contact with the Royal Union and the college. It is to be hoped that those who will attend the convention will take advantage of the opportunity offered by the Royal Union and get first hand information in regard to this generous offer and the great good it will accomplish. The policy is mutually beneficial. It protects your family and at the same time aids in more firmly establishing a most deserving college. When you add strength to any of your colleges you are guaranteeing the perpetuity of your profession. If you have not done anything in this line it is your duty and should be your pleasure. Your contribution will be spread over a period of twenty years and is incorporated in your annual premium payment which in the "group plan" is reduced to the minimum and you are given every advantage. Learn more about this policy before you invest in life insurance.

The New Healing

Last year we were informed that a book was being written in England, based on the development, growth, trials and experiences of Osteopathy. We have just read this book and feel that it comes at an opportune time from an opportune source. Dr. Streeter, known in England as Mr. Wilfrid A. Streeter, has written a most readable text. It is uncommon to find a book of this type interesting. It is intended, of course to be instructive and is, but the personal touch makes it rise above other books of its kind. The price is 7/6 and it is published by Methuen and Co. Ltd., London. When copies are offered for sale in this country you should have one in your library and read it. You will then pass it on with pride to your patients.

Program Ready For Convention

Final plans for the thirty-third annual convention of the American Osteopathic association June 17 to 22, were laid Saturday, according to an announcement by Dr. H. J. Marshall, chairman of the local committee, who is being assisted by Dr. H. V. Halladay and Dr. Della Caldwell.

Des Moines will be represented by three speakers on the program, Dr. C. W. Johnson, president of Still college, Dr. John M. Woods, and Dr. C. F. Spring.

Foreign Doctors Coming

American and foreign physicians are to make up the remainder of the speaker list for the sessions.

Included are Dr. D. L. Clark, Denver, president of the national association; Dr. H. H. Singleton, Cleveland; Dr. Hugh W. Conklin, Battle Creek; Dr. S. V. Robuck, Chicago; Dr. Ray B. Gilmour, Sioux City, president of the state association, Dr. Cyrus J. Gaddis, Oakland, Cal.; Dr. J. Ryan Dufur, Ambler, Pa.; Dr. Evelyn R. Bush, Louisville, Ky.; Dr. Jenette H. Bolles, Denver; and Dr. Gertrude Helmecke, Cincinnati.

Dr. Elmer T. Pheils, Birmingham, Eng., Dr. J. J. Dunning, London, and Dr. Katherine Lynch, Paris, will represent foreign osteopaths.

Meet In Sections

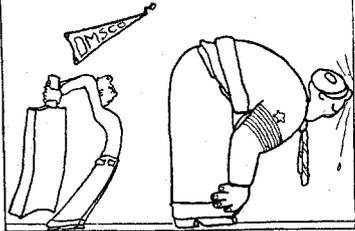
The convention is to be divided into a number of sectional conferences during the week. Heading the division of nervous and mental diseases will be Dr. J. Ivan Dufur. Dr. C. Earl Miller of Bethlehem, Pa., will act as chairman of the acute disease discussion.

Dr. J. E. Matson, Minneapolis, will speak for the section on physical therapy. The round table on osteopathic practice will be under the leadership of Dr. Harold I. Magoun of Scottsbluff, Neb. Dr. A. C. Johnson of Cleveland is chairman of the surgery section, and the department of children's diseases is to be under the direction of Dr. Ira W. Drew of Philadelphia.

Problems of the eye, ear, nose and throat section will be presented by Dr. John Peacock of Providence, R. I. Dr. T. L. Northrup of Morristown, N. J., will direct the foot section. Speaking for the meeting on diseases of the digestive tract will be Dr. William Strong of Brooklyn. Obstetrics and diseases of women will be considered by Dr. H. O. Collins of Chicago. The proctology section is to be lead

(Continued on page 2)

FRATERNITY NOTES

ATLAS CLUB
J. K. WARD

The time for convention is almost here, and this is our last opportunity to extend to Atlas brothers everywhere a whole-hearted fraternal welcome. To those of you who are still a bit skeptical or undecided whether to come to the convention or not, we give a special invitation and urge. There is no doubt whatever that this convention will be by far the best and biggest ever staged by A. O. A., and you will not only be missing a wonderful time, but you will be passing up a real opportunity by not coming—We have the house prepared for your accommodation if you so desire and we have ample garage room for cars. So let's go—for "all is fair weather when good fellows get together."

Drs. Dornbusch, Musselman, Wright and Nicholson have tried the Iowa State Board, and from the broad smiles they are exhibiting there seems to be no doubt as to the outcome.

Letters have been received from Harry Taylor, Ken Moore and Jack Campbell telling us of their safe arrival home. That's the real fraternal spirit and we are looking forward to letters from the rest of the boys.

Ole Nichol森 has entered the charmed circle of martial bliss and Rusty Wright has one foot in with the other on a banana peel. We wish them all kinds of luck and happiness.

IOTA TAU SIGMA

H. H. Cook

As a final urge and invitation to Beta's Alumnae, we again remind you that your home during convention time, is the ITS House, located at 692 Seventeenth street. It is easily reached by taking the University street car from the downtown district—and getting off at Seventeenth and Woodland avenue. From there, walk one block north, up the mountain.

We would appreciate a line from you, letting us know when, and at which station you will come into, if traveling by rail.

Scandal about the house has been greatly decreased since most of the brothers have returned to their distant homes, but nevertheless, there still are a few things that need explaining.

Why does Brother Peterson, who is timekeeper at the Hotel Fort Des Moines, work overtime so much?

How did Brother Hewlett lose eight pounds of "excess baggage" in one week?

Why doesn't Brother Gill confess that he is married?

Is Brother Morrow trying to beat Dr. Bachman out of his practice? Three cases in four days means little sleep.

When is Brother Steninger going to attempt a duet on his sax?

How Brother Hewlett and Brother Peterson got the ambition to mow the lawn?

Why there are so many ITS pins left in Des Moines, after most of the brothers have returned to their respective homes?

Brother Wigal, better known as "Boston Charlie," was the last to fall at the point of the "dart."

Any helpful answers to the above questions would be greatly appreciated.

The house seems like a morgue since Brother "Noisy" Herrick has checked out for the sticks of Illinois.

A letter from Brother Morgan reports that St. Ansgar is still on the map, and that the onion crop is a promising one.

More letters from the various active members would lighten the burden of housekeeping, so get busy and do your duty.

If at all possible, be with us during the convention.

Sigma Sigma Phi Awards

The awards given every year to the graduating class to the two outstanding all-around students of the class were awarded to Harold H. Jennings for Proficiency, and Frank D. Dornbusch for Service to the school. Dr. Jennings was one of the assistants in the Obstetrical department and his work while in the department was commendable by all who came in contact with him. His interest was keen and willingness always prevailed whenever anything came his way and aid needed by some other student. Dr. Dornbusch was one of the outstanding men in the school, he was of service in anything that was being sponsored, when any project needed backing Frank was one of the first to tackle it and put every effort forth to help it come through with success.

These two men are to be congratulated for their work while in the college and the honor bestowed upon them. Compliments come from the entire student body and faculty with wishes of success in their chosen profession.

New Arrival

Announcing a new little bud on the family tree of Dr. and Mrs. F. E. Schaeffer and without a doubt in a few years to come another good Osteopath. The babe Robert Eugene, was born May 27th. We congratulate Doctor and Mrs. and are hoping to see the doctor at the national convention if at all possible for him to leave the practice. Best wishes from the faculty and friends.

Program Ready For
Convention

(Continued from page 1)

by Dr. R. R. Norwood of Mineral Wells, Tex.

Women Meet Too

Affiliated societies meeting before and during the general sessions include the Osteopathic Women's association, the American Osteopathic Society of Ophthalmology and Otolaryngology, the American Society of Osteopathic Internists, the American Osteopathic Physiotherapy society, the Society of Divisional Secretaries of the association, the American Association of Osteopathic Examining Boards, the American Society of Osteopathic Radiologists, the American Osteopathic Hospital association, and the American Osteopathic Society of Proctology.

Dr. Hildreth To Speak

Dr. Arthur G. Hildreth, of Kirksville, Mo., twice president of the general association and a member of the first graduating class of the profession, is to discuss the work of sanatoriums.

Prominent women physicians who will be in attendance are Dr. Evelyn R. Bush of Louisville, Ky., president of the women's group; Dr. Jenette H. Bolles of Denver, child health worker; Dr. Gertrude Helmecke of Cincinnati, physical training director; Dr. Louisa Burns, director of the A. T. Still Research institute at Los Angeles.

How To Guard Against
the Harmful Bacteria

It is indeed our pleasure to give to the Osteopathic profession this item and opportunity of this purchasing and reading the work put out by one of our professors, Ava L. Johnson.

"Bacteriology in the Home," by Ava L. Johnson—Here, in the simplest and most easily understood form, are the essential facts concerning bacteria, and how and when they occur in the home. After a chapter on bacterias such, and a second on methods of sterilization, the author takes up the matter most directly important by dealing in successive chapters with bacteria on the hands, on the dishes, about the house, in the refrigerator and in purchased and canned food, with two chapters on milk. Finally the matters of personal cleanliness, of dealing with disease and of vaccination and quarantine are handled, all in an intensely practical way. This is a book every housewife who is approaching her responsibilities in the modern, scientific fashion must have. Write to Peoria, Ill., the Manual Arts Press, and you will receive further information concerning this splendid book.—(From the Boston Globe.)

Around Our Merry
Campus

Obviously Unbalanced

Judge Orders Pyscopathic Examination of Defendant Who Pleads Guilty.

Words, Wild Words

"Your wife is talking of going to France this summer. Have you any objections?"
"No, certainly not. Let her talk."

"Write something, you dumb-bells," says the chem. Prof to the class at the board. And someone wrote: GO2L.

Left—"How did you get into so many honoraries?"

Right—"It's simple—I organized two of them myself, and after you're in a couple the rest come easy."

The Wild Life authorities assure us the robin's wave length was not changed in the recent shift.

Armamentaria

By MERRILL MOORE

Man has fingers—five upon each hand
And two hands, that is all, that is all.

First, invent a probe for it to tell
Whereabouts and hardness, next invent.

The knife and then the scissors
That are meant

To cut thread to go through the
needle's eye,

Suture and sponge to mop the
region dry

And of forceps quite a varied
hand,

Retractor, spatula and hermostat,

Numberless devices including
light,

Then train the fingers for a
fiercer fight

Against the innumerable odds
That are the differences between
the gods.

Merrill Moore is a doctor in St. Thomas Hospital in Nashville, Tenn. Poetry (Chicago) publishes, under the title of "Hospital Poems," an interesting series of experimental sonnets from the pen of this medical man. We content ourselves with reprinting.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser—H. V. Halladay

Editor.....L. A. Utterback

Osteopathy Without Limitation

Osteopath's Testimony Is Accepted Over That Of Three M. D.'s

On May 14, Pasquale Capaldo, a hod-carrier for a contracting firm in Providence, Rhode Island, fell fifteen feet, landing on his left chest, resulting in a shock to the sympathetic nervous system. Until September 6, the injured man received sixteen dollars per week from the Aetna Life Insurance company, which then acting upon the testimony of three M. D.'s declared that Capaldo was able to resume his work and discontinued payments. Suit was brought against the company. The case was pleaded before Presiding Judge Tanner of the Superior Court. He decided in favor of Capaldo, basing his decision upon the testimony of Dr. Richard E. Martindale, K. C. O. S., '28, who declared the injured man ought to return to work, but should take up light work and gradually work into his former employment.

When the counsel for the insurance company demurred at the acceptance of testimony given by a newly-graduated Osteopath against that of three physicians, Judge Tanner replied that he had once had an accident of a similar nature and knew the effects of such an injury might last for months. He added, "Many people don't think much of Osteopaths, but I believe they are extremely useful persons!"

From the Field

The following letter was received by all the seniors of Des Moines Still College of Osteopathy and this is the first time such interest has been shown to the graduating members with personal letters to all and Dr. Willard is to be congratulated upon his fine work in the interest of the "New Doctors."

Dear Senior:

You will soon be out in the field upholding the banner of Osteopathy. It is your privilege to have a part in the advancement of a revolutionary, but humanity-benefitting, movement.

However, you will find organized opposition to the development of your profession as there is to any new movement, no matter how helpful its possibilities to the people as a whole. You will find this opposition seeking to check the progress of your

profession through the enactment of statutory regulations, under the domination of an opposing profession.

You will find that they will offer you "unlimited privileges" of practice, on condition that you support legislation for regulations controlled by Allopathy, regulations that will make it exceedingly difficult for those who will graduate in later years to get into practice, so difficult that the continued existence of the Osteopathic colleges, and of Osteopathy as a profession, will be threatened.

The experiences of those who have gone before you have made your profession adopt a policy of refusing such offers. It is the policy of our profession to seek unhampered opportunity to practice, according to the teachings of our colleges, under independent regulation.

Some sacrifice made in the spirit of our founder, Dr. Still, will be required of you, as it has been of earlier graduates, to make this latter regulatory condition general.

The enclosed pamphlets are mailed to you from your national association's headquarters at 844 Rush Street, Chicago, Ill. Put them in your trunk for future reference after reading them. When you want other legislative

BOARD OF TRUSTEES



DR. BERTHA CRUM
DR. R. B. BACHMAN, Treas. DR. C. W. JOHNSON, Pres. DR. J. P. SCHWARTZ, Dean
DR. H. V. HALLADAY MRS. K. M. ROBINSON, Secy. DR. J. M. WOODS

THE BOARD OF TRUSTEES were recently elected and will see the college through its paramount year of years to come. They have just finished a most successful year, one that was above the average of any school of this caliber and are starting on the banner year of D. M. S. C. O. The year 1929-1930 will be the outstanding year of the history of the school and a starter for the years to come whose progress will be unlimited for the advancement of the Osteopathic profession.

We congratulate the members on their re-election and thank them for their past services to the school and know they will do all in their power for the advancement of the school, their combined interest will be for the benefit of the student body and advancement of the Superior Science of Healing—Osteopathy.

information write to Dr. Ray G. Hulburt, Director of Information and Statistics, at the above address.

Join your state and national associations as soon as you graduate. Let us all stand together in solving our problems and meeting opposition.

Sincerely yours,
ASA WILLARD,
Missoula, Mont.

A. O. A. Legislative Adviser in State Legislation.

Internes

The following graduates of the May class of 1929 have received appointments for internships. Fred Dunlap will interne at the South Western Osteopathic Hospital in Wichita, Kan.; Dalrymple, Evans, Dornbusch and Wright received appointments at the Detroit Osteopathic Hospital in Detroit, Mich., and their duties will start July 1. This group of young physicians are to be congratulated because of their work while in school shows a splendid record along with everything else that goes to make a real Osteopathic Physician. It is indeed a pleasure to make this announcement since we can look forward to many achievements which will be accomplished by these new "Doctors."

The Still College Athletic Policy

(Continued from page 1)

teams a student vote was greatly in the majority for a discontinuance of both forms of sports.

Being a professional school we feel that every available minute of the students' time should be devoted to college activities that will be of greater benefit to him or her in the practice of Osteopathy than can be offered on the football field or the basketball court. We bow to the academic colleges with their magnificent athletic departments and assure them that we stand ready at any time to take care of their boys when they come from the field of glory in need of expert Osteopathic care. Sentiment favors an athletic schedule, but good business judgment has looked upon it with an unfavorable eye.

Adding the revenue, used in the past to maintain the athletic department, to the general fund will enable us to make some much needed additions to the personnel and equipment of the college. These changes will benefit the student body as a whole and not the few who in the past benefitted at the expense of the majority.

Thinks Silence Delays Spread of Health Aids

By A. M. SMITH

Detroit (N.A.N.A.) — Detriment to the health of the people is a direct result of the "ethics of the medical profession" as applied to publicity, in the opinion of Henry Ford.

"It is all right for scientifically qualified men to avoid quack advertising, but there is a vast difference between that kind of advertising and the legitimate publicity due the public," Mr. Ford said.

"People depend on good doctors and the progress of medical science for the correction of a thousand ills and accidents. The public has the right to know who can help in a given case, and what doctors, if any, have made real progress in the treatment of specific ailments. Who will tell the public?"

"The doctors of the regular school have made a fetish of professional silence, the purpose, of course, being the prevention of personal exploitation. The reason for this originally was good, and remains so. The purpose was to prevent sensational quackery misleading the people, and to avoid deception of the people by premature or unproved claims of new discoveries.

Public Hears Nothing

"So far as 'professional ethics' protect the people they are good. But when they are used to prevent the people from getting proved and tested information, 'professional ethics' do not look so good.

"Nearly every day sees some new method of surgery or medical treatment which is an improvement on the old. But the general public hears nothing of it unless a controversy is stirred up about it.

"It is true that marked progress in medical science is promptly reported by regular doctors to their technical journals.

Who Is Responsible?

"How shall the public be informed promptly of improved methods of attack on disease, or of better methods of prevention of disease? Whose is the responsibility for getting the information across to the public?"

"It seems to me that one of the first duties of the profession is to see that every step of progress in medical science is given to the public, promptly and fully, and in terms the average man can understand, for the average reader could not understand the technical language of the medical journals even if he had access to them.

Let Folks Know

"If the 'ethics of the profession' close the mouth of any doctor who has proved a new method of treatment, then let some brother physician tell the good news. Let everybody know that when a certain ill befalls there is one man—at least one—who can do the very best for it, or can direct where it can be done.

"It was by a gossip method of

propaganda that I heard a few days ago of a remarkable science in the treatment of a certain disease generally considered incurable. I knew a person who had been a long sufferer from this disease. I took the name and address of the doctor at once.

Publicity Needed

"I contend that the fact that he had made this discovery should have been given to the public immediately. It would have saved much suffering and probably many lives, for I learned that this doctor was of the highest standing in his profession, and had described the new method of treatment months before, in the medical journals.

"The company that holds the patents, however, makes no secret of the product—where to get it, how much it will cost, what it will do, etc. The public and the producer both rely on this publicity as the avenue by which they can come together.

"In what respect do doctors stand in a different relation to the public?"

"I see none whatever."
(Copyright, 1929)

Now we make our debut to the public and doctors of the Osteopathic profession: "If Mr. Ford is such a firm believer in educating the public to the advancement of the Science of Healing and the truths in our Medical Brethren why doesn't he urge his project to bring to the human race the truths and advancement of the Osteopathic profession, that they may know and can depend upon real physicians who can offer as much and more than our "Medical Brethren" can ever offer. He should bring forth facts and achievements of the Osteopathic profession which have been intentionally misinterpreted to public by men who do not understand the theory and principles upon which the Science of Osteopathy were based.

"The Science of Osteopathy has slowly and steadily advanced to an equal basis with the Medical profession without the aid of slander upon the other allied professions."

Questions Theory That Disease Begins With Irritation

New York — Statistics that show cancer to be on the increase among human beings are "at least open to question," Dr. William J. Mayo of the famous Mayo clinic at Rochester, Minn., argues in an article in the American Journal of Surgery.

"Reliable computations," Dr. Mayo writes, "show that a greater number of people are living to reach middle or later age, at which time cancer is more common."

Dr. Mayo's first argument is that cancer may be the result of agencies acting from within the body, not, as once supposed, the result of an external agency

"which enters into the body at the point of least resistance, such as a lesion caused by chronic irritation."

There has been too little emphasis, Dr. Mayo says, on the fact that individuals "vary in their susceptibility to the cause or causes of cancer, whatever they may be."

"In no other way," he said, "can we explain why 90 per cent of persons do not have cancerous disease and why 10 per cent of them die from it. It is as logical to accept the hypothesis that the 90 per cent of persons have greater resistance to cancer than the 10 per cent, as to attempt to force an explanation of why only 10 per cent come in contact with hypothetical cancer agents."

He classifies cancer into four grades, from the mildest to the most severe form and contends that treatment of severe cases with radium and the X-ray has reduced them to grade one or two cases, which were amenable to operation.

Weddings



Gay-Wright

The marriage of Miss Dorothy Gay, daughter of Mr. and Mrs. Charles Gay, to Dr. Russell Wright took place at high noon Wednesday at the Central Church of Christ with the Rev. William B. Mathews officiating.

The ceremony was performed in the presence of a small group of relatives of the couple.

Immediately following the service a wedding dinner was served at the home of the bride's sister and brother-in-law, Mr. and Mrs. L. R. Abbott, 2010 Thirtieth street.

The couple are now en route to Jackson Center, Pa., where they will visit a week at the home of Dr. Wright's parents. They will later motor to Buffalo, N. Y., Niagara Falls and Canada before locating in Detroit, Mich., on July 1. Dr. Wright will begin his interne work at that time at the Detroit Osteopathic hospital.

Greenhagen-Nickolsen

The marriage of Miss Hazel Greenhagen to Dr. Leon C. Nickolsen of the May, 1929 class took place June 3rd, in the Little Brown Church at Nashua.

Bartolomei-Harmon

Mr. and Mrs. Italo Bartolomei, 505 Olinda Avenue, announce the marriage of their daughter Tere-sina to Karl S. Harmon, son of Dr. and Mrs. A. T. Harmon of Springvale, Maine. The wedding took place at Adel, May 10th. Mr. Harmon is a Senior student of Still College.

Best wishes and success are extended to these young couples

throughout life by the faculty, student body and friends. We will appreciate hearing from you at all times and hoping to see you at the convention.

P. G. Men Register

Dr. LeRoy Doyle of Osage, Iowa.

Dr. and Mrs. J. Stanley McFall of New Kensington, Pa.

Dr. and Mrs. Leon C. Nicholson of Austin, Minn.

J. Paul Leonard of Detroit, Mich.

Dr. J. Jay Walker of Medina, N. Y.

Dr. J. Verne Hodgkin of McCook, Neb.

Dr. Donald B. Weir of Seattle, Wash.

Dr. C. L. Mussleman of Zanesville, Ohio.

Dr. Wayne Myers of Sioux Falls, S. D.

Dr. Art Lydden of Los Angeles County Hospital.

Dr. L. E. Schaffer of Detroit, Mich.

Dr. C. J. Reed, Ortonville, Minn.

Dr. R. W. Murphy, Daytona Beach, Fla.

Dr. Dean M. Grewell, Halou-ton, Minn.

Dr. H. D. Watters, Hastings, Neb.

Dr. F. V. Burkholder and wife, Sioux Falls, S. D.

Dr. A. McCauley, Idaho Falls, Idaho.

Dr. S. H. Hoffman, Statesville, N. C.

Dr. T. T. Spence, Raleigh, N. C.

Dr. L. L. Wade, Winterset, Iowa.

Dr. C. W. Odell, Niles, Mich.

Dr. F. C. Jarris, Minneapolis, Minn.

Dr. Hugh C. Edminston, New Ulm, Minn.

Dr. E. L. Yinger, St. Mary, Ohio.

Dr. Mary Yinger, St. Mary, Ohio.

Dr. B. M. Gotshall, Waterloo, Iowa.

Dr. H. R. Butson, St. Paul, Minn.

Dr. Geo. T. Leeds, Yonkers, N. Y.

Dr. George W. Cox, Web City, Mo.

Dr. B. W. Jones, Estherville, Iowa.

Dr. B. H. Rice, Cedar Rapids, Iowa.

Dr. Hulda Rice, Cedar Rapids, Iowa.

Dr. L. C. Scatterday, Worthington, Ohio.

Dr. Wilhelmina Christensen, Omaha, Neb.

Dr. O. R. Meredith, Nampa, Idaho.

Dr. Alice P. Bauer, Delaware, Ohio.

Dr. George H. Voyzey, Kalamazoo, Mich.

Dr. R. W. Forrister, Port Huron, Mich.

This list is incomplete, and contains only those registering up to 12 o'clock Monday, June, 10th.

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 6

JULY 1ST, 1929

No. 24

P. G. Review

It has been the policy of Still College throughout the years to conduct its affairs on a conservative basis. It has ever been open to advanced ideas along therapeutic lines. The school has made a study of all proposed problems of advancement and have been open to any theories or procedure that would make for the advancement of Osteopathy as a science.

The question of post-graduate work, which has become a popular notion with all schools, has been considered by Still College for a number of years. As the result of careful observation and investigation the school became convinced that there was considerable merit in such a course, therefore, the innovation was agreed upon and an intensive course was planned. It was put into operation the week commencing June 10th, and proved to be one of the most interesting and successful adventures ever attempted by Still College. The number attending exceeded by many fold that of our most hoped for attendance. It was made up of about one hundred and fifty of earnest and enthusiastic osteopathic physicians from all points of the United States and Canada. Being convinced that the unanimous expression of the doctors in attendance is a measure of the success of the school's venture. It is a sound basis on which we make our estimate that the post-course was a success from all viewpoints.

We can not but feel that it was worth the time of those in attendance, and that they were the recipients of much practical and valuable information. The college is fully convinced that it is a worth while venture and expects to offer such a course each succeeding year.

DR. C. W. JOHNSON,
President of Still College.

New Law in Maine

Many times have the osteopathic physicians of Maine gone to the legislature to ask the privilege of practicing surgery. Each time the medical men have fought them and won. This year the medical men made no opposition of any kind to the request of the osteopaths and Maine now has an osteopathic law that gives doctors of medicine and doctors of osteopathy equal rights.

Annual Still College Reunion

On Wednesday, June 19th, the annual gathering of Still College grads was held at Younkers Tea Room for all those wishing to attend. Dr. C. W. Johnson, president of Des Moines Still College of Osteopathy introduced the toastmaster for the occasion, Dr. L. Verna Simmons of Grand Rapids, Mich.

Dr. Simmons called roll for the past graduating classes and practically every class was represented by several members. The toastmaster then called on Dr. G. H. Carpenter of Chicago, the past president of the Chicago School of Osteopathy and Dr. C. W. Johnson. The Doctors addressed the group on the subjects of Osteopathy and the schools as a whole. The meeting adjourned to meet next year in Philadelphia. Let's see everyone there.

The following doctors and guests were present at the breakfast held at Younkers Tea Room Wednesday morning, June 9th.

Edwin R. Versema, Mankato, Minn.

Mary A. Schwab, Vinton, Iowa.
Elmina F. Versema, Mankato, Minn.

Chas. L. Wheeler, Centerville, Iowa.

Ethel I. Wheeler, Centerville, Iowa.

(Continued on page 3)

P. G. Course Excels Any Previous Course

The first post-graduate course of Des Moines Still College of Osteopathy excelled any course ever given of its caliber. The course was compact, concise and to the point and was conducted by Doctors noted for their accomplishments and ability throughout the country.

The lectures were practical, applicable and invaluable to the busy Osteopathic physician and will aid in endeavoring them to strive for greater advancements of the Osteopathic Science in the field and colleges.

Each lecture room was crowded beyond its capacity with eager physicians attending this unsurpassable course.

The praise and appreciations were unlimited by all those attending, for the lectures were flawless and invaluable to the Osteopathic Physicians all over the country.

A nice sum of money was
(Continued on page 4)

A Trip To Omaha

Dr. C. W. Johnson, president of Des Moines Still College of Osteopathy made a trip to Omaha, Neb., where he was invited to attend and give a general address before a gathering of six thousand business and professional men of which the Akarben Club of Omaha is composed. The club is an organization for the advancement of the city and has accomplished many commendable achievements. The Doctor complimented the club upon their progress and interest in the advancement of the city.

During the session the program consisted of many varieties of entertainment. We consider this an honor to have our president address a group of this type and feel sure it is of mutual benefit not only to the men privileged to hear him but to the profession as well.

Convention Compliments

To the Osteopathic Physicians who attended the National Convention and those who were affiliated with this excellent convention we extend congratulations. The Fort Des Moines Hotel has had the privilege of being the headquarters of many fine conventions, but never has any gathering ever excelled the Osteopathic group.

The conduct at the convention was without a flaw, the management surpassed all previous attempts by any of the other committees of preceding gatherings. The interest shown by all attending this national convention was appalling, the gatherings of old classmates and greetings exchanged were as sincere as the entire work and entertainment of every section of the meeting of this outstanding convention that was ever held in the city of Des Moines.

We again extend our compliments to every individual who took part in this Osteopathic convention and hope we have the opportunity in the near future of having your great gathering and wonderful Science of healing as our guest.

Yours Truly,
Hotel Fort Des Moines
Management
Mr. Northington.

DR. CHURCH ON RADIO

Dr. M. E. Church of Calgary, who formerly practiced at Waterville, Wash., has given a talk on osteopathy over the radio each week for six months.

Post-Conventionalities

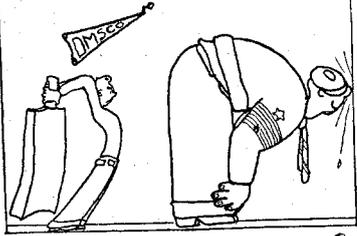
A long time ago some one told us that if one can please seventy-five per cent of the people, success is assured. Taking that figure as a basis for observation we feel that the convention was better than a hundred per cent success for the complaints were few and far between or we had a most forgiving crowd to deal with. Let us go over some of the divisions of the executive plan and see how they came out.

Registration. 755 Osteopaths registered. More were there but some objected to the \$5.00 fee and either "one-eyed" their way in or stayed out of the entertainment altogether. Some who came for Friday only were not charged a fee and did not register at all. 202 guests were registered. More guests were present but some thought that their wife was not worth \$5.00 and did not register her. Others thought the same thing of the husband or other "distant" relatives. 96 students and 1929 graduates paid a fee. This we feel is a record. We hope that future conventions will be timed to make it convenient for students to attend. With the exception of California each of the colleges had representatives at the meeting. 37 Juniors attended the Junior banquet. This was something entirely new and should be repeated. It gave the younger crowd something to do all to themselves and they liked it. 84 exhibitors registered for the banquet. This is a record also. That makes a total of 1174 for the convention officially registered. 1046 sat down to the banquet table Thursday night. This beats New York and its record, at a national meeting. May we add a word of advice to some of you and yet it is hardly necessary. When you register next year see that you get your tickets and do not lose them or send them to the cleaners with your other suit. Keep them handy all the time. It will be harder for you to get by next year on account of your own negligence.

Reservations. Yes, some kicked, but we expected that. You were told to make a reservation early and some of you came in here without any previous notice and expected us to give you the royal suite for a dollar a day. Yet there were any number who congratulated the committee on the accommodations so the few of you who were disappointed are greatly overbalanced by the satisfied ones. Next year get yourself settled early.

Information. No, we could not
(Continued on page 3)

FRATERNITY NOTES



ATLAS CLUB

The National Atlas Club Banquet Grand Chapter was held Wednesday night, June 19th, in the West ball room of the Hotel Fort Des Moines. Members from every chapter, 115 in all, enjoyed themselves from 6:45 to 11:30. Ordinarily such a prolonged gathering would have been "a thing of duty and a jaw forever," but the excellent program provided an interesting and entertaining affair. During the impersonation by James Hooper, Dr. R. R. Peckham, Past Grand Noble Skull was "delightfully entertained and somewhat embarrassed, much to the surprise and amusement of those present." During the business meeting of the Grand Chapter, Grand Occipital Dr. C. G. Hatch was elected to Grand Noble Skull; Grand Scarum, Dr. C. E. Welch was made Grand Occipital and Dr. Harry Marshall was elected Grand Scarum; Dr. A. C. Hardy retained his position as Grand Styloid and Receptaculum.

Plans for the next banquet were considered.

The business meeting was followed by the Atlas Radio Hour, Dr. Geo. V. Webster announcer, broadcasting and reading telegrams from the field members. Each and every table sent in their suggestions, salutations and condemnations, if you will. Some of the wires were brief but to the point, others were long, witty and expensive. Frequently S. O. S. calls were sent in and the readings were interrupted by talks from some of the older members such as Dr. Chas. Still, Dr. Hazzard, Dr. MacLaughlin, etc. Bedtime stories of the 57 varieties were aired; and busy pads and pencils were indicative of appreciation and, perhaps, imitations.

At the close of the program Atlas Club directories, revised and corrected, were distributed to all the members. The performance ended with a hearty old "Oski Wow Wow."

The following members were at the Atlas Club during the convention.

R. T. Lustig, Grand Rapids, Mich.
A. P. Warthman, Agency, Mo.
D. G. A. Campbell, Calgary, Alberta, Canada.
J. P. Lenorad, Detroit, Mich.
R. W. Murphy, Daytona Beach, Fla.
J. H. Voss, Albert Lea, Minn.
O. Allen, Utah.
R. D. Walling, Chicago, Ill.
C. L. Johnson, Kirksville, Mo.
Sheriff Reid, Kansas.
Montgomery, Howard, Kansas.

Edwin T. Groves, Paxton, Ill.
B. W. Jones, Estherville, Iowa.
Meyers, Nebraska.
L. E. Schaeffer, Detroit, Mich.
D. Sheets, Hamilton, Ohio.
J. R. Swanson, Wahoo, Neb.

With summer Dissection at its termination the Royal Custodians of 1725 Sixth Avenue, have dwindled down to Utterback, Monger, Fedson, Faus and St. Amant.

Anderson, Ward, Nosseck and Dornbush were the recent deserters of the old homestead. Dorny left with his fiddle on his back, his trunk under his arm or something like that. The Brunswick is still going strong save for an the occasional metallic click of the lawn mower.

We are pleased to announce that the Atlas boys passed the Iowa State Board.

Dr. Art Lyndon of Los Angeles is a guest of the Atlas Club.

Now may we remind you our address is unchanged. So write.

The O. B. bells are still disturbing our slumber in the wee hours of the night.

Dr. Doyle arrived some time before the convention and of course somewhat after midnight. He insisted that everyone get out of bed to greet him. P. S. The matrimonial bug is buzzing in his ear also.

Larry St. Amant received word from Ken Moore, everything is peaceful out in Warren, Ohio, and Ken says he goes to sleep at 10:30. Write again Ken.

Since Rusty, Ole, Faus, Harmon and Homan all joined into the holy bonds of matrimony, "Jud" has been playing the popular refrain, "The Wedding Bells Are Breaking Up That Old Gang of Mine." And now comes word that Larry St. Amant is about to dip into the unchartered sea. Cupil's bow has hit the mark—and the Atlas Club gladly says to all wedded members, may you walk the rosy path of matrimony and never meet with thorns.

IOTA TAU SIGMA

H. H. Cook

After the storm comes the calm. The above saying is a very good description of the change of activities from one week to the next.

Another national Osteopathic convention, and also our national fraternity convention, have been entered in the history books of our profession, and we are proud to say that both were recorded as the most successful ever held.

Various reports of the Osteopathic convention will be published and they should prove interesting and helpful.

A brief report concerning the fraternity activities should be of interest to the alumnae and actives who found it impossible to return for the big week.

The registration book shows that one hundred and two alumnae returned for the convention. They came from thirty different states, from Canada, District of Columbia and one from England. We felt honored to welcome them and to help make their

visit to Des Moines a pleasant and successful one.

The national Iota Tau Sigma banquet was held in Younkers Cremona Room, Wednesday, June 19th. A four course dinner, followed by several short but interesting speeches, was enjoyed by one hundred actives and alumnae. Entertainment for the remaining part of the week was provided for by the program arranged by the committee in charge of the Osteopathic convention.

Once again, the house scandal has been cut down to a minus quantity due to the lack of enough brothers to make "whoopie."

Brother "Mex" Kinter made a hurried return from Mexico, where he had been visiting his relatives, and arrived in time to take in the convention.

Brother Morrow has checked out for Saginaw, Mich.

Brother Hewlett continues to kill time at the shoe store.

So far, Nick Gill has been very successful in dodging any jobs that appeared to be coming his way.

"Lilly" Peterson, the Swede from Malta, has returned to his native land.

We were honored by a visit from Brother Morgan during convention week. He was discovered sleeping peacefully on the third floor and three to one odds were offered that he had absent-mindedly crawled in through a window or had crashed the cellar door.

In closing I wish to thank the various actives and alumnae who returned and helped to make the convention week a success.

SIGMA SIGMA PHI

With two national officers in the city and the convention meeting this year in Des Moines, an ideal setting was arranged for the culmination of certain ideals of Sigma Sigma Phi. During the week of the convention a meeting was called by Dr. H. V. Halladay, president of the Grand Chapter, at which preliminary plans were discussed and some definite actions taken. Wednesday noon a luncheon was spread in the main dining room of the Fort Des Moines Hotel and 37 of the brothers sat at the festive board. This was followed by a good old fashioned meeting held in the Oak room at which time the final business of the organization was completed for the year. Dr. Halladay and Dr. Paul Park were re-elected president and secretary-treasurer. Herb Webber, Hen Hoyer, Andy Markavich and J. P. Wood were elected to the remaining officers.

The crowning event of convention week took place Thursday evening during the entertainment given in the Shrine Auditorium. Dr. Halladay made a brief talk explaining the organization as the official honorary fraternity of the profession and named two members of the profession who had been selected as the recipients of Certificates of Honor which are annually

awarded by the fraternity. Dr. E. O. Holden of the Philadelphia college received one and Dr. H. I. Magoun of Scottsbluff, Neb., the other.

Sigma Sigma Phi has closed a most successful year and the meeting held Wednesday shows that the old interest in things for the good of Osteopathy are uppermost in the minds of members of this organization. Next year in Philadelphia there will be a bigger meeting but it will not be better.

Wedding
Announcements

Conner-Blakely

The wedding of Miss Eula E. Conner to A. W. Blakely of the May graduating class took place at Dr. J. C. Doolittle's home Friday, May 24th. The doctor and his wife then made a trip to Kirksville and later returned to Des Moines to attend the convention.

Congratulations from every member of the college and faculty are extended to "Art" with wishes of success and happiness from all.

Dr. and Mrs. W. K. Stefan of Wahoo, Neb., were discovered at the convention Thursday, they were married Wednesday and came to Des Moines to attend the session along with their wedding trip.

Friends of the doctor and his wife extend best wishes to them of happiness and unlimited success in his profession.

Gustason-Hovis

Mr. and Mrs. Frank Gustason announce the marriage of their daughter Lena Irene, to Dr. J. Clark Hovis of Detroit, Mich. Dr. Hovis graduated from Still College of Osteopathy and is a member of Sigma Sigma Phi and Iota Tau Sigma fraternities. For the last year he has served an internship in the Detroit hospital. The wedding was held Saturday in St. John's Lutheran church. Dr. Hovis and his bride will reside in Detroit.

The friends of the young couple extend their most hearty congratulations and wishes of happiness and success throughout life's journey.

Morrison-Green

The marriage of Miss Leona Morrison to Dr. Marvin Ellis Green took place Wednesday noon, June 26th, at the Congregational Church in Stuart, Iowa. The young couple are on an extended honeymoon and will be back in Sac City, Iowa, this fall where the doctor is now practicing. Dr. Green served a two year internship at the Des Moines General after his graduation from Des Moines Still College of Osteopathy. The friends of the Doctor and his wife send their congratulations and wishes of happiness and success in his chosen profession.

P. G. Course Excels Any Previous Course

(Continued from page 1)

given by those attending this P. G. course to show their gratitude for such valuable instructions. The money will be used as the college thinks best and for the further advancement of Osteopathy and Still College.

The following is a complete list of those who registered at the office. Their were many who failed to register, but attended this exceptional and outstanding course preceding any convention.

Dr. LeRoy Doyle of Osage, Iowa.

Dr. and Mrs. J. Stanley McFall of New Kensington, Pa.

Dr. and Mrs. Leon C. Nicholson of Austin, Minn.

J. Paul Leonard of Detroit, Mich.

Dr. J. Jay Walker of Medina, N. Y.

Dr. J. Verne Hodgkin of McCook, Neb.

Dr. Donald B. Weir of Seattle, Wash.

Dr. C. L. Mussleman of Zanesville, Ohio.

Dr. Wayne Myers of Stouffville, S. D.

Dr. Art Lydden of Los Angeles County Hospital.

Dr. L. E. Schaffer of Detroit, Mich.

Dr. C. J. Reed, Ortonville, Minn.

Dr. R. W. Murphy, Daytona Beach, Fla.

Dr. Dean M. Grewell, Halotun, Minn.

Dr. H. D. Watters, Hastings, Neb.

Dr. F. V. Burkholder and wife, Sioux Falls, S. D.

Dr. A. McCauley, Idaho Falls, Idaho.

Dr. S. H. Hoffman, Statesville, N. C.

Dr. T. T. Spence, Raleigh, N. C.

Dr. L. L. Wade, Winterset, Iowa.

Dr. C. W. Odell, Niles, Mich.

Dr. F. C. Jorris, Minneapolis, Minn.

Dr. Hugh C. Edminston, New Ulm, Minn.

Dr. E. L. Yinger, St. Mary, Ohio.

Dr. Mary Yinger, St. Mary, Ohio.

Dr. B. M. Gotshall, Waterloo, Iowa.

Dr. H. R. Berston, St. Paul, Minn.

Dr. Geo. T. Leeds, Yonkers, N. Y.

Dr. George W. Cox, Web City, Mo.

Dr. B. W. Jones, Estherville, Iowa.

Dr. B. H. Rice, Cedar Rapids, Iowa.

Dr. Hulda Rice, Cedar Rapids, Iowa.

Dr. L. C. Scatterday, Worthington, Ohio.

Dr. Wilhelmina Christensen, Omaha, Neb.

Dr. O. R. Meredith, Nampa, Idaho.

Dr. Alice P. Bauer, Delaware, Ohio.

Dr. George H. Voyzey, Kalamazoo, Mich.

Dr. R. W. Forrister, Port Huron, Mich.

Dr. H. B. Stilwell, Des Moines, Iowa.

Dr. W. R. Loerke, Stanton, Neb.

Dr. E. M. Hubbell, Yutan, Neb.

Dr. L. C. Nicholzen, Austin, Minn.

Dr. W. E. Heinlen, Mexico, Mo.

Dr. D. H. T. Maxwell, Morristown, N. J.

Dr. Hester Brown, Belfast, Maine.

Dr. C. A. Lynch, Middletown, Ohio.

Dr. Edith E. Dovesmith, Niagara Falls, N. Y.

Dr. Francis K. Byrkit, Boston, Mass.

Dr. Milton Conn, Australia.

Dr. Fred A. Martin, Des Moines, Iowa.

Dr. Wm. C. Miller, College Springs, Iowa.

Dr. Robert H. Miller, Washington, Pa.

Dr. Harry T. Miller, Canton, Ill.

Dr. Claire E. Owens, Exeter, Neb.

Dr. C. L. Larson, Stillwater, Minn.

Dr. John H. Voss, Albert Lea, Minn.

Dr. A. W. Lyddon, Los Angeles, Calif.

Dr. Eva Waterman Magoon, Chicago College.

Dr. Paul G. Smith, Mass. Gen. Hospital.

Dr. Margarette L. Morton, Los Angeles, Calif.

Dr. Chas. N. McMullen, Des Moines, Iowa.

Dr. O. M. Walker, Bloomfield, N. J.

Dr. Emma Cobb, Kalamazoo, Mich.

Dr. Kate R. Ely, Vicksburg, Miss.

Dr. Elmer Charles, Pontiac, Mich.

Dr. Zella A. Sullivan, Ogden, Iowa.

Dr. R. B. Kale, Warren, Ohio.

Dr. Margaret Whalen, St. Paul, Minn.

Dr. A. D. Craft, Osceola, Iowa.

Dr. A. V. Mattern, Green Bay, Wis.

Dr. C. L. Timmons, Aberdeen, S. D.

Dr. E. L. Carlson, Madrid, Iowa.

Dr. Maude Williams, Northampton, Mass.

Dr. S. H. Stover, Bemidji, Minn.

Dr. L. D. Benedict, Ionia, Mich.

Dr. Susan Reed Battenfield, Atlanta, Ga.

Dr. Sheets, Hamilton, Ohio.

Dr. W. B. Lineville, Middletown, Ohio.

Dr. Alice R. Paulsen, Steen, Minn.

Dr. C. A. Grandberg, Denver, Colo.

Dr. Helen Peterson, Des Moines, Iowa.

Dr. M. Biddison, Nevada, Iowa.

Dr. E. T. Pellette, Liberal, Kansas.

Dr. L. E. Brenz, Arkansas City, Kansas.

Dr. C. L. Brockmeier, Edwardsville, Ill.

Dr. Janet M. Kerr, Toronto, Canada.

Dr. E. L. Lyda, Roswell, N. M.

Dr. C. I. Groff, Mason City, Iowa.

Dr. D. W. Stone, Muscatine, Iowa.

Dr. Benedicta M. Lewis, Pierre, S. D.

Dr. B. M. Hudson, Charles City, Iowa.

Dr. Bertha R. Crum, Ames, Iowa.

Dr. Lilla R. Davidson, Charles City, Iowa.

Dr. T. J. Worth, Chadram, Neb.

Dr. Chas. Milliken, Whittier, Calif.

Dr. J. M. Harper, Niles, Ohio.

Dr. Carl E. Seastrand, Des Moines, Iowa.

Dr. Bessie Mudd, Burlington, Iowa.

Dr. L. V. Cradit, Amarillo, Tex.

Dr. Uda Belle Garrison, Kirksville, Mo.

Dr. Ruby Idtse, Minneapolis, Minn.

Dr. Florence Morris, Indianola, Iowa.

Dr. W. T. Murray, Sandwich, Ill.

Dr. V. B. Taylor, Victoria, Canada.

Dr. G. B. Atkinson, Vancouver, Canada.

Dr. C. Allen Brink, Kirksville, Mo.

Dr. C. E. Schoolcraft, Watertown, S. D.

Dr. Dell Schoolcraft, Watertown, S. D.

Dr. W. A. Englund, Des Moines, Iowa.

Dr. C. M. Proctor, Ames, Iowa.

Dr. Mabel Wissan, Harlan, Iowa.

Dr. Ida M. Menagh, Des Moines, Iowa.

Dr. Harold Jennings, Winona, Minn.

Dr. Chas. W. McCutchen, Des Moines, Iowa.

Dr. T. E. Childress, Durango, Colo.

Dr. O. K. Gorseith, Minneapolis, Minn.

Dr. Katherine M. Peck, Kansas City, Mo.

Dr. Robert T. Lustig, Grand Rapids, Mich.

Dr. T. B. Heibel, Iowa Falls, Iowa.

Dr. N. B. Welch, Grove City, Pa.

Dr. A. P. Warthman, Agency, Mo.

Dr. A. W. Peterson, Hawarden, Iowa.

Dr. Ida E. Peterson, Hawarden, Iowa.

Dr. Margaret Spence Bates, Marengo, Iowa.

Dr. J. P. Conti, Akron, Ohio.

Dr. J. R. Jackson, Milwaukee, Wis.

Dr. Frank D. Dornbush, Steubenville, Ohio.

Dr. L. A. Utterback, Perry, Iowa.

Dr. M. T. Boulware, McCook, Neb.

Dr. M. E. Sutphin, Valley Junction, Iowa.

Dr. Harry Johnson, Jr., Des Moines, Iowa.

Dr. Paul J. Gephart, Marietta, Ohio.

Dr. Genevieve G. Stoddard, Des Moines, Iowa.

Dr. O. O. Taylor, McCook, Neb.

Dr. A. B. Patterson, Elizabethtown, Ky.

Dr. Ira T. Richardson, Fremont, Neb.

Dr. Wrathel G. Hospers, Orange City, Iowa.

Dr. L. M. Monger, Dayton, Ohio.

Dr. John E. Cochran, Polyclinic Hospital, Des Moines, Iowa.

Dr. O. H. Meyer, Scribner, Neb.

Those who signed for P. G. certificates will receive them in the very near future, and those who didn't sign and wish such a certificate write Dr. C. W. Johnson, Des Moines Still College, 722 Sixth Ave., Des Moines, Ia.

The following is a letter of appreciation from all attending the Still College Post-Graduate course preceding the national convention.

Des Moines Still College of Osteopathy, 722 Sixth Ave., Des Moines, Iowa.

To the President, Dr. C. W. Johnson,

We, the members of the first post-graduate class of Des Moines Still College of Osteopathy wish to convey to the faculty and trustees our sincere appreciation for the splendid course of lectures made available to us through your kind efforts.

The all around practicability and applicability makes it invaluable to the busy physician and makes us strive for greater advancement of the art of osteopathy in the field. This you can be assured, your college and faculty has impressed us with its efficiency in didactic, as well as sound osteopathic principles, in its application to the art of healing.

It is to be hoped that this first pre-convention post-graduate course, which in itself is an historical event, will be followed each year by greater and better classes for the promulgation and perpetuation of osteopathy and surgery.

We, as a class feel that we should show our gratitude in another humble manner, and therefore, wish that Dr. Johnson in behalf of the college please accept a sum of money to be used as they see fit. Given as a kind remembrance from the class.

The Post-Graduate Pre-Convention Class of 1929.

H. R. Berston, D. O.

Most pies we get in restaurants are "jealous." The upper crust is so jealous of the lower crust they won't let anything come between them.

Often So

The Melody of Love. 100 Per Cent Talking.—Sign in front of a movie theater.

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