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THE LOG BOOK

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Number 1

CONVENTION ECHOES

The mail brings us strange things. Below we publish as received a letter written by the inimitable Dutch Schmidt. Those of you who attended the convention will appreciate every word of this message and those of you who missed the Des Moines meeting will add to your regrets. Dutch was just one of the factors that went into the making of a great Osteopathic convention. Here 'tis.

Dr. H. V. Halladay
c/o Quiet College of Bone Setting
and Muscle Manipulating,
Des Moines, I-owe-a-(lot)

Dear Dr. Halladay, and also the mine run Osteopaths who attended the 1929 Convention:

Now that you muscle and bone doctors are all at your respective homes again trying to collect your past due accounts to pay unexpected Convention expenses, and Dr. Ruddy has the native Californians upside down again while irrigating their nasal, pharyngeal and laryngeal passages, by use of the Ruddy acrobatic method, I take my bottle of pen and ink in hand to typewrite you a letter of, "Hello," (Continued On Page 4)

The Value of Co-operation

Never have those of us here in Des Moines realized the real value of co-operation until we entertained the A. O. A. convention. The local arrangement committee met on an average of once a week since last fall. None of the three have ever missed a meeting and never was there the least dissension among them.

When a meeting of all the chairmen over the state was called, everyone responded but one and there was a very good reason for his absence. Time and time again Osteopaths of the city called and asked if there was more that they could do and when the folks began to arrive, every Osteopath in Iowa had his coat off and was ready to go to work and those of you who attended the Des Moines convention know the results of our efforts. Of course we made some mistakes, but if you ever give us the opportunity of entertaining you again, we will do our best to please you one hundred per cent.

Fraternally,
H. J. MARSHALL.

FACULTY OF SPECIALISTS



DR. C. W. JOHNSON

In Charles W. Johnson, B. S. D. O., Des Moines Still College of Osteopathy has as its president a happy combination of scientist, experienced educator and practical osteopath. His initial training in fundamental science was taken at Iowa State College, where he received the degree Bachelor of Science, at the completion of four years of major study in the natural sciences.

From his collegiate training C. W. Johnson went immediately into executive educational work. During that period he attained marked recognition in the various educational "institutes" over the state, because of his direct methods in presentation of science and his organizing.

It was early in the history of Des Moines Still College, at that time the S. S. Still College, that its present head entered the then new science of osteopathy. He was a member of the third class to be educated from the school. For five years Dr. Johnson conducted a successful general practice in northern Iowa, and then was recalled to the Des Moines school to become a member of the faculty. He has served in various capacities; director of clinics, director of obstetrics, instructor of general science, instructor of the specific nervous sciences, and was for fourteen years dean, prior to his having become president. During all these years he has conducted a general practice, so that he comes to his classes and clinics with twenty-seven years of experience in the field of practice and twenty-two years of connection with the school and

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DR. J. P. SCHWARTZ

The title "Dean" has come through the traditions of education to carry a connotation of affection. The Dean, of all members of an educational force, if he be a true dean in the fullest meaning of the word, is beloved of the students. He stands as buffer state between them and their faculty; them and their president; and when need be, between them and the public.

There is no other position in a collegiate organization so essentially a personal matter, and none requiring so definitely a specific personality. The Dean of Des Moines Still College is an example of the perfect Dean. Amiablely known as "J. P." to nearly all, and (affectionately) known as "Pinkie" to many, Dr. John P. Schwartz came to the deanship a number of years ago in an aura of student devotion which would justify his position, were there no other qualifications—but Dr. Schwartz has many.

If close association with a school in many capacities is a qualification, the present dean scores there. Having received his degree of D. O. from the American School of Osteopathy

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Lost and Found

A coin purse, a pair of glasses and a key were found. If you lost them, please write Dr. H. J. Marshall, 401 Liberty Bldg., Des Moines, Iowa, and I will send them to you.

Dr. Hubert Posock of Toronto, Ont., Canada, lost a dark coat. If anyone knows anything about it, please write to him.

The 1929 A. O. A. Convention

It was a great convention. Noteworthy in many ways, disappointing from the standpoint of the local committee in a very few details and setting up new precedents in a number of instances.

One of the newer things that seemed to make a decided and favorable impression upon the convention visitors was the new arrangement of the program originating in the mind of Dr. Chester Morris, the program chairman. The plan of holding the section meetings in the morning and the general sessions in the afternoon worked out in a very efficient manner. For the first time the members of the House of Delegates had an opportunity to hear something of the program and parts at least of the section programs.

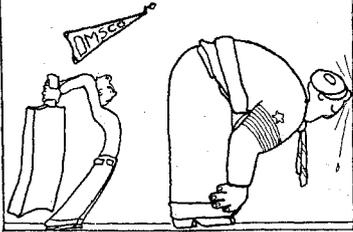
If any criticism could be offered as to the program it would be to the effect that it was too good and kept those in attendance too well occupied. One of the few "kicks" registered with the committees in charge was that the doctors did not have a chance to visit the exhibitors enough.

A splendid set of officials was elected to preside over the association for the coming year; the House of Delegates set up some new and far reaching policies in re-education and legislation; the Trustees inaugurated some new and interesting plans for a greater and more practical service to the membership of the society; the OWNA started some plans that will go far toward giving it a real opportunity to serve the profession in a telling way; the AOA took steps to get more solidly back of the research work of the science. A finer compliment could not be asked by any man than was given to our new president, Dr. John MacDonald, in his unanimous election to lead us for the coming year. All in all it can be said that many events in the future history of Osteopathy will be dated from the 1929 convention.

The total registration, almost 1300, was a disappointment to the committee, but not a great surprise. A number of factors operated to that end. The past three preceding conventions have all been held within a

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FRATERNITY NOTES



ATLAS CLUB

With the coming of night the Atlas Club presents a forlorn picture with only a light here and there. The house is practically deserted, only three members remain, Fedson, St. Amant and Utterback. Larry leaves us Friday the 12th when he sails the sea of matrimony. Best wishes of happiness Larry.

All the boys in Detroit want to get in touch with Larry and the bride because he is just aching to see every one of you and have a big smoke on El Producto and talk over old times and the future. Look him up fellows.

Dr. Cecil Musselman has located at Guthrie Center, Iowa, and everything must be going smooth since we have not received any word of distress from him.

Word was received from Ken Ward and much to our disappointment he hasn't had time to call on the King and give him our best wishes. Better get busy Ken because there will be a great disappointment to everyone, especially "Jud."

Nossek left for parts unknown and not a word has been received from him to date. Where art thou, Turk?

George Basore is running the Frigidaire in Dayton and all is going well. Ship us the parts for one, George, it is rather hot out here.

We would like to know what became of the lawn mower, the only way we can get exercise is by picking the grass but it grows too fast for such technic. Well, anyway we should have a good crop by the time everyone is back.

John Harvey visited the club for a few days before taking up his internship duties the 5th of July. Good luck, John, and let us know how things are going.

Art Lyddon left for Texas Monday morning where he will start practicing. While Art was staying at the house he was chief house cleaner and things were spick and span. We will be glad to hear from you, Art.

Wedding Announcements

Pollard-St. Amant

The marriage of Jeannette Pollard to Larry St. Amant took place Friday evening, July 12th, at St. Ambrose Rectory.

John Baldi and Mildred Pollard, the bride's sister, accompanied the young couple.

The newlyweds left for Detroit where they will spend their honeymoon.

How To Keep Well

Air

Do not be afraid of night air. Sleep with your windows open. Keep out in the air as much as possible.

Wear loose, light-weight clothes.

Let your skin breathe. Exercise every day with few or no clothes on.

Stand erect and breathe deeply.

Food

You need fuel food, just as an engine needs coal or gasoline.

Bread and butter, cereals, fats and sugars are fuel foods.

You need repair food, just as an engine or automobile needs repair materials.

Meats, fish, eggs, poultry, cheese, green peas and beans give repair material.

You need regulating food, just as an engine or automobile needs lubricating oil, distilled water, water for the cooler, charging of the battery, etc.

Regulating foods are milk, fruit, green vegetables and water.

You need some of each type of food every day. In addition some hard and crusty food, some raw and bulky fruit and vegetable foods are necessary to give your teeth exercise and keep your bowels regular.

Your chief need is fuel food. Your least need is repair food.

Eat meat, fish, poultry, eggs or cheese once a day in moderate quantity.

Eat sufficient cereals and bread and butter to keep up your weight.

Do not hurry at your meals. Chew and taste your food until it slides into your stomach.

Constipation

Eat freely of whole cereals, oatmeal, bran bread, fruits and bulky vegetables such as lettuce, spinach, cabbage, sprout, carrots, turnips, onions, apples, prunes, dates, figs; also orange juice and lemon juice.

Eat bran bread and take some orange or lemon juice each day and constipation will usually disappear.

Mineral oil is serviceable for temporary use in obstinate cases and has no drug effect. Diet should be the mainstay in bowel regulation.

Teeth and Tonsils

Many serious diseases come from infection in the mouth, tonsils, throat and nose.

Rheumatism is caused by a germ usually found in tooth-sacket, or tonsils.

Keep the teeth clean. Brush them thoroughly night and morning.

Use a little lemon juice and water as a mouth wash. Pure soap is a good dentifrice.

Visit the dentist or dental clinic every six months.

Don't wait for a toothache.

Do not let decayed roots remain in your mouth. Have them pulled without delay. They may cost you your life.

If your mouth is full of gold work and fillings or caps and you feel ill—especially if you are run down and have rheumatism—

have your teeth examined and X-rayed. Those which are found to be infected should be removed.

Infected tonsils may cause rheumatism and other chronic troubles.

Eyes

If you have headaches, have your eyes examined.

Eye-strain may break down your health.

Wear glasses if they are needed and save your brain and nervous system from needless strain.

Exercise

Get as much exercise in the open air as possible every day.

Even if active at your work, do setting-up exercises night and morning to make yourself strong, straight and well developed.

Overweight

Do not allow yourself to become fat or to gradually gain weight after you have passed 30 or 35.

Keep your weight after 35 down to five or ten pounds under the average.

If gaining, cut down the fuel foods—bread and butter, cereals, sugars and fats—and eat instead more green vegetables and fruits.

Underweight

If thin and pale and losing weight, be carefully examined for lung trouble.

Eat freely of bread and butter, egg yolks, cereals, milk and cream; also vegetables and fruits.

Sleep out of doors. Get plenty of fresh air. Breathe deeply.

Cancer—any lump, especially on the breast, any irregular bleeding or discharge, any sore that does not heal (particularly about the tongue, mouth or lips), persistent indigestion with loss of weight, calls for an immediate thorough examination by a reputable physician.

Prevention of Colds

Train your skin to resist drafts and changes in temperature by cool bathing and cold sponging of neck and chest.

Avoid alcohol and tobacco.

Avoid constipation.

Use a mild menthol oil spray in the nose at first sign of a cold. Take frequent doses (level teaspoonful) of baking soda in water. Take a hot foot bath, drink hot lemonade or hot flaxseed tea. Take no alcohol.

If you are subject to frequent colds, have your throat and nose examined and any obstruction or chronic infection corrected.

Be Cheerful

Don't be a grouch!

If you can't smile there is something the matter with you. If there is nothing the matter with your body the trouble is with your disposition.

Obstacles should mean no more to you than an invitation to take off your coat and get busy.

You can run into debt, but you have to crawl out.

The former strong man of the circus buys a few necessities for his new house, but doesn't bother to have them sent.



Around Our Merry Campus

Teacher—Johnny, can you define nonsense?

Johnny—Yes, teacher—an elephant hanging over a cliff with its tail tied to a daisy!—Le Rire, Paris.

November Thoughts

Prohibition Advocate, talking to crowd before election: "What is it that causes men to ignore the ties of home, stay out until after midnight, and get up with a bad headache in the morning?"

"I know!" shouted a boy in the crowd.

"Well, tell the others what it is."

"Politics!"

Mistress—Did I see you kissing somebody in the garden this morning, Sarah—the milkman or the postman?

Maid—Er—ah was it about half past seven ma'am, or a quarter past eight?—Answers.

His Reason

Bridegroom—"Would you mind if I went into a smoking compartment for a little while, dear?"

Bride—"To smoke?"

"Oh, no! I only want to experience the agony of being away from you, so that the joy of my return will be all the more intensified."

"We bought a loud speaker to keep our older children at home."

"Was the idea successful?"

"No, they stay in and listen but as soon as the program is over they go out."—Der Wahre Jakob, Berlin.

A little celebration was being held in the golf club. One of the members had announced that he would be going abroad shortly, and his friends were bidding him good-bye.

"But it's fairly hot in India at times," ventured one man. "Aren't you afraid the climate may disagree with your wife?"

This departing man looked at his questioner pityingly and said: "It wouldn't dare."—Tit-Bits.

Wife—"How do you like this dress? I bought it on the installment plan."

Husband—"It looks as if you have just put on the first installment."

Quick Comeback

"Women and donkeys are always in the way," shouted the man, jamming on his brakes.

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

Co-operation Appreciations

In an interview with Dr. Gilmour, the immediate past president of the Iowa Association and general chairman for the convention arrangements, the editor was given some facts that are so highly complimentary to some of our instructors and local Osteopathic physicians that he cannot forbear passing them on.

Dr. Gilmour was very insistent upon passing all the credit for the success of the big convention to the executive committee consisting of Drs. Marshall, Caldwell, Halladay and Stryker together with the local committees operating under the chairmanship of Drs. P. L. Park, S. H. Klein, Ava Johnson, Mary Golden, R. B. Bachman, C. W. Johnson, Avis Payne, N. B. Lovegroce, J. P. Schwartz, H. E. Samp, J. M. Woods and others.

He said that in all his experience in organization work he had never seen a more striking example of unselfish service and consistent hard work than that afforded by these men and women throughout the entire years preparation as well as during the actual convention time.

The 1929 A. O. A. Convention

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radius of 600 or 700 miles and that in itself would operate to cut attendance. The early date of the convention kept many away. Large numbers of the doctors habitually attend the conventions and then go on to a vacation following it. The date was too early for such as these.

In other respects this convention established some all time records to date. The list of exhibitors was larger than at any previous A. O. A. convention and the income from exhibits also surpassed all previous records. This in itself is evidence of the position of Des Moines as a leader in convention cities.

The banquet on Thursday night established two records surpassing all previous ones. A total of about 1100 guests were seated in the Shrine Temple banquet room, this number exceeding the previous largest attendance by more than 250 persons. Another record was established in that there was not a single after dinner speech and this feature seemed to be a very popular departure from the usual custom.

Instead of the customary program of addresses the crowd was wonderfully entertained in the Shrine auditorium by an hour and a half of splendid vaudeville and variety acts staged by "Dutch" Schmidt, the official convention master of ceremonies. Following this the crowd adjourned to the ball room for several hours of dancing to splendid music.

A very welcome innovation was noticed at the reception and ball for the president on Monday evening. Instead of the usual long drawn out handshaking, incident to the receiving line, the president and his official family were gracefully introduced to the assembled guests and the program of music, vaudeville acts and other entertainment immediately followed. On a hot summer's night this was a decided relief both to the officials and to the crowd.

A tribute to the local committee on arrangements cannot well be left out of such a review as this. The remarkable smoothness with which every event connected with the program and entertainment was carried out showed the efficiency of the committee. The explanation is simple but like all simple things it had a background of constructive effort. The background consisted of a well thought out program set down in black and white and then a very careful organization of men and women built to follow the program through to the letter. There seemed very little of the usual confusion, duplication of effort and lack of definite plan evident in so many conventions.

The machinery of registration, location of meeting places, program publications and distribution, entertainment, information, paging, and all such service moved without a single hitch so far as could be seen. A new and very welcome service was the distribution of the next day's program and outline of entertainment, to the room of every convention visitor that could be reached during the night. It was a relief to see at a glance each morning, soon after rising, just what the outline for the day was to be. This service was furnished through the courtesy of the Professional Insurance Corporation and many complimentary remarks regarding the service were heard during the week.

The faithful attention to details by the various committee men and women working under the direction of Drs. Marshall, Caldwell, Halladay and Stryker made the convention one of real pleasure and benefit to the guests present.

The program of entertainment left little to be desired. Beginning with the reception to the president on Monday night, through the variety entertainment staged by the convention exhibitors on Tuesday night, the reunion of clubs, fraternities and sororities on Wednesday night, the big banquet and entertain-

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Faculty of Specialists



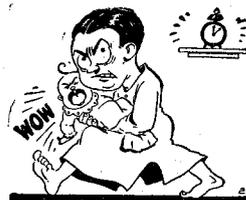
DR. CLAUDE E. SPRING

The foundation of Dr. Spring's preparation is scientific. He received training leading to the degree Bachelor of Science at Iowa State college. He almost immediately took up the Osteopathic course as his specific graduate line of specialization, and has been in active practice since completing it. Following a few years of practice in Boone, Iowa, Dr. Spring returned to Des Moines and has since shared his time as practitioner as member of faculty at his professional alma mater.

Every year, as Dr. Claude E. Spring finishes all work with any one class, he invites them to his home for the Annual Spring party, which is equally a perennial success. He is famous for them, as he is famous for his sense of humor, his splendid assembled programs, his sympathy and understanding, and whatever it is that makes class after class affectionately call him "Daddy" Spring.

Nor can humor, sympathy and parties be all that he has to offer. For Dr. Claude Spring has been teaching Theory, Principles and Symptomatology in the Des Moines Still College for twenty-four years. This is a record of success and satisfaction which must have roots in rich preparation, a wealth of experience and definite ability in presenting a subject.

New Arrival



Another was added to the tree of Mr. and Mrs. Gaylord Knowlton, June 21st. The babe was named Willis Day Knowlton and from reports everyone is getting along fine.

The best of wishes are extended to the family from the entire student body and faculty.

"I hear Mrs. Murphy is still taking in washings since her husband left."

"Yes, the washer often stays on long after the nut is gone."

Faculty of Specialists

DR. C. W. JOHNSON

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its problems. He combines with these external qualifications a wealth of human interest and human understanding, which are of great value in the regulation of both student and clinic activities.

Through this combination of qualities we see our president of Des Moines Still College, developing his work as director of the school, along definite lines and principles. The directing of various departments must be divided and each man at the head must be responsible. All efforts in the school point to one goal—the best we can give the student.

A faculty which is trained, sincere, able and working for the interests of the student and school. The continued development of a clinic organization which will be of greatest benefit to the public and greatest value to the student; a clinic, the greatest which the profession knows. At all times organization, co-operation and the needs of the students foremost in mind.

Faculty of Specialists

DR. J. P. SCHWARTZ

(Continued from page 1)
at Kirksville, Mo., he came to Des Moines for post graduate work, and while completing it, took the position of instructor in bacteriology.

But listing his titles—Chief surgeon and president of the hospital, head of the department of surgery at the college, imposing as these distinctions are does not express Dr. Schwartz' paramount fitness for deanship. It is his close relationship with the student activities. They never have found him too busy to listen to their troubles, real and fancied, major and minor, and are assured of his help. Added responsibilities have not crowded them out. Dr. Schwartz is still giving the students a great deal of his personal time and energy. And they in return acclaim him the perfect dean.

Danger Signals

Pain is Nature's most potent danger signal. But there are many less startling signals that, if heeded, will keep us from proceeding on a closed road until we are confronted with the red danger signal—pain, and forced to turn square around. How few persons would consult a physician and discontinue the indiscretions of eating and other injurious habits of life were it not for the aches and pains that call attention that something is wrong!

We should watch for these milder signs of oncoming ailments. Any lack of energy, dull headache, backache, or any symptoms not fully explained should be heeded, and our habits

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The 1929 A. O. A. Convention

(Continued From Page 3)

ment on Thursday night and the carnival night at Riverview Park on Friday night there wasn't a dull moment for anyone so far as could be observed. In order to do away with a single chance that anyone would not be properly entertained every evening the committee also staged a banquet and entertainment on Wednesday evening for anyone not connected with any of the societies holding meetings that night. They also inaugurated a Junior Banquet on Thursday night for any of the children who were not attending the customary A. O. A. banquet. Topping all this were the golf tournaments and the Osteopathic baseball day on Wednesday afternoon for the mere men who were not eligible to attend the meeting of the OWNA going on that afternoon.

Throughout every entertainment the happy presence of "Dutch" Schmidt and his fine group of entertainers was evident. It is certain that this group of fine people will long be remembered by everyone who attended this convention.

There were a few kicks of course. There were the usual small percentage that "had forgotten their tickets" to some of the entertainments and were displeased because the committee in charge could not make an exception in their particular instance. Some few that didn't go to the right place for information and could not find the meeting they desired to attend and some few things of minor importance like that. But on the whole the percentage of objections to service was a mighty small one indeed and most of them were found to be without ground when the objector really found out the truth of the thing.

The hotel accommodations and service were superb. Mr. Northington, the manager, was outspoken in his praise of the guests registered with the Fort Des Moines. Certainly the guests felt that the management had been extremely courteous in every way and the local committee could not speak too highly of the liberality of the Fort Des Moines and of the splendid way that every possible thing was done to insure the success of the committees' plans for housing the convention.

It was a great convention. Iowa is grateful that it had the chance to entertain such a wonderful group of the leading men and women in the osteopathic profession and while it is realized that to successfully entertain such a gathering is a big job it is certain that Iowa will be ready and willing to repeat at a not too distant date in the future.

DR. R. B. GILMOUR,
Past President of I. O. A.

The only thing a girl can do about an unattractive knee these days is to grin and bare it.

Faculty of Specialists



DR. J. M. WOODS

Dr. J. M. Woods, a successful practitioner, excellent instructor with every ingredient that goes to make a success. Dr. Woods joined the faculty of Des Moines Still College in the fall of 1925 and has been with the college since that time. The Doctor conducts a large practice along with his work at the college, this enables him to go to his class room with the first hand knowledge for the student.

Doctor Woods graduated from Still College in the class of Jan., 1923. The Doctor is known to the student body and faculty for his humor, pleasing personality and excellent ability to bring forth the important facts of his subjects. Doctor Woods teaches Visceral anatomy, Osteopathic Technic with clear presentation to every member of his classes due to his wealth of experience and definite ability in presenting his lectures.

From the Field

The following letter was received the other day from Dr. Grantham Browne who is practicing in London:

Still College of Osteopathy,
Des Moines, Iowa,
722 Sixth Ave.
Dear Sirs:

You have been sending me The Log Book for some time. I look forward to it, even "Around Our Merry Campus."

The office laboratory I have been closely following and would like it in compact form.

I have never paid anything towards postage for The Log Book, so perhaps you will send me a copy of the Office Laboratory and the balance from the five dollar check I enclose towards my subscription for your valuable paper.

Yours fraternally,
Dr. Grantham Browne.

We are very glad to receive such a commendable letter from the field and would like to hear from many more of the field doctors and see what they have to say.

This shows Dr. Browne's interest is still in the school and its accomplishments, we thank you, Doctor, and hope to hear from you in the near future.

Convention Echoes

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how are you, we miss you," so please excuse the pencil.

I can just hear Dr. Clark of Chicago, (that city of uncertainties, where men remain men by constant use of steel helmets and bullet proof vests) to reiterate, I can just hear him saying to the customers, "No! I do not make 'Clark's Bottled in Bond', I am an Osteopath just home from a Convention and that's why I look this way."

Well, it was a great chautauqua, and a good time was had by many, if not all; I make this slight reservation to cover some who possibly made the mistake I did and ate too many of the Battle Creek samples.

Oh, before I forget it, by diligent use of peroxide and just a dash of whitewash we have the bass singer on the quartette back within two shades of the other three boys. At that we are asking the Iowa Legislature to pass a law prohibiting the use of violet ray and Britsun lamps by absent minded Osteopaths who step out for a drink leaving the patient exposed to the point where he can test him with a broom straw like mother used to try her cakes.

Iowa—that's where the tall corns grow, and many of the doctors found that it was some job to relieve the congestion that suddenly attacked their feet after the grand ball in the Shrine Ratskeller. Dr. Marshall diagnosed it as "Tootsie-wey" (wey in German meaning, darn sore), in the case of the women and "Lacerated Dogs" in the case of fellows like Doc Halladay who interfere when turning sharp corners.

Now listen carefully as I whisper in your good ear the fact that I am under the firm conviction that there was a MOVIE actor from Hollywood masquerading as an Osteopath at the convention. If Clara Bow has "it" he had "them," "these" and "those." Anyway he had a way of depleting the registration desk by one good looking secretary practically every lunch hour. Of course, I should worry, she wasn't any relative of mine; not even a Niece.

Carl Northington, the Hotel Manager's report showed, following your convention, that there had been less furniture used as bottle openers and more towels were left in the Hotel than ever before noted in his experience as an inn-keeper.

Eva Leonard, our follies girl, has had a dickey or gym made for that Biblical gown of hers and Charley Frink has had ale-mite grease points put on his banjo playing fingers to keep them from over-heating during the overture from "The Poet and the Pheasant."

Well, to make a short story long, the whole troupe and especially the Dutchess and myself wish to again congratulate you wives who stayed at home on your well behaved husbands. If

restrained use of the knife keeps them from being cut-ups away from home and still allows them to be the good appreciative sports they all were, we are for Osteopathy, hook, line and sinker.

And in closing, gather close you ball and chains who didn't get to Des Moines with your better "nine-tenths" and take it from some one who knows; from now on when the Doctor returns from a National Osteopathic convention you'll be safe in making that first welcoming kiss a kiss of affection and not one of investigation.

Here's to a speedy return of the Lady and Gentlemen "Rough and Ready Rubbers."

As ever,
C. W. "DUTCH" SCHMIDT.
"Just a nut left over from Xmas."

Danger Signals

(Continued From Page 3)
of life so regulated as to promptly overcome them.

Most illness is, in reality, Nature's method of repairing damage already done. What we commonly know as disease of any given name is the end product of certain pathologic changes that have been going on in the body previous to the establishment of disease as we recognize it, and no doubt many little signals have been passed by unnoticed until we are confronted with the red light of pain and established illness.

Usually if we stop at the first signal and investigate the cause we will recognize the fact that the bowels are not functioning as they should, or that the stomach is being overworked, or perhaps the strain of everyday work is causing a run-down condition. If we heed the first warning, we are surprised how efficiently Nature will correct the condition. If we are in the least doubt as to the cause of our symptoms, we should go to our physician and have a thorough check up. He will make the necessary structural adjustments, and by his advice will help us to make the necessary corrections in diet, change in daily routine, so that the strain of everyday life will be lessened.

Morning walks and routine physical exercise will often prevent a serious illness. This is giving Nature a chance. It is so much easier to keep well than to get well. It is so easy, as long as we keep well, to expect that we always will and overlook the little warnings that come to us from time to time. While most symptoms of approaching illness are easily recognized, there are those conditions that develop so insidiously as not to arouse our suspicions, and for this reason everyone should go at regular intervals to their Osteopathic physician for a complete examination. And particularly is this true of children and growing boys and girls who are prone to postural defects due to habits of play and wrong posture at school.—T. L. NORTHUP, D. O.

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 7

AUGUST 1, 1929

Number 2

Faculty of Specialists



DR. R. B. BACHMAN

For twelve years, Dr. Robert B. Bachman has been the obstetrics specialist of the Des Moines Still College staff. Consistently and persistently the work in this field, which is so signally of importance to the Osteopathic physician, has developed and grown under his direction. The obstetrical clinic of Still College has ranged from 100 to 180 cases a year, the closing of the school year of 1929 a new record was established in the number of cases handled during the year—195 cases were taken care of by the obstetrical department, and is the wonder and envy of many of the sister schools of our science. This has been under the personal direction of Dr. Bachman for the past twelve years of his membership with the faculty. It represents the culmination of years of interest and devotion to one science, and is one of the features of attainment to which the school may point with just pride.

Following two years of liberal arts work in Des Moines College, Robert Bachman entered Des Moines Still College. After one year in practice, his marked success in his line of specialty justified the Still College board in making him a member of the faculty. Altho technic for four and one-half years and general clinic for two and one-half years have been included in his schedule, it is as the schools obstetrician that Dr. Bachman has been known. He has brought to his classes during this time, results from an extensive practice the twelve years have offered, and the latest work that the obstetrical literature offers. The Doctor owns one of the most extensive obstetrical libraries in this part of the country.

His specialty is appreciated outside of the school confine-
(Continued on page 3)

Introducing— Dr. J. R. Beveridge

Dr. J. R. Beveridge, another of the new Faculty members of the College, will be a part time instructor. Dr. Beveridge has a very extensive practice in the city of Des Moines and will share part of his time as instructor in Pharmacology and Materia Medica. The Doctor has outstanding ability in teaching this subject because of his experience of fifteen years as a registered druggist before taking up Osteopathy. The Doctor will be able to bring to the class a thorough understanding of drugs and their effects, composition of different drugs and medicines and best ways of administering to the cases as they arise.

Dr. Beveridge is a graduate of Still College and has carried on a successful practice for a number of years. We all are looking forward to beginning of the school year so we may have the pleasure of meeting the Doctor and stir up the old "Still College Spirit."

Faculty of Specialists



DR. MARY GOLDEN

Dr. Mary Golden, instructor in Pediatrics in Des Moines Still College of Osteopathy, and one of the most successful women in the profession. Dr. Golden, besides instructing in the college, has an extensive practice and is one of the leading Osteopaths in this city.

Dr. Golden comes to her classroom with a number of years practice and offers facts from her experience which are very beneficial to the student, along with up-to-date literature that is offered.

The Doctor was honored in the year 1927 by being elected President of the Womens Chamber of
(Continued on page 2)

From the Dean

Dear Doctors and Friends:

Des Moines Still College of Osteopathy offers the same intact faculty of last year. In addition, another full-time instructor has been added to our staff Dr. Loney Facto of Hannibal, Mo., will have complete charge of the outpatient clinic. This addition has been made in order that our students may receive more acute practice and additional experience in caring for patients in the home.

Dr. James Beveridge of Des Moines, graduate pharmacist and osteopathic physician of years of experience has accepted the newly created chair of comparative therapeutics as required by the A.O.A. in the last session. This course embodies Pharmacology, prescription writing, Materia Medica and biological therapeutics. We have been fortunate in securing as capable and experienced a man as Dr. Beveridge for this department.

The physiology laboratory has been newly equipped with modern apparatus. Our new building has been completely renovated during the summer months. One thousand dollars worth of new chairs have been added to our class rooms.

Des Moines Still College is proud to offer the profession a fully equipped college, modern, scientific and complete, with a faculty unsurpassed. We feel that you can unhesitatingly recommend this college to all of your prospective students. We invite your inspection and your good will.

Faternally,

DES MOINES STILL COLLEGE OF OSTEOPATHY,
By DR. J. P. SCHWARTZ,
Dean.

Spinal Lesions and Body Changes

There are many changes in the human body due to vertebral lesions, recognizable by changes in the blood, urine, sputum, saliva, gastric juice and stools of patients receiving Osteopathic treatments.

The laboratory examinations many times were made for the patients as a means of diagnosis. After the bony lesions present had been corrected by the Osteopathic Physician the examinations were made at intervals for several years and the records studied. This work has been carried on for twenty-four years, and more than twenty thousand
(Continued on page 3)

Introducing—



DR. L. C. FACTO

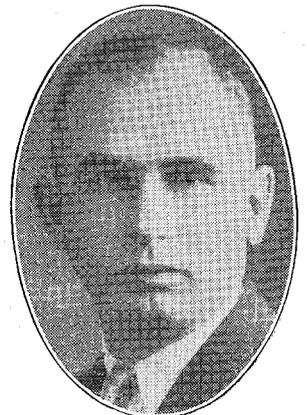
Dr. L. C. Facto, one of the new members of D.M.S.C.O.'s all-star faculty this year. The Doctor is one of our own products, having graduated from the Des Moines Still College of Osteopathy in the class of 1925.

Since taking his degree, Dr. Facto has conducted a private practice in Hannibal, Mo. and also in a clinic in London.

The Doctor comes to us very highly recommended and will assume charge of the department of Physical Diagnosis and the out patient clinic.

The student body extends a very cordial welcome to the Doctor and feels confident that he will soon become saturated again with the "Still Spirit" that is so in evidence with the other members of the Faculty.

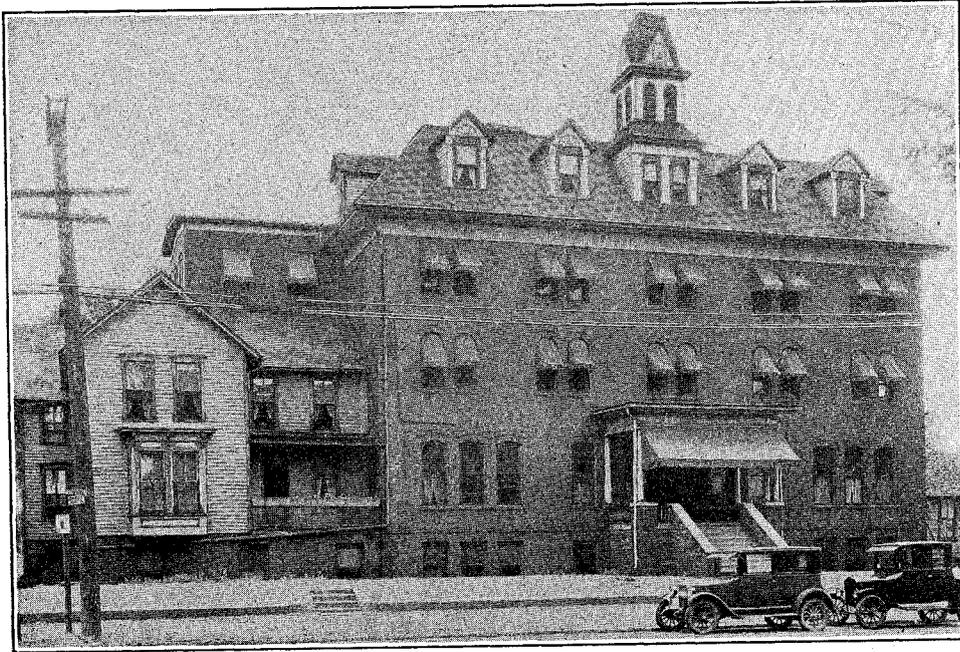
Introducing—



MR. JOHN B. SHUMAKER

Mr. John B. Shumaker, another of the new members of the Des Moines Still College of Osteopathy's excellent faculty this year. Mr. Shumaker is a graduate of Cornell College and Iowa
(Continued on page 2)

DES MOINES GENERAL HOSPITAL



The Des Moines General Hospital has completed extensive repairs and additions to the present building. The entire interior has been redecorated and numerous changes have been made throughout.

A new reception room has added materially to the inside appearance of the building. Two new double fire escapes have been added which assures every degree of safety possible. A new bell system is being installed

which will also better the service. A new boiler room has been added with an outdoor lattice sun room on top of it. The boilers have been equipped with oil burners which will assure a more regular temperature during the winter months. A New X-Ray storage room has been built free from the main building. This will assure every degree of safety. The entire grounds will be landscaped. All together the grounds and buildings have been

greatly enhanced in appearance.

The clinic work during this summer has been quite heavy and students remaining over are getting considerable experience in anesthetics and minor surgery.

Dr. J. P. Schwartz, surgeon-in-chief is one of the most competent surgeons in this part of the west. The staff of the hospital excels any of its kind and the student has the wonderful opportunity of watching these outstanding doctors work.

wilds of Oregon working hard on the farm, Faus will soon be journeying westward Ho! for a visit with his folks and the other cowboy.

The last word received from Nosseck he was in Los Angeles, eating sea food, swimming and working in between times whenever the work showed up at the right time.

Ole will be leaving in a few days to establish his practice in the state of Iowa, somewhere?

Musselman informs us that the practice at Guthrie Center, Iowa, is going fine and he can't complain at all.

Nothing has been heard of the other boys lately, and we wonder where they can be and what is holding all of their interest.

A word of great interest to all, the old house next door is being torn down and will be much better looking around the house when we all are gathered around the fireplace once again.

Faculty of Specialists

(Continued from page 1)

Commerce of this city. Dr. Golden has been active in the work of the Chamber of Commerce organization for some time. Dr. Golden was the first Osteopath to be recognized at that time.

Incidents of this kind show

the ability of the Doctor, and when recognized by such an organization, prove her success and accomplishments. She is noted for her splendid assembly programs and always has some one of interest and outstanding individual to the public which makes the program a pleasure and benefit to all attending.

Introducing—

(Continued from page 1)

State. At Cornell College, Prof. Shumaker received his A. B. degree and at Iowa State his M. S. degree.

The Professor comes here very highly recommended and will take charge of the Chemistry department.

The student body and faculty extends a very cordial welcome to the Professor and feels positive that he will soon become familiar with the proceedings of the College and feel at home. Until September 8th, we are anxiously awaiting to greet the Professor and are sure he will soon feel as one of the school and his greatest interest will be with Des Moines Still College.

Even a little bit of vinegar knows its own mother, but its a wise cork that knows its own pop.



Around Our Merry Campus

Feathered Or Human?

For Rent—Clean, comfortably furnished apartment, close in. Suitable for man and wife. Also place to keep chicken.

Quaker City Whoopee

Opening his drug store at 56th and Walnut streets today, D. B. Stroup discovered that thieves had forced the front door and stolen two pints of whisky and twelve alarm clocks.

Endurance At a Premium

So the engineers staged an endurance run at the proving ground. The drivers worked in three 8-hour shifts, the cars stopping only long enough to be checked, refueled and their drivers hanged.

Lead Her To Him!

"Darling," he murmured, "do marry me. I'm not rich or handsome like Percy Brown. And I haven't a big car and a mansion and a well-stocked cellar like Percy. But I love you better than life itself."

"And I love you too, dear. Er, who is this Percy Brown?"

Defining Art

ChinaWare Clerk—"What do you call a work of art?"

Bookkeeper—"Something you don't quite understand, but which costs a heap of money."

Taking a day off is easy—it's putting it back that's hard.

A New Version

Clergyman—"If any one knows any reason why this man should not marry this lady, let him now speak, or forever hold his peace."

(Voice from rear)—"That's no lady's that's my wife."

Wisdom

It used to worry me, somehow
To think that fame might pass
me by

And fail to place upon my brow
The laurel wreath for which
men sigh.

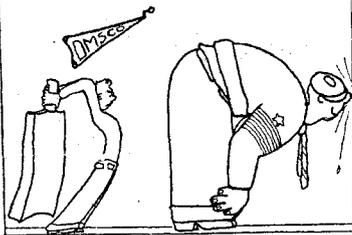
I used to feel the inner dread
That Fortune might elude my
clutch

And fail to line my path ahead
With gold which men prize
overmuch.

But Time has dulled that early
fear,

I do not long today for Fame,
I scorn the hope I once held dear
And only want an honest
name.

FRATERNITY NOTES



ATLAS CLUB

The days are growing shorter and it won't be long now. Everything is going fine at the house which is now under the sole management of Fedson and Utterback. The only thing Fedson kicks about is the hot weather which makes the grass grow fast, the lawn mower is in wonderful working condition, Fedson declares that instead of cutting the grass it just takes time to wear it off so everyone will get a fling at it when they return.

Word was received from Cookie Moore and he has taken the role of a big, bad and tough truck driver in the old home town.

John Harvey is in Chicago where men remain men by the constant use of steel helmets and bullet proof vests.

Cowboy Hughes is out in the

The Log Book

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DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Adviser...H. V. Halladay

Editor.....L. A. Utterback

Osteopathy Without Limitation

From the Field

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

In a report of the Washington Basic Science Board we take pleasure in announcing the passing of the recent Basic Exam by two D.M.S.C.O. products, namely, Dr. J. F. Martin and Dr. T. Rick-enbacker.

We may add that the Doctors in question are now enjoying the atmosphere of the Waldo Sanatorium Hospital, Seattle, Wash. (not as patients).

A total of eighty took Board. 36 medicas failed, and a number of Osteos, but the two D.M.S.C.O. boys went through with flying colors, showing results of Still College training, of which we can be justly proud.

(TELEGRAM)

Dr. S. L. Taylor,
345 Nineteenth St.,
Santa Monica, Calif.
Our Dear Dr. S. L.

This morning we had Still College Breakfast. When your name was mentioned there was prolonged cheering. This message to express our appreciation of the wonderful foundation you have laid for Osteopathy and Still College. Our love to you and Dr. Lola.

STILL COLLEGE ALUMNI.

(REPLY)

345 Nineteenth St.,
Santa Monica, Calif.
July 8, 1929.

Still College Alumni,

My Dear Friends:

Inasmuch as the Convention is over and you have gone to your homes, I can think of no better way of reaching you than thru the columns of "The Log Book" to express our great appreciation for the telegram you so thoughtfully sent me following the Alumni Breakfast.

It will be a happy day for me when my health returns and I can again meet with old friends, students and classmates.

Dr. Lola joins me in wishing you all success.

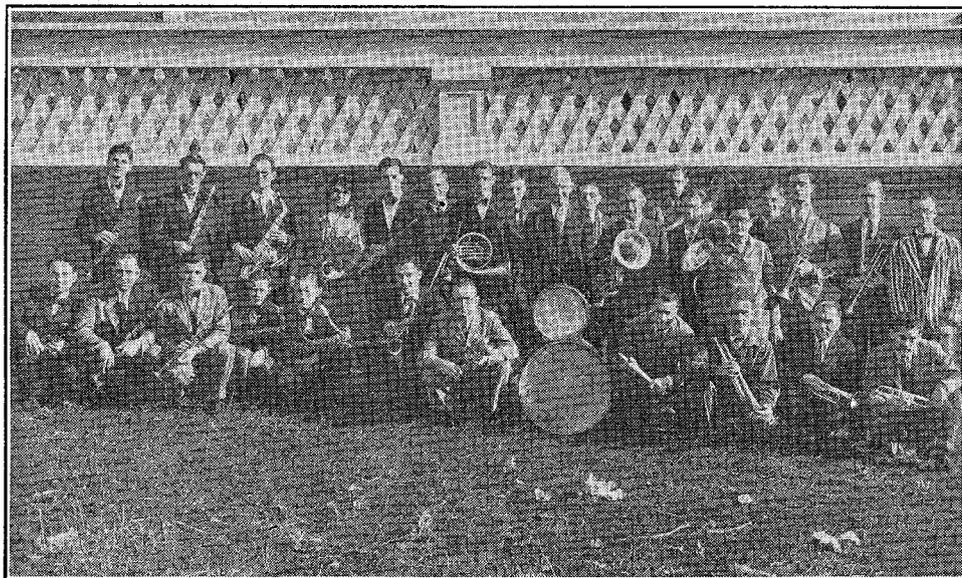
S. L. TAYLOR.

Faculty of Specialists

(Continued from page 1)

ments by the public appearances he is being constantly called upon to make. He was also secured to represent his specialty at the Post-graduate work preceding the National Convention in Des Moines this year.

STILL COLLEGE BAND



The Still College Band consisting of thirty members under the able direction of Dr. H. V. Halladay, is the one outstanding band of the Osteopathic Colleges. The band is made up of students of the college, all being accomplished musicians, they offer splendid concerts and are always in demand by different organizations.

One of the features of the National Convention this year was the opening by the Still College Band. This is the first time in the history of conventions that an Osteopathic school band

had the honor of opening a National gathering of the Doctors. The band played every day of the convention and was received with a hearty applause from every one attending. During the same week, they had the pleasure of playing for the Chamber of Commerce luncheon held at the Savery Hotel, and were hailed as one of the best bands of its size in the city of Des Moines.

The progress of the band and its success are all due to the efforts of Dr. Halladay, who has

given much of his time to the developing of such a splendid organization.

The band is one of the features at every assembly program held Friday mornings and always have a surprise in store for the student body and faculty.

A few of the members were lost through graduation but all new students who can play any kind of an instrument and are planning on coming to Still College, be sure and bring the horn along and join us in making and creating Still College Whoopee.

Spinal Lesions and Body Changes

(Continued from page 1)
patients have been examined.

Turn to your anatomy and look at a normal spine. This will serve to refresh your memory and make the following conclusion more interesting and intelligible.

Lesions of the lower jawbone, first, second and third cervical vertebrae diminish the alkalinity and the starch-digesting power of the saliva. Correction of the lesions was followed by a return to a normal state.

Lesions of the third and fourth thoracic vertebrae weaken the heart, and thus diminish the alkalinity of the blood, cause the appearance of certain peculiar "heart-failure" cells in sputum, lower the blood pressure abnormally, diminish nutrition, injure the kidneys. In early cases, correction of the lesion results in recovery of normal conditions.

Lesions of the ribs affect the production of the red blood cells and cause a peculiar form of anemia. Improvement follows correction of lesions, but complete return to normal blood is possible only in early cases.

Lesions of the sixth and neighboring vertebrae disturb the formation of gastric juice, causing

deficient hydrochloric acid, excessive bacterial action and the development of an excessive amount of organic acids, delayed digestion and weakness of the muscular walls of the stomach. Correction of lesions is followed by recovery except in cases of many years standing.

Lesions of the ninth thoracic vertebrae interfere with the circulation through the spleen, cause an excess of white blood cells—including many of abnormal structure and a form of anemia. Recovery is almost or quite complete in early stages.

Lesions of the tenth and neighboring vertebrae cause hyperemia of the liver and the appearance of bile in the blood. This leads to various symptoms of ill health. The bile is found by means of chemical tests. It may or may not appear in the urine under such circumstances. Corrections of lesions was followed by normal conditions in all cases recorded.

Lesions of the eleventh and twelfth thoracic vertebrae cause a mild and chronic nephritis. Albumin and casts appear frequently in the urine, and blood may appear at intervals. Severe renal disease is the result of this condition. Relief of lesions was followed by complete recovery except in cases of many years standing.

Lesions of the ninth and tenth thoracic also affect sugar metabolism. Typical cases of diabetes mellitus are in this group. Correction of spinal lesions is always followed by improvement in symptoms and increased ability to handle sugar, except in cases almost moribund. Treatment must, of course, include proper dietetic measures and such other hygienic advice as may be required.

LOUISA BURNS, M. S., D. O.

I Am—

I have lived a long and honorable life.

I have seen month after month stripped from the pages of time; I have seen endless new calendars hung on the wall, but I have never been disturbed. I have lain quietly in my place while time has slipped by—tick-tock—tick-tock!—days . . . weeks . . . months . . . years.

I have seen children come into the office where I dwell; I have seen them grow older—sometimes I have seen them marry. And then, a short time afterward, I have seen them come back, pushing a baby carriage themselves . . .

Who am I?

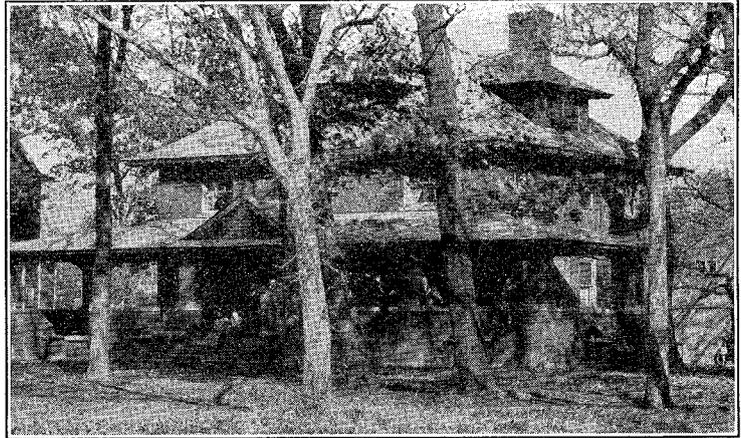
Oh, yes, I forgot to tell you—I am the faithful old magazine that has lain so long on the table in your reception room.

Fraternity Houses--

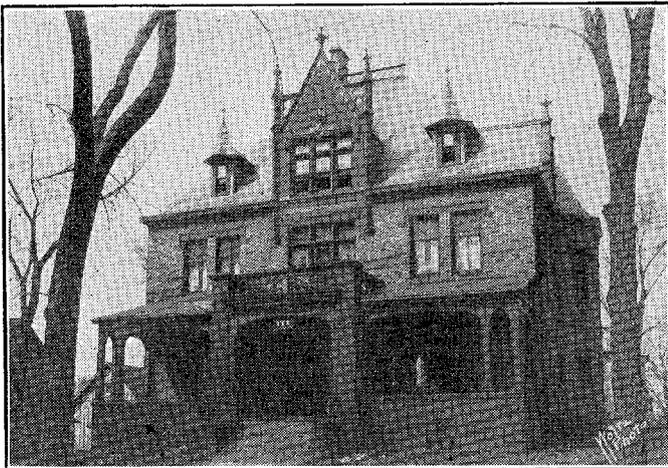
of Still College of Osteopathy

The Fraternity Houses extend cordial greetings to all new students of Still College.

There is close cooperation between the organizations of the College. Once a month they hold Pan-Hellenic meetings together and different matters are discussed, preceded by a speaker of outstanding ability in either Osteopathic or some other successful business enterprise.



AT AS CLUB



IOTA TAU SIGMA

There will be smokers in honor of the new class by each Fraternity, the dates of which will be announced later.

You are cordially invited to stay at one of the Houses until a desirable room is found for you. Every member of each Fraternity is looking forward to the day when they shall have the pleasure of making your acquaintance—September the Eighth.

The following are the locations of each Fraternity House: The Atlas Club is located at 1725 Sixth Ave.; The Iota Tau Sigma is located on the corner of 17th & Pleasant; and The Phi Sigma Gamma at 3029 Grand Ave. Be sure and let us know when you arrive and we will be glad to help you as much as possible.



PHI SIGMA GAMMA

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AUGUST 15, 1929

Number 3

Endowment Policy

A subject creating much interest and comment in osteopathic circles is that of the Still College Group Endowment Policy as underwritten by the Royal Union Life Insurance Company of Des Moines, Iowa.

To be at their best our colleges should always, in a sense, be in need of money.

Every well-meaning Osteopath who has the interest of the profession at heart, owes a duty to our schools. We owe it to the progress of our profession.

There is the need of the College itself for more funds than it dare ask of its students, lest it discriminate, and there is the latent, but poignant, desire of the loyal graduate and the outstanding Osteopath to have his name go down through the years as the sons of the College.

The Still College Endowment is appealing—it has tremendous possibilities.

The Still College plan is vastly different from any other Endowment project we have ever analyzed. Under this plan the principal recipients of the benefits gained are the members of our own families or our estate.

The endowment interest of the School is very secondary. A life (Continued on page 2)

Faculty of Specialists



DR. H. J. MARSHALL

Dr. H. J. Marshall, D. O., specialist in Eye, Ear, Nose and Throat, instructs the preceding subjects at the college. Along with having made a successful practitioner, the Doctor has every ingredient that goes to make a successful man, a pleasing personality that infatuates every one who associates with him.

The Doctor is also associated with the Des Moines General Hospital and conducts Clinics in (Continued on page 2)

Faculty of Specialists



AVA L. JOHNSON

Miss Ava L. Johnson, B.S., M. B. Sc., H. Ec., member of our Faculty of Specialists, received a signal honor in 1927, when an abstract of her thesis for Masters Degree was published in the Proceedings of the Iowa Academy of Science. The subject of the thesis was: "Certain Relationships Between Physical Conditions and Physiological Vigor", and in its development demonstrated the effect of the student's physical condition upon grades, extracurricular activities and personality.

Miss Johnson is one of the outstanding members of the faculty, along with a pleasing personality and method of presenting her subjects before each class. The subjects taught by Miss Johnson are Physiology, Dietetics, Sanitation and Bacteriology. The subjects are brought before the class in a manner that every member enjoys and derives a great deal of benefit.

Miss Johnson spends nearly every summer studying some special work so that she may bring before each new class the best there is in literature and theory of the scientific world.

Miss Johnson also instructs at the Des Moines School of Pharmacy.

These few brief statements will convince anyone of her ability and the reason why the student has such a thorough knowledge of his work when he completes the subjects stated above.

REGISTRATION
September 5th, 6th, 7th
CLASS WORK
Sept. 9th

Denver College Honors Dr. Golden

Dr. Mary E. Golden, osteopathic physician of Des Moines, was unanimously elected president at the sixteenth annual meeting of the student body of the Denver Polyclinic and Post Graduate college recently.

According to word received from Denver, where the election and meeting was held, Dr. Golden is the first woman to hold the position. Doctors from 21 states and Canada were registered for the affair.

Dr. Golden's home here is apartment No. 2, McCoy apartments, 1220 Thirty-first street, and her office is in the Equitable Life of Iowa building. She has been active in the work of the Des Moines Business and Professional Womens club.

Dr. W. G. Chappell of Mason City, Iowa, was elected secretary and treasurer of the group; Dr. I. C. Huneryager of Sand Spring, Okla., was chosen vice president.

The woman osteopathic physician left Des Moines the last week in June for an extended tour through the west and is expected to return in the near future.

Faculty of Specialists



DR. B. L. CASH

Dr. B. L. Cash, D. O., another of the excellent Still College faculty who instructs X-Radiance and Physio-Therapy at the College and is the head of this department at the Des Moines General Hospital.

Dr. Cash is an experienced man in the X-Ray and Physiotherapy and presents to his classes, examples, technic and cases which indicate such treatment. The Doctor has a thorough knowledge of this work from his experience and the hospital enables him to bring forth many rare and interesting cases.

Faculty of Specialists



DR. H. V. HALLADAY

Dr. H. V. Halladay, D. O., the type of a man every college should have, but many fall short. Dr. Virge, one of the few men who had the opportunity to grow with Osteopathy. Dr. Halladay lived in Kirksville when the first school was started and had the pleasure of knowing and seeing the accomplishments of the founder of this great profession.

The Doctor's speciality is Anatomy—Bony and Muscle. Virge is considered one of the best Anatomists in the country and is, without a doubt, one of the best instructors that can be found anywhere. His thorough knowledge of anatomy gives all the benefit to the students who attend Des Moines Still College of Osteopathy. Dr. H. V. also has charge of dissections and his method brings to the students a clear and wonderful conception of the human body.

Dr. Halladay is not only skillful in Anatomy, but is a talented musician and has developed the outstanding Osteopathic College Band in the profession. Virge devotes a great deal of his time to training members of the band and developing them into a smooth working organization of which any school would be proud.

Dr. Halladay is in demand by all Osteopathic associations for his excellent addresses and practical anatomy, which he demonstrates with a movable spine, the original ligaments and intervertebral discs of which are preserved by a preservative invented by the Doctor and known only to him. The secret is a wonder to many scientific men who have had the privilage of viewing this wonderful specimen.

The Doctor is known thruout many of the large colleges of the country for his Athletic work, including treatment of all athletic injuries which commonly occur to all athletes and many ways in which injuries can be reduced by the cleverness of each athlete when being downed.

Endowment Policy

(Continued from page 1)

insurance policy is issued in units of \$1,200 at an extremely low rate, on account of the group nature. In fact, the annual deposit for one \$1200 unit is about the usual rate for \$1000 of ordinary insurance.

In the event of death, \$1000 goes to your family and 200 to Still College. In the structure of the policy, if you live for twenty years, Still College receives \$200 as an endowment.

It is almost a paradox, but by far the greater interest in this unusual project is maintained by the donor himself, and herein we believe lies the strength of the plan.

While helping ourselves and increasing our own insurance estate, we are at the same time helping build an endowment for one of the best schools in our profession. The possibilities of the Still College Endowment plan are so large and appealing as to beggar description, and at that, it is only a tiny corner of the acreage at our disposal as Osteopaths.

Faculty of Specialists

(Continued from page 1)

Tonsilectomy's three mornings out of every week. The students have this opportunity of going to the hospital and watching such an accomplished Doctor work, along with the knowledge and experience they derive from seeing the actual technic applied.

Dr. Marshall was chairman of the Convention Committee this year, when it was held in the city of Des Moines, and work also being conducted at the college building. The programs were without a flaw and all this was due to Dr. Marshall and his co-workers.

One does not realize the outstanding ability and worthiness of this individual until he has the opportunity of knowing and associating with him.

While we've life and friendships true

How can care destroy us?

While we've strength our tasks to do,

Why should doubts annoy us?

You and I have laughed before,

We may laugh tomorrow;

Why should we with frowns deplore

Troubles we must borrow?

'Tis not winter all the year,

Summer days are sunny,

There are countless pleasures here

Never bought with money.

Blended with the sorrows deep

Are the pleasures many,

And the richest joys we keep,

Seldom cost a penny.

Life is more than gold or fame,

It is countless small things,

Who a few good friends can claim

Has the best of all things.

—Edgar A. Guest.

Faculty of Specialists

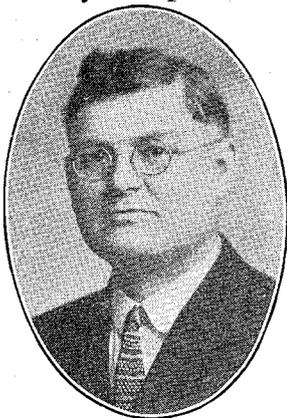


JUDGE HUBERT UTTERBACK

Judge Hubert Utterback, A. B. LL. B., LL. M., our instructor in Medical Jurisprudence and one of the outstanding men of the city of Des Moines. Judge Utterback headed the Juvenile Court and here won his praise because of methods employed to help the beginners in crime. From this wide experience, along with the criminal court presidings, the Judge comes before each class with a thorough knowledge of court proceedings.

We consider ourselves fortunate in having such a worthy man as Judge Utterback connected with Des Moines Still College of Osteopathy and the benefit derived by each senior class is invaluable to each member when he starts practicing. He has a thorough understanding of court proceedings so that if he should be involved, he can undertake his part in a worthy manner.

Faculty of Specialists



PROF. I. C. GORDON

Professor I. C. Gordon, who instructs Physiological Chemistry and Physics in Des Moines Still College of Osteopathy. Prof. Gordon is a graduate of Ellsworth College and took post-graduate work at the University of Iowa. He taught science in public schools of Iowa for eleven years before joining the Still faculty. Besides being able to present each class with an excellent lecture, the Professor has an interest in each student and is always willing to aid them in anything, since his interest lies in Still College and the Doctors who are graduated each year to take their respective places in the field.

From the Field

Word comes from Dr. C. MacKenzie Jones that he opened an office August 6th, 1929, located at 532 C. C. Chapman Building, Broadway at Eighth, Los Angeles, Cal.

He shall conduct a general practice including Obstetrics and complete laboratory service will be available.

We take great pleasure in making this announcement and wish the Doctor success throughout the years to come, in his chosen profession.

Faculty of Specialists



Z. A. INNES

Mrs. Z. A. Innes, Laboratory Technician of Chemistry, Bacteriology, and Clinical Diagnosis. Under the instruction of Mrs. Innes, every student receives perfect technic in all of his Laboratory work. Mrs. Innes comes to her classes with a wide experience in Laboratory work. Before joining the Still College faculty, she was Technician in several of the Des Moines Hospitals for a number of years, where she had complete charge of all laboratory work and derived a vast amount of knowledge in this work.

Mrs. Innes believes in absolute technic and nothing else can take its place with her, but when the student finishes his course under this supervision, he can step in and do real and up-to-date laboratory work in such a manner that it is astonishing to many practitioners who have been in the field for a number of years.

Before each class takes place, there is a demonstration given along with each lecture, which makes it absolutely clear to each member what is expected of him and the results to be obtained. The student derives the actual benefit when he has the opportunity of watching the technic for each test along with the lecture and supervision in each laboratory.

"In all misfortune the greatest consolation is a sympathizing friend."—Cervantes.

A woman with a gawk of a boy boarded a passenger train and tendered the conductor one half fare and one whole fare.

The conductor said: You can't use a half-fare ticket for that big boy. Why, look at him—he wears long pants.

She replied: If that's the basis on which you collect, you can use the half-fare for me.



Around Our Merry Campus

Sally—I am the happiest girl in the world. I am marrying the man I want.

Modern Friend—Yes, but true happiness comes to a girl by marrying a man somebody else wants.

Willie—Pa, what's a parasite? His Pa—A parasite, son, is a man who walks through a revolving door without doing his share of pushing.

Brown—I hear Krause & Meyer are looking for a cashier. Is it true? They engaged a new one only a week ago.

Black—That's the one they're looking for!

City Banker (visiting the farm)—I suppose that's the hired man?

Farmer (who has visited the city banks)—No, that's the first vice-president in charge of cows.

Old Maid—I suppose you have been in the navy so long you are accustomed to sea legs.

Middie—Lady, I wasn't even lookin'.

Willie Wiseman says: A thoroughly modern kitchen is one where the pot calls the kettle pink.

Bookkeeper—What sort of a chap is Jack?

Cashier—Well, when we were together last night the lights went out, and he spent the rest of the evening repairing the fuse.

He—Hear about the robbery in the back yard last night?

She—No; what about it?

He—Two clothespins held up a shirt.

Cashier, buying a fur coat—Can I wear this fur coat in the rain without hurting it?

Clerk—Madam, have you ever seen a squirrel carrying an umbrella?

First Stude—The months do roll around doggone speedy.

Second Stude—So you're buying a car on the installment plan, too, eh?

Visitor—Do people die around here often?

Native—Nope; only once.

Bill—There's an awful lot of girls who do not want to get married.

Tom—How do you know. "I've asked them."

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

Beg Pardon

In a recent issue, an article concerning the Washington Board and two Still College graduates, a statement pertaining to the passing of the Basic Exams was made from information received.

We are informed by Dr. W. T. Thomas, one of the examiners, that only one Osteopath has ever failed to pass the Washington Board.

We gladly make this correction and sincerely hope that the Doctor will accept our apology, for we were misinformed in regards to the results of the other members taking the Board.

We thank you, Doctor, for informing us, and would appreciate hearing from you at any time.—(Editor.)

Topics in Brief

One unpleasant consequence of the swelled head is the cold shoulder.—(Boston Herald.)

New Currency Easy to Handle—Headline. The hard part is to get your hands on it.—(Marshal County Banner.)

It is always risky to give a man who cannot control his own man-power fifty or seventy-five horse-power to control.—(Boston Herald.)

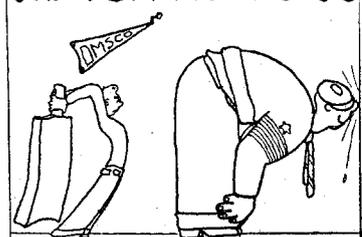
"How can I tell if my daughter has the gift of painting?" asks a reader. You can usually see it in her face.—(Glasgow Eastern Standard.)

Furniture dug up at Herculaneum has been found in perfect condition. Evidently there was no moving in those days.—(American Lumberman.)

In some Pacific islands fish is still used as currency. It must be a nuisance there to get a packet of cigarets from a slot machine. — (Glasgow Eastern Standard.)

Scientists went clear to Manila, Philippine Islands, to see a total eclipse, when all they needed to do was to watch the groom at a wedding.—(American Lumberman.)

FRATERNITY NOTES



SCHEDULE OF CLASSES

FIRST YEAR—First Semester

ANATOMY.....	H. V. HALLADAY
BIOLOGY.....	L. L. FACTO
CHEMISTRY.....	J. B. SHUMAKER
BACTERIOLOGY.....	A. L. JOHNSON
PHYSICS.....	I. C. GORDON
HISTORY AND THEORY.....	C. F. SPRING

Second Semester

HISTOLOGY.....	A. L. JOHNSON
ANATOMY.....	H. V. HALLADAY
PHYSIOLOGY.....	A. L. JOHNSON
CHEMISTRY.....	J. B. SHUMAKER
EMBRYOLOGY.....	L. L. FACTO

SECOND YEAR—First Semester

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

Second Semester

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

THIRD YEAR—First Semester

PATHOLOGY III.....	J. M. WOODS
TECHNIC.....	J. M. WOODS
LABORATORY DIAGNOSIS.....	Z. A. INNES
PHYSICAL DIAGNOSIS.....	L. L. FACTO
SUPPLEMENTARY THERAPEUTICS.....	J. R. BEVERIDGE
PHARMACOLOGY, ANESTHESIA and NARCOTICS.....	J. R. BEVERIDGE

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

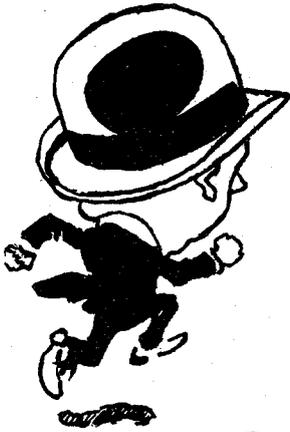
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CHRISTMAS VACATION.....	DECEMBER 20 TO JANUARY 6
GRADUATION.....	JANUARY 23
REGISTRATION.....	JANUARY 24, 25
CLASS WORK BEGINS.....	JANUARY 27
INAUGURATION DAY RECESS.....	MARCH 4
GRADUATION.....	MAY 29



Registration Dates—

September 5, 6, 7

Field Men--See that Your Prospective Students are Enrolled On Regular Days for that Purpose

Act Now--Insure Your Student of the Opportunity to Receive a Scientific and Thorough Osteopathic Education at the

“Profession’s College”

**Des Moines Still College
of Osteopathy**

Address Secretary for Catalog and Information

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 7

SEPTEMBER 1ST, 1929

Number 4

Dr. H. V. Halladay Returns

Dr. H. V. Halladay and family returned from an extensive trip throughout the west. The doctor has been gone about six weeks on a vacation along with giving some special work at the Denver Clinic held recently. Dr. Halladay is in great demand by every association for his splendid lectures and demonstrations in Anatomy and Physical Diagnosis. The Doctor is now conducting the Osteopathic Booth at the State Fair and through his efforts Osteopathy is getting before thousands of people along with the splendid literature that is available.

From the Field

We take great pleasure in announcing the opening of Dr. L. C. Nichol's office at Northwood, Iowa. The doctor has a very completely equipped office and is doing very well in his chosen profession. His practice consists of general work including obstetrics and minor surgery. The doctor would be pleased to hear from his classmates and the nature of their practice.

Prospective Freshman Class

The incoming Freshman class so far has the prospects of being the largest class ever enrolled in Des Moines Still College of Osteopathy.

A number of new students have already enrolled for the coming school year, and the office has answered an enormous amount of inquiries in regard to matriculation and credits given for different subjects previously taken at some other college.

With the dismissing of athletics from the college routine so far there seems to be no change in the prospective class. Other schools have increased their attendance after the dismissal of athletic events and so will Still College. Every new prospective student appears only to be interested in Osteopathy and this is an encouraging fact that athletics was not the drawing card for the school.

The college received the highest rating of any school of the profession at the national convention and this alone should be the convincing factor to all new students.

Polyuria and Pituitary Dysfunction

E. B. Verney, B.B., F.R.C.P., Professor of Pharmacology, University of London, in *The Lancet* of March 16, 1929, reports the results of studies made concerning the association of polyuria and disturbances in the function of the pituitary body.

He primarily directs attention to the work of Van den Velden, who was responsible for the discovery that polyuria of diabetes insipidus in man could be controlled by subcutaneous injections of a suitable preparation of the posterior lobe of the pituitary body; and since the urine obtained from the isolated kidney of the dog resembled in its composition that typical of diabetes insipidus, it was decided to explore the possibility of the two conditions having a common etiologic basis.

Pituitary extract was therefore introduced into the circulating blood of a heart-lung-kidney preparation. The polyuria present was inhibited in a dramatic fashion, and analysis of the urine showed that the chloride percentage had risen to a high figure and the output of chloride was markedly increased. Such changes in water and percentage of chloride output invariably occurred, while every other means adopted to decrease the urine flow, such as lowering of the blood pressure or the addition of Adrenalin, failed to bring about that rise in the urinary chloride which is now believed to be a specific effect of pituitary extract.

His inquiry next was to determine, if possible, whether this action of pituitary extract on the isolated kidney is of any physiological significance in relation to the activities of the normal kidney. Does the pituitary body, through an internal secretion, continually hold in check those primitive instincts in the kidney which, when given rein, result in its reversion to the type of gland characteristic of the fish, in which power to secrete a urine having a greater molecular concentration of chloride than that of plasma is absent?

If it be a fact that the polyuria which gradually appears when the isolated kidney is perfused is due to the gradual disappearance of the internal secretion of the pituitary body from the blood, it might be expected that the passage of some

(Continued on page 2)

Danger or Safety?

By E. A. COLE, D. O.

It is admitted by all that drugs are largely poisonous; that their use as medicine is dependent upon diagnosis; and when that is missed that the treatment is nullified or worse than that, is productive of harm.

Now the question arises, how often is a correct diagnosis made by the average doctor? One of the best authorities in America on this subject, Dr. Cabot of Harvard University, says:

"Post-mortems show that the best doctors miss the diagnosis at least 50% of the time; and the average practitioner working without the aid of specialists must go wrong oftener."

Treatment is often faulty even when diagnosis is correct. This reduces the effectiveness of the drug system still more. The question naturally arises, does not the harm arising from wrong treatment, when the diagnosis and treatment are missed, more than overbalance the possible good when they are correct? If such an argument holds good against the work of skilled men, surely it must apply with greater force against taking drugs, patent dope, etc., indiscriminately. If the first is dangerous the latter must be doubly so.

Osteopathy on the other hand is safe. There are no poisons administered, and if the treatment is given by a skilled operator it will not do harm. By adjusting tissues to the normal, quickening the circulation of blood to the affected areas, which is nature's method of fighting disease, much good is done, even though the diagnosis perchance should be missed. Thus the drug system is inherently dangerous while Osteopathy is entirely safe. Drug treatment that does not help invariably injures in some way while Osteopathy invariably does its patients some good in a general way, even if unable to cure the condition for which treatment is taken.

Miss Crawford is now enjoying her vacation from her duties at Des Moines Still College of Osteopathy.

REGISTRATION
September 5th, 6th, 7th
CLASS WORK
Sept. 9th

Wedding Announcements



We take great pleasure in making the following announcements, of Dr. Anna Doyle's marriage to Mr. Robert A. Franklin of Ashland, Neb., Aug. 1 at St. Joseph's Church in Wyandotte, Mich. The doctor will establish a practice in Ashland and will appreciate hearing from any of her classmates. We extend greetings to the young couple and wish them success and happiness throughout the years to come.

Mrs. Margaret M. Ketler takes pleasure in announcing the coming marriage of her daughter Dorothy to Dr. Cecil L. Musselman on Wednesday morning, Sept. 4, at 9 o'clock in St. Nicholas Church at Zanesville, Ohio. Dr. Musselman is now conducting a practice in Guthrie Center, Iowa. Best wishes of success and happiness are extended by all to the young couple.

Mrs. Gustavus Warfield, Jr., announces the marriage of her daughter Edna Earle and Dr. Eugene McNeish on Friday, Aug. 23 at Staunton, Virginia. We extend our best wishes of happiness and success to the young couple throughout life and the doctor's chosen profession.

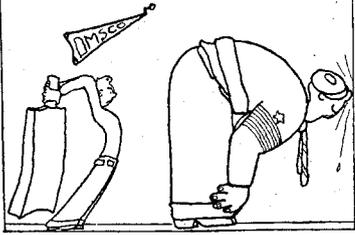
"Sick Men and Sick Monkeys"

Our Simian cousins resemble us even in the diseases that afflict us both, although in some cases these are not precisely the same, but similar. A writer in *The British Medical Journal* (London) reminds us that the monkey's near relationship to man is now generally admitted; how near is that relationship was disclosed recently at the Royal Society of Medicine, when "Monkeys and Human Disease" formed the topic for discussion. We read:

"Mr. Lovell showed that many of the intestinal conditions of monkeys in captivity are caused by organisms found also in man. As in man, tuberculosis is a very common condition; how-

(Continued on page 2)

FRATERNITY NOTES



ATLAS CLUB

The time is near for the grand old gathering and another year to be ground out. We are anxiously waiting for the arrival of the fellows and any prospective students they happen to bring along.

The old house next door is now a thing of the past, only a few bricks remain to mark its place, and they won't be there long if Jud starts finishing the flower gardens.

Word has been received from Harry Nosseck that he shall remain in California and attend the California School of Osteopathy. We regret very much the loss of Nosseck from our group but extend to him the best wishes of success.

Millard Hydeman, a former Atlas man, will return to school this fall. We are very glad to have him re-enter and finish his course.

The way things look we may have the Montana sheep herder with us this year and we will rejoice when Duke Wire returns with a lamb under one arm and a bobcat under the other.

Bill Bankes, who dropped out of school a year ago, has returned and will enter school either this fall or in the January class. Glad to have you back, Bill.

Polyuria and Pituitary Dysfunction

(Continued From Page 1)

of the blood of the heart-lung-kidney preparation through the head of a dog would result in the blood becoming recharged with pituitrin, and so lead to an inhibition of the rate of urine secretion by the isolated organ. This expectation was fulfilled as the result of some experiments.

The isolated kidney was used as a test object by means of which the blood flowing through it might be biologically assayed as to its content in pituitrin-like substances. The pituitary body of an animal was exposed through the temporal route and the urine collected from each ureter until sufficient for purposes of analysis had accumulated. Subsequent to the removal of the pituitary, after a latent period of 50 minutes, profuse polyuria and a fall in the percentage of chloride in the urine took place—which changes could be negated by the intravenous injection of pituitrin.

Professor Verney interprets these results to indicate that pituitrin is contributed by the

pituitary body to the blood, and that there can be no doubt that the copiously increased flow of urine in the case of the isolated kidney was due to the absence of pituitrin.

In diabetes insipidus, according to the view of some, polyuria is due to a disturbance of the hypothalamus, leading to a failure of this part of the brain to regulate the output of water and chloride by the kidneys. Others are of the opinion that the polyuria in this condition is due to interference with the normal functions of the pituitary body. Professor Verney made 33 experiments in which polyuria appeared to a marked degree subsequent to the removal of the pituitary body, following an average latent period of 30 minutes; in all of these an increase in the water output of the kidneys and a fall in the percentage of chloride in the urine was noted. Moreover, by infusing slowly a solution of pituitary extract, the kidneys immediately responded by a diminution in the water output and a percentage rise in the excretion of chloride. He did not determine, however, whether the oxytocic or the pressor factor is responsible for the control of a polyuria brought about in the manner described; but noted that the water passes from the tissues to be excreted by the kidney without producing any obvious signs of its transit nor producing any detectable changes in the state or composition of the blood. The latent periods noted before polyuria appears, he believes, are directly due to the gradual disappearance of the pituitary hormone circulating in the blood.

In associating polyuria following water ingestion, Professor Verney believes that when water is introduced into the stomach and absorbed, the increased load of water in the tissues produces a temporary inhibition of the secretion by the pituitary body of antidiuretic hormone, and the consequent excretion by the kidney of a copious dilute urine which can be completely inhibited and delayed for a period of four to six hours by the intramuscular injection of small amounts of an extract of pituitary gland.

Professor Verney graphically illustrates the role played by the pituitary body in disturbances of urine secretion as follows:

Thirst—water ingestion—inhibition of pituitary gland—polyuria—thirst.

Professor Verney concludes that in man diabetes insipidus is a disease affecting young people, in which a diminution in the reserves of the kidney leads to a diminution in the antidiuretic response of the pituitary gland; and he believes that no good evidence exists at the present time that the polyuria of diabetes insipidus is not due to an inhibition of pituitary functioning. And these conclusions are supported by the fact that polyuria due to either diabetes insipidus or increased water ingestion can

be inhibited by pituitary extract administration.

Professor Verney's interesting study points to the value of posterior pituitary hormones in a series of conditions far removed from those for which they are most commonly prescribed. The result of his studies, plus those of Drs. Curtis and Pickering, King's College, together with the findings of Dr. Kamm, who first separated the oxytocic and pressor hormones of the posterior pituitary body, all tend to show the wide application of the pressor principle in conditions requiring adjustment of water and chloride balance.

Research along these lines has progressed to the point which shows confirmatory findings on the part of widely separated workers. Such unison of scientific opinion has paved the way for rational clinical application; and there is some reason to believe that in a relatively short period of time Pitressin, P., D. & Co., will be widely used for the purpose of preventing dehydration from various causes as well as for the purpose of hastening chloride elimination. Hare has long since recommended the administration of Pituitrin for certain cases of dropsy.—P. D. & Co., Therapeutic Notes.

"Sick Men and Sick Monkeys"

(Continued from page 1)

ever, there is a slight difference, in that monkeys are almost equally susceptible to both strains of mammalian bacillus, though deaths from tuberculosis are mainly due to the human variety. Little is known about the virus diseases of monkeys, but only in primates is it possible experimentally to develop yellow fever, poliomyelitis, and perhaps measles. Other human virus infections can, of course, be transmitted to them, but in these three diseases the monkey appears to be the only alternative host to man. Among the internal parasites virtually all the protozoa of man are found in apes or monkeys, but it appears to be possible that the malarias of man are distinct from those of apes.

"Dr. Andrew Balfour drew attention to the fact that in South America epidemics in monkeys of what might have been yellow fever often preceded epidemics in man of what certainly was yellow fever. The evidence, however, is still inconclusive. Certainly here, and in some other conditions, the monkey has been an essential laboratory aid, but to the hygienist his significance is relatively slight. In fact, as Professor Leiper pointed out, such of man's diseases as are common to him and the lower animals result from food habits and contact; and domestication is a much more important factor than blood relationship."

That apes are not the only animals subject to human or near-human diseases, appears from the following dispatch from

Philadelphia, printed in the New York Times:

"How lions and many other animals are subjected to the death-dealing ills of man was described tonight to the American Philosophical Society by Dr. Herbert Fox, professor of comparative pathology of the University of Pennsylvania.

"Dogs, bears, raccoons, and hyenas along with the lion are specially subject to intestinal diseases. Bright's disease is a weakness of squirrels, rats, beavers, and porcupines. Hoofed and horned animals as a class show vulnerability of the heart.

"The apes and monkeys suffer much from tuberculosis and intestinal disorders. On the whole, said Dr. Fox, the animals do not live out their allotted life span any more than do humans. His studies were based on 2,571 animals, covering twenty-five years' research at the Philadelphia Zoological Garden."



Around Our Merry Campus

Height of Something

A Scotchman recently sued a baseball company because he was hurt while watching a ball game. He fell out of a tree.—Judge.

They Come In Pairs

The mule he has two feet behind,
And two he has before;
We have to stand behind to find
What the two behind are for.
—Author in Hiding

Foolish Question

He—"May I kiss you?"
She—"Heavens! Another amateur!"

The Modern Age

Gar—"The folks across the street must be away. They have no lights.

Bage—"No, their daughter is having a party.

Marine Item

What did the seasick man say when you asked him if you could bring him anything else?

He said, "bring me an island."

The Cops' Club

Visitor—"Have you an up-to-date police force?"

Citizen—"You bet. Why, the officers have caddies to carry their clubs."

Touching Return

"When the tourist arrived home he fell on his face and kissed the pavement of his native city."

"Emotion?"

"No, banana skin."

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Osteopathy Without Limitation

Eternal Youth Doctor's Hope

BOSTON (A.P.) — A new method of rejuvenation that requires neither monkey glands or operations was described to the Thirteenth International Physiological congress Friday by Dr. Camimir Funk of Paris.

He has isolated the vital principle of masculinity, or one of them known as the male hormone, and credited with being the effective agency behind results of gland grafting. This extract has been employed thus far only on animals, but Dr. Funk said his purpose is to attempt to reduce it to tablets that can be taken in ordinary fashion at physician's prescription.

Vitamin Discoverer

Dr. Funk has a worldwide reputation in medical science as one of the discoverers of vitamins and the man who coined the name.

This masculine hormone has been sought for some years and there have been other reports of isolation of extracts containing it.

Dr. Funk showed the congress some remarkable pictures as proof of the power of his product.

The pictures first showed roosters whose combs had wilted and whose wattles had shriveled because of loss of masculinity.

In Only Ten Days

Then he threw on the screen a picture of the same fowl ten days after receiving the hormone extract, and the pictures showed the combs erect and wattles filled out. These rejuvenation effects he said had required only a few days compared with weeks for the shriveling process.

Dr. Funk said that clinical experiments upon applying the hormone to human beings will be undertaken in New York.

Challenges Death

Challenge to the belief that death is inevitable also was laid before the scientists Friday by Eusebio A. Hernandez of the College of France, Paris.

He appealed for formation of a worldwide scientific organization to study means to "prevent the phenomena of death."

"Proof Exists"

Proof already exists, he said, that death is not altogether so inescapable as fatalists have taught. Physiologists possess evidence to the contrary obtained by keeping single organs alive after death of the other parts of the body.—Des Moines Tribune.

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Second Semester

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CLINIC.....	

FOURTH YEAR—First Semester

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OBSTETRICS.....	R. B. BACHMAN
NERVOUS AND MENTAL.....	C. W. JOHNSON
OSTEOPATHIC THERAPEUTICS.....	J. M. WOODS
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Second Semester

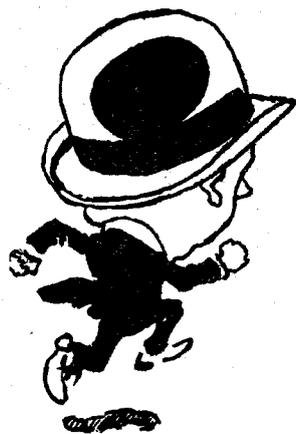
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Registration Dates—

September 5, 6, 7

Field Men--See that Your Prospective Students are Enrolled On Regular Days for that Purpose

Act Now--Insure Your Student of the Opportunity to Receive a Scientific and Thorough Osteopathic Education at the

“Profession’s College”

**Des Moines Still College
of Osteopathy**

Address Secretary for Catalog and Information

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THE LOG BOOK

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Volume 7

SEPTEMBER 15, 1929

Number 5

Osteopathy Scores

Dr. Gladys J. Cowen, who left for London, England, last June to take up work in the British Osteopathic Association Clinic has returned to Des Moines in order to place one of her patients under the care of Dr. J. P. Schwartz, president and surgeon-in-chief of Des Moines General Hospital. The patient is now under observation in the hospital. Dr. Cowen will return to London when her patient has made sufficient recovery.

Class of 1933

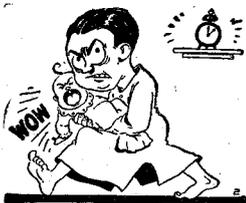
The freshman class although not exceedingly large in numbers makes up for itself in quality. The new members have started eagerly and with determination to master the Invincible Art of Healing Osteopathy.

The new replaces the old and with their coming the new freshman class brings a fine group of students to D. M. S. C. O. We are proud of this new class and extend our heartiest welcome. Many of the class have had previous college work which makes it certain that much can be expected from them.

Many of the old students who found it necessary to drop out for awhile have returned so with the registration of old and new students the office force has had many rush hours. Everything was handled in fine shape and the first semester is now under way.

Effects of the newness is wearing away and everyone of the new students are getting accustomed to the routine.

Births



Dr. and Mrs. E. M. Hubbell are happy to announce that their daughter, Shirley Joan, arrived safely home from babyland on August 26th, 1929. Weight 7 pounds.

Dr. and Mrs. R. V. Gladieux are the proud parents of a daughter born Sept. 8th.

Sophs Lay Down Law

Getting off to an early start for the year's interclass activities, the sophomore class laid down the traditional law for the freshmen during the first week of school. The following day a majority of the class of newcomers blossomed out in the most approved fashion with black ties and hose, green caps, etc. As is usual there were and still are a few of a more reluctant nature and it is up to the Sophs to see that they are "shown the light" and brought to time.

In the past some rather novel and unique methods have been introduced for the enforcement of the Sophomore rules and it is expected that this year will be no exception. It will be remembered that last year both the Freshmen and the Sophomores vied in seeing which could do the most for the other fellow. If the Sophomores treated the Frosh to a buggy ride, the yearlings could not wait, but had to return the compliment before sunrise. The ingenuity displayed by the individual members of the class was remarkable and the festivities lasted until Homecoming, when the annual Push-ball game decided the victors.

From what we know of the sophomores, they are a resourceful bunch and should be able to put over some good ones, but at the same time, the freshmen do not impress one as being asleep at the switch. Strut your stuff, fellows! What's next on your program?

Rules for the Class of 1930

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 to 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 west side of the street, between Center and Park streets, at any time.

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

4. Freshmen must wear black socks and black ties.

5. Freshmen must speak respectfully to all upper classmen.

6. Freshmen must learn the "Freshman Speech" and repeat the same at the request of an upper classman: "Des Moines

(Continued on page 3)

Band

The Still College Band was called for rehearsal Thursday afternoon by Dr. Halladay. A number of the members were lost through graduation but from reports from the freshman class their vacancy will be filled by the new students and this year will bring forth another outstanding band of the Osteopathic profession and one any school would be proud of.

The band had the splendid opportunity of opening the National Convention held in Des Moines this spring and was received by a hearty applause from all. Dr. Halladay received many compliments upon his splendid work in developing such an organization.

Denver Post-Grad

Osteopathic physicians from twenty-one states and Canada gathered in Denver, the first two weeks in August, for the osteopathic post-graduate course arranged by Drs. C. C. Reid and R. R. Daniels, for the sixteenth annual session of the Denver Polyclinic and Post-graduate College. A good percentage of these doctors had attended the college in previous summers and so knew the quality of work they would get. More than one-fourth of them stayed for the specialty course given by the same college during the next two weeks, in addition to the others who came especially for it. When one recalls the amount of time which this required them to spend away from their offices and the cash outlay involved, it speaks much for the quality of work they were getting.

The faculty and subjects given during the regular two weeks' course included the following: Drs. C. C. Reid, efficiency and eye, ear, nose and throat; W. C. Brigham, diagnosis and treatment in diseases of the abdomen and pelvis; R. R. Daniels, foods; W. H. Gillmore, injection treatment of varicose veins and ulcers; L. C. Chandler, diagnosis and treatment in diseases of the chest; George W. Reid, solar surgery and osteopathic technic; F. I. Furry, official surgery; H. Virgil Halladay, applied anatomy and technic; L. G. Cody and M. R. Howard, diseases of the mouth; W. O. Hellery, treatment in gastro-intestinal condition; D. L. Clark, osteopathic technic; H. A. Fenner, venereal diseases, and Jenette Hubbard Bolles, special lecture.

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The Halladay Tour of 1929

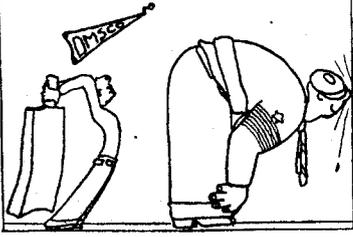
Local, state and national problems beginning the first of the year, putting so much pressure on the writer that when the A. O. A. Convention closed we were about ready for music at 15 miles per hour. We know one remedy for that all-gone feeling. For us it is to get in the wagon and go somewhere and when we get there go somewhere else. Repeat, presto. Then came the dawn.

Six A. M. July 6th found us wending a watery way northward in order to hit gravel to Omaha and points west. Six P. M. located us 408 miles from Des Moines at Kearney, Neb. Camped and hitched our cart to another tank full of gas and landed in Ft. Collins, Colo., at 4:42 P. M. Nothing of importance happened on the way except Aunt Mary (our housekeeper) got her head bumped several times due to unmarked dips in the road going through Nebraska. Aunt Mary made a safe landing in Ft. Collins and planned to stay there until we should have enough bumping around. We could pick her up on the return trip if there was anything left to return.

Now comes the trip. Our first objective was Salt Lake City. Leaving Ft. Collins we drove to Laramie, Wyo., and on west over fine roads and interesting if barren country. Parco is a beautiful little town built by the oil company of the same name. It is almost like a page out of fairyland to see this clean stucco town spring out of an almost desert. Camped at Rawlins and nearly froze to death. Even with plenty of blankets we were cold and there was frost to be seen in the morning. Lunch the next day at Green River, a beautiful spot with immense rock formations all around. Visited old Ft. Bridger in the afternoon and made Salt Lake City late in the evening. Be careful on that 18 mile hill coming into Salt Lake City. It is a wonderful sight to wind down through the mountains for miles and then suddenly burst into the magnificent valley and see the city below. Salt Lake City has been built by engineers and is planned so that anyone can learn the city in a few minutes. Wide straight streets named just a little different but the system is easy when you once get it. The two days spent in the city included a swim for the children in the lake. Morry got salt water in his eyes and Fran-

(Continued on page 2)

FRATERNITY NOTES



ATLAS CLUB NOTES

Once again the Atlas Club halls ring with merry laughter, intermingling pleasantly with the light pattering of tiny feet—when Fedson is not around. Everyone is more than glad to get back and buckle down to work once more.

We take great pleasure in announcing the pledging of the following freshmen:

Robert Forbes, Ft. Dodge, Iowa.

Walter Rose, Iowa City, Iowa.
Reginald Sutton, Pontiac, Mich.

Dick Phillips, Wahoo, Neb.

The Atlas Club smoker was held Tuesday, Sept. 10th. Dr. Halladay was the speaker of the evening and gave an extremely interesting talk on the early history of Osteopathy, its gradual development and increase in size, power and importance, and the founding of the organizations connected with the science.

Refreshments were served later on in the evening, which combined with the cigars, cigarettes and fellowship made up a most successful evening. We are glad to welcome the newcomers to the school, and hope that the ensuing year will be both profitable and pleasant to them.

After an absence of a year and a half, Brother Wire has come back to us. Out of the land of bobcats and sheep (Montana, of course) came this Lochinvar of the west. Its' certainly great to have him back once more.

The matrimony bug that has bitten so many of our brothers lately has at last weaved its spell over Joe College, alias Paul Wynn. His marriage to Ardyce Edgington on Aug. 31st came as a great surprise to the boys. We wish them both every success and happiness.

We received a most interesting letter from Dr. "Ole" Nichol森 of Northwood, Iowa. We were certainly pleased to get it, and hope that the other field members will also write us.

IOTA TAU SIGMA

Once again the call of Osteopathy has been strong enough to draw its prospective followers from practically all the states of the Union, but Ohio continues to hold first place in the house.

Both old and new students report a prosperous summer and if an "Used Car Department" is any indication of prosperity, their report must be correct. At present, the "Lot" contains eight perfect specimens of ancient history. The "open chariot job" owned by Wigal and Spaulding Co., Inc., holds the place of honor in front of the "gate" and the proud

owners are expecting a quick sale.

Things seem quite natural around the house due mainly to the fact that "Noisy" Herrick has returned and will soon be back in his glory as a "Pill Pusher."

The habitual class sleepers have lost no time in starting on their annual records. At present, Harry Kale appears to be a safe bet as he has two points to his credit which he obtained the second day of school. Brother Herrick is expected to furnish plenty of competition if he is able to hold the past he set last year.

Brother Hewlett has adopted a new method of obtaining knowledge of the Science of Osteopathy. He claims that his correspondence course has advantages unknown to anyone except those "laboring" under his conditions. He also suggests that a person should be a member of more than one fraternity so that in case one pin is "lost" the loser can use the other piece of hardware. For more details inquire of Brother Hewlett in person.

We extend a hearty welcome to all the new students and wish them a successful year of study.

We take pleasure in announcing the pledging of George G. Hall, Dayton, Ohio; Robert F. Happell, Dayton, Ohio, and Richard Wilson, Colesburg, Iowa.

P. S. G. NOTES

With the greatest of pleasure Deltah Chapter announces the pledging of A. E. Reynolds, Buckeye, Iowa; E. B. King, Marietta, Ohio; B. E. Poundstone, Clarion, Iowa, and H. G. Wiltrow, Fred Hecker and M. J. Schwartz, all of Milwaukee.

We are very glad to see Bobs Hubbard and Allen back with us again and hope they may be able to stick with us this time.

Tiny Lofthus and Dixie Reeves returned minus their PINS—congratulations boys.

Patterson and LaChance returned late, but better late than never.

Grau and Toepfer arrived in Des Moines for the purpose of bettering the musical talent of the city.

We are glad to be able to say that we are all back and ready to make this a most successful year, even down to the aid of a stalwart mascot in the form of "Master," a thoroughbred German police dog.

From the Field

Dr. J. P. Schwartz,
401 Liberty Bldg.,
Des Moines, Iowa.
Dear Doctor:

Do you have any recent graduate who has not located and would like to take a practice over for three months or longer I would like to have someone to come here and take charge of my practice while I go away. Kindly hand this letter to someone who is interested.

Fraternally yours,
Roy B. Waddell, D. O.
LeBanon, Mo.

The Halladay Tour of 1929

(Continued from page 1)

ces tried to dive with the expected bad results. We tried the coaster but it is not as good as the old one. A shower spoiled our fun at Saltair so we came back to town and took in a movie.

Pop Clayton advised us to stop at Bingham on the way south and see the largest copper mine in the world. We did and saw a whole mountain in the process of being mined. Thirty-one exposed levels are visible. We saw them blasting and hauling away the ore and stood within 10 feet of one of the big whistles when it blew a warning note. If you want to be vibrated all over it's a fine place for that kind of a treatment. Gilda had nothing on us for a few seconds. That big whistle makes everything shimmy within half a mile. The trip up the canyon is well worth the time without the remarkable sight of the mine. There is only one level spot in Bingham so we got out and stood on it just to see if we still had our sense of equilibrium.

We next turned south through a farm valley that looked very much like other farms. Plenty of fruit and small grain but of course the corn was not so tall. From Richfield on south we got into low hills and gradually mountains as we approached Bryce Canyon. The 18 mile drive off of the main highway was wonderful. Red predominated in the coloring as we wound around to gain the top of the mesa, a drive across to the canyon famous for its coloring. Bryce is a new national park and everything looks more like nature intended it should than some of the older places that have been commercialized to a high degree. Bryce is like many other natural beauty spots in our country. You cannot describe them. They have to be seen. For variety of color and oddity of formation Bryce wins the prize. We took a hike down into the canyon from the rim and its beauty grows the longer you stay. Some drive up to the rim and stop a while and get back in the car without letting the engine cool and think that they have seen Bryce. You can spend a week there and enjoy every day of it.

On the way to Zion National Park we stopped at Cedar Breaks. This little beauty spot is much like Bryce but small and rather hard to get to. When a better road is built there will be much more patronage. On the way to Cedar Breaks from Bryce we passed several fields of what at first looked to be plowed ground. Closer inspection revealed the ground to be rough black rock completely covering a good many square miles. Part of the road winds through this formation which looks as if it had just recently been broken up and leveled here and there. Some one who pretended to know told us that it was a lava formation.



Around Our Merry Campus

True to Location

"Does your son Josh ever come back to visit you, since he got in the movies at Hollywood?"

"Every summer," answered Grandma Tuttle, proudly; "every summer of the three years he's been gone."

"And did he bring his wife with him?"

"Each time," she answered "And they was three as purty girls as you ever laid eyes on."—Life.

Lady Passenger: "Could I see the captain?"

First Mate: "He's forward, Miss."

L. P.: "I'm not afraid. I've been out with college boys."

A Scotchman found it necessary to notify his wife that he might not be home that evening, in which case he would phone her. This is what he told her:

"I'll ring you at 6 o'clock. When you hear the bell you'll know it's me. Don't answer it, and I'll get my nickel back."

A little boy from Canada who had never seen a Negro was riding with his uncle in New York when he saw a colored lady.

"Why does that woman black her face?" he asked his uncle.

"That's her natural color," said the uncle.

"Is she black like that all over?"

"Yes," replied the uncle.

"Gee, Uncle," said the lad, admiringly, "you know everything, don't you."

At Cedar City we stopped for supplies and to make plans. All down the line we heard that the road to the south rim of the Grand Canyon across the new bridge was impossible, impassible, the worst in the world and what haven't you. The three of us went into a huddle and decided that no road would bluff us out so the next day we started for the North Rim taking in Zion on the way. Zion is different. Instead of clay walls as we found in Bryce and Cedar Breaks, Zion is sheer rock half a mile high. You nearly break your neck trying to see the top of some points. There are many trails after you enter the canyon but these must be made on horse or foot and being anxious to fight the bad roads we hurried on.

The map showed a small dot marking Pipe Spring National Monument. It did not show much of a road to this point so we took a chance anyway and such a

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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

JUST FOLKS

EDGAR A. GUEST

THE GRADUATION

The college president called his name, and when the boy appeared

No doubt he thought it was for him the throng of people cheered,

No doubt they thought it was for him they loudly clapped their hands,

But they were paying tribute to a mother in the stands.

"Well done, my boy," the president remarked as he stood there,

"I am very proud this morning your achievements to declare."

But the glorious diploma marked a mother's triumph, too,
For that day of graduation saw her fondest dream come true.

Oh, the days of tedious stitching!
Oh, the miles of hem and seam

She had braved with aching fingers to achieve that single dream.

And I wondered if he knew it, as he proudly walked away,

How she'd worked for that diploma and that graduation day.

(Copyright, 1929, Edgar A. Guest)

Denver Post-Grad

(Continued From Page 1)

This outline tells its own story to those familiar with the osteopathic profession. In this short report it will not be possible, of course, to discuss in any detail the work done by the various instructors.

The Denver Polyclinic and Post-graduate college is chartered by the State of Colorado and recognized by the American Osteopathic Association. It is the outgrowth of work given to classes some years ago when Dr. C. C. Reid began to emphasize the importance of a knowledge of office efficiency.

"I hope to live to see the day," says Dr. Reid, "when every osteopathic college in the country will give a course in the art of practice—or if you want to call it that, in business efficiency.

"There are doctors who object to the idea on the ground that they are professional men and not business men. If they could only know how much better professional service they could give their patients as a result of practicing the principles of efficiency!

If we could only realize what a waste of energy most doctors are guilty of, and how much better their patients would fare if the doctors would use ordinary good business methods in handling their professional work, there would be an insistent demand that could not be denied, for the college to teach the on-coming generation of doctors how to arrange and manage their offices, how to meet the public and how to handle educational and financial matters."

The fact that so many doctors come gack for additional courses after taking the work one summer is an indication that what the college gives makes a strong appeal to them. A doctor can attend these classes in connection with a summer vacation trip, but the vacation part must come in other weeks than those during which the college runs. Intensive class work this year began at 8 o'clock in the morning and continued all forenoon, all afternoon, and into the evening with the exception of Saturday forenoons and Sundays. It is planned to make some changes in future years, so that those attending will be able to concentrate on one or two subjects if they prefer, doing connected reading relating to those subjects during other hours of the day and having the fees arranged in accordance with the courses taken.

At a meeting of the faculty, Drs. Reid and Daniels outlined other plans for a considerable broadening of the scope of the college, including work which they hope to do in the way of extension courses. This it is hoped will make it possible for an instructor to give an intensive course of lessons to the doctors in some other part of the country, issuing to each of them a certificate from the college showing the work done.

Among the resolutions adopted by the class were the following:

"Believing that a great need of the Osteopathic Profession today is the application of efficient business principles to the business side of our professional work, as well as the advancement of our professional skill, we unqualifiedly endorse the Denver Polyclinic and Post-graduate College as conducted by Dr. C. C. Reid and his associates, in this, the sixteenth annual Post-graduate Course.

"Be it further resolved that we extend this further expression of our appreciation to the visiting instructors, Drs. Curtis W. Brigham and Louis C. Chandler of Los Angeles, Dr. Virgil Halladay, Des Moines; Dr. W. H. Gillmore, Minneapolis; also to Drs. W. O. Hillery and G. W. Reid for so unselfishly giving of their time in telling us of their special work.

"Be it further resolved that, we as a class go on record, in recommending to the profession, the promotion of a finer spirit of co-operation and an increased respect for professional ethics among our Professional Associates.

"We are grateful to the Den-

ver Polyclinic and Post-graduate College, for the arrangements which gave to us the privilege of instruction from Dr. Walter Harry Gillmore, Nationally recognized Osteopathic pioneer and outstanding authority in the treatment of Varicose Veins and Ulcers.

"We feel that our entire profession owe a great deal to Dr. Gillmore for his background of research in the field and to his efforts, and interest in giving his work to us. Especially do we as a group extend to him our appreciation of his untiring efforts in this Post-graduate Course, in affording us special clinics and most pleasing lectures.

"After this experience we can well realize why all those who have had Dr. Gillmore hold clinics for them speak so highly of his ability, in this essential field of practice."

The officers elected by the student body were: President, Dr. Mary Golden, Des Moines; vice-president, Dr. I. C. Huneryager, Sand Springs, Okla.; secretary-treasurer, Dr. W. C. Chappel, Mason City, Iowa.

At this writing, the specialty course is still in session, and it is hoped, later, to give an account of that.—R. G. H.

Sophs Lay Down Law

(Continued From Page 1)

Still College of Osteopathy was founded in 1898 in a reconstructed building just opposite the present location. The fall of the following year they located in the building that 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 D. S. S. Still College of Osteopathy but was later changed to Des Moines Still College of Osteopathy. A prenominal 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."

7. Freshmen shall hold open the door of the school building and allow the upper classman to enter the building first.

8. Freshmen must assume a statuete position, with the index finger pointing to the button on cap, when anw upper classman calls, "Button, Freshman!"

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

10. All Freshmen shall learn school song, "We're Osteopaths."

11. All rules will be strictly enforced until the last of the semester, and any violation of same will be dealt with by the Sophomore Council and enforced by the Sophomore class.

The Halladay Tour of 1929

(Continued from page 2)

road. Cut in the side of a mountain and just wide enough for one car. Steep grades up and down and sharp turns that make you slow down to about five miles per. But it was fun. If there is anything we like better than hard mountain driving it is more of the same thing. What is an eighteen percent grade with a Buick loaded with camping equipment plus a man and two children. Some of the grades looked straight up but we made 'em and passed a lot of cars doing it. Now here is a question for Nebraska drivers. Why don't you go out on a race track and drive around for a week or two for your vacation? Why will you insist on driving mountain roads and getting in everybody's way. Everyone else drives on the right side of the road and gives up half at the signal but nine out of ten from Nebraska will drive on the side next to the mountain all the time. To keep from having to drive over to the edge of the road they will park next to the mountain and motion for you to go by on the wrong side of their car. Later on I met Bruce Ross of Central City, Neb., and he and his wife almost beat me up for telling that on Nebraska drivers. I never had the agony of driving behind Bruce, but maybe he is the one in ten. There is once in a while one that is not scared to death in the mountains. On my next trip west I am going to take along a bushel of hand grenades and I'll bet the Nebraska cars will not stay in the middle of the road very long. Oh well, we finally passed them and made a short stop at the Pipe Spring. It is an old fort built many years ago by the Mormons over a spring that furnishes one hundred thousand gallons of pure, clear, cold water every day. An oasis in the desert and a needed one. Well worth the hard trip and it got us in the humor for the harder one ahead. Enjoyed immensely by all and we rested peacefully in Fredonia, Ariz., that night.

The first twenty miles south of Fredonia is desert country and then you jump almost instantly into one of the most magnificent forests in the country. Tall straight pines mostly with patches of silver maple. This winding graveled road maintained by the government through the Kaibab forest is a wonderful drive. Add to the beauty of the trees hundreds of deer running at the sound of the car and a variety of squirrel found nowhere else in the world. Big black fellows with dog ears and bushy white tails looking more like an ostrich plume than anything else. We were fortunate in getting movies of both the deer and the squirrels.

The North Rim of the Grand Canyon is just being developed. The U. P. is running a "Dude" bus service from Cedar City and

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The Halladay Tour of 1929

(Continued From Page 3)

is trying to make the trip to the Grand Canyon as popular as the South Rim visit which for years has been cinched by the Santa Fe. They are building a magnificent lodge and everything that goes with it and it is bound to be a popular trip. Personally I do not like the view from the North Rim as well as that from the South but I found many who disagreed with me so I would advise you to make both and decide for yourself.

Leaving the North Rim we went back through the Kaibab Forest to Jacobs Lake, Pool, Well, Spring or something or other. Anyway here is where the trouble begins. From a fine graveled road we jumped immediately into a rough broken trail. Winding around trees and rocks and down bad grades, along a creek bed, up the side of a mountain with just room for one car and most of the time at an angle. About twelve miles of this and we came out on one of the many levels getting down into the canyon. The vegetation stopped rather suddenly and the rest of the trip to the famous new bridge was made across sand, sage brush, cactus and rocks. At the foot of the second level we halted for water at the last place to get any for nearly forty miles. Gas here was 45c. We had just filled at Jacobs Pond paying five bucks for 12½ gallons so thought we would worry along awhile anyway. Lucky for us a government truck was making the trip too, and we let him drive about 100 yards ahead of us all the time. Good thing he was not from Nebraska. This gave us an idea of the bad places and where we would have to slow down from fifteen to five miles per hour. Yes, the road was terrible but it was fun just the same. Nearly stuck in the sand two or three times. Nearly bumped off of rock ledges, nearly upset but we came through fine and made the bridge before night and didn't have a bit of tire trouble or trouble of any kind.

We camped that night near the new bridge which has replaced Lee's Ferry. The bridge is a remarkable piece of engineering. It is 600 feet long and 460 feet above the river. Drop a stone over the edge of the bridge and you have to wait a long time before it hits the water. It is sometimes lost to sight and you have to wait to see a splash to know that it struck. Here above the roar of the river we found the most silent spot of the trip. The scenery around the trading post near the bridge consists of rocks and sand. Some little sage brush and cactus. No trees for miles. The water used there has to be hauled and we drank out of a big steel tank that had been out in the sun all day. But that is the fun of such a trip. The children played with a burro that had

wandered in and I got hold of a fellow in camp who had just come over the next half of the road for me and found out about things from him. We exchanged road information and I am sure it was a big help to both of us. Only four cars camped at the bridge the night we were there, so not many were making the trip from one rim to the other.

The next day proved much like the previous one. Bad roads part of the time and then we would come to a stretch of good road for a few miles. We drove up to Tuba City, then across the Painted Desert to Cameron and then via Navahopi trail to the South Rim. Arrived about five P. M. after taking the day to drive 135 miles. We pitched camp and got organized for a visit to the canyon. We had planned to spend some time here so were not in a hurry but we did get to see the canyon at sunset. Here is another unique feature of our country that cannot be described. We looked across to the north rim through a telescope and saw the point where we had been two days before. Only thirteen miles across from one side of this ditch to the other yet it was 200 miles and had taken us a day and a half to drive it. Personally I wouldn't have missed that trip for anything. It was the toughest drive of the entire tour but we surely got the biggest kick out of it. We had done something that most of the crowd were afraid to tackle, and we came through without a bit of trouble. No, we didn't pass a single Nebraska car on this part of the trip. It will be years before they venture onto anything like that.

(Continued Next Issue)

Foot Comfort and Health

By T. L. NORTHUP, D. O.

In this day and generation in the stress of everyday life under artificial conditions, cement walks, hardwood floors, and ill fitting shoes, the feet are subjected to much unnatural strain. As the feet do more physical work than any other part of the body, the care that must be exercised in the selection of footwear and the corrective methods of foot treatment are most important if we are to have real foot comfort.

Any part of the human body shows most wonderful perfection when considered just as a matter of mechanics, and no part makes a more interesting study than the human feet. They are complex structures. They contain numerous small bones that are strong enough to support the weight of the whole body. Strong inelastic fibrous bands called ligaments bind the bones together in a single mass. The engineering principles involved in a foot are a most clever combination of arches, trusses, levers, pulleys, lubricating devices and automatic control, constituting an engineering masterpiece. This single mass of rigid bones and flexible ligaments changes its shape considerably in normal foot movements. It is absolutely

essential that the feet be flexible and yielding.

Causes Of Foot Trouble

Shoes are often condemned unjustly when they are performing their function well. Very frequently local appearances are considered only, without thinking of the mysterious hidden bloodstream that is flowing through all parts of the body, carrying food substances, removing waste products, building up or undermining normal tissue functions in an obscure manner according to its shifting qualities from time to time. If blood that circulates through the feet becomes restricted or changed in quality from any cause, naturally it will influence them unfavorably in many ways. Muscles and ligaments may weaken and become abnormal, bones may show evidence of disease. If poor circulation of blood is improved by promptly correcting what is wrong, there may be no appreciable effect noticed by the person. On the contrary, if a slight defect is unrecognized and continues to exert its mildly harmful action for a long time there will develop obscure poorly understood foot trouble. If the circulatory disturbance is of more severe grade, then abnormal foot symptoms may develop more rapidly and in spite of the best kind of shoes worn.

The nerves that supply the muscles and arteries as well as the other structures of the feet may have become interfered with somewhere along their pathway and on this account be producing pathology or at least pain in the feet. Many times when the location of the trouble is at the lower segments of the spine, it may be due to direct strain or it may be due to reflex nerve stimulation from some pelvic disorder. These nerve involvements often produce a lack of muscle tone and a consequent sagging of the bony structure and thus cause a strain on the short ligaments between the bones, producing pain in varying degrees. All cases of prolonged foot trouble should be referred to a competent physician and then be fitted with appropriate shoes according to his advice.

Best Types Of Shoes To Wear

The shoe that gives the most genuine freedom of normal foot movement and allows unrestricted nerve and blood supply to the important structures of the feet are best. Flexible and semi-flexible shoes as a class best supply this need. There are certain cases of heavy persons and particularly those who have taken on extra weight recently, who require a broad and strong support under the whole foot, and for these people a rigid shank and a long counter extending along the inside of the instep to the ball of the foot is best. This construction is slightly yielding but helps to distribute the weight. Rigid shank shoes are also necessary for people following certain occupations such as a painter who stands on a ladder or people who stand or walk most of the time at their work, and who have long been sufferers from broken

arches and are accustomed to the use of arch supports of some kind. In the latter cases, changes to flexible shoes must be made gradually and under careful supervision.

Foot Exercises

Feet require alternating periods of rest and exercise, the same as all other parts of the body to maintain health and vigor, and while the writer advises very specific exercises in certain types of foot trouble, there are a few general exercises that are beneficial to every one. Walking out of doors, if taken moderately at first and increased gradually, will be found to be the best type of foot exercise, and while benefiting the feet, will also benefit one's general health.

Indoor Exercise Under Body Weight

Stand erect with the feet about six inches apart, raise up on the toes slowly and roll the feet over to the outside and back, then let the heel slowly to the floor, resting the feet an equal amount of time as that consumed by the exercise. To make this a little more strenuous, place a book about an inch in thickness under the ball and toes of each foot and repeat.

Passive Exercise

Sit or lie down and draw up the toes and feet, bending at the ankles as far as possible, hold them up, then relax the feet in natural position of rest, forcibly bend the toes and feet down and hold, then relax again in position of rest.

Treatment Of Feet

As in all other human ailments, the treatment of the feet will and must depend on the cause of the trouble. When this has been located, suitable methods must be employed for its correction. Bone displacement in the foot must be corrected and held in place by strapping, if the muscle tone will not do it, until normal tone can be restored; spinal lesions affecting the nerve supply to the foot must be corrected if they exist; proper fitting and comfortable shoes provided that are suitable for service for which they are to be worn; foot exercises specially adapted to the patient's specific needs must be instituted.

Your feet are involved in every activity of work or pleasure. They form the very foundation of your physical being and may very easily affect your strength, energy, efficiency and well-being as well as your pleasure and general usefulness. The very best advice that can be given to select comfortable shoes, manufactured by reliable concerns, and buy them through reliable merchants who through experience have become proficient in the art of shoe fitting. If you still suffer discomfort of the feet, you should have the attention of a competent foot specialist.

The Irate Father: "I can see right through that chorus girl's intrigue, young man."

The Lovesick Son: "I know, dad, but they all dress that way nowadays."

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THE LOG BOOK

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Number 6

Changes in Clinic

Through the efforts of the two assistant clinicians and the clinician, changes have been made in the filing of clinic records. In the past the clinic sheets were filed according to patient's name, but now they will be filed under the student's name and he shall be responsible for such records. From now on there will be an improvement in the clinic form, since the instillation of such a method will show the accomplishments of each student, recommendation will be made with more ease and accuracy to each student.

If such cases should want to be referred to in later years for some reason, it can be easily found and conditions at that time shown to investigator of such case.

Another improvement along with the filing of clinic records will be the enforcing of treating coats to be worn in clinic and when meeting appointments. This is a wonderful improvement in the appearance of each individual and the effect it plays on each patient. It adds much to the professional appearance and aids in convincing patients that each member is a competent physician in whom they can rely upon in any condition which may exist.

If a student fails to comply with the above requests he shall be dealt with accordingly when time comes for recommendation and aid in field. Lack of interest in this method will be a loss only to the student, for when such cases come before him in practice he will be absolutely ignorant of routine to be followed out in every case.

The senior class of Des Moines Still College of Osteopathy are backing the new changes with every effort possible. The request for treating jackets was brought up by the senior class and is being enforced by every member.

The members are to be congratulated upon their decisions and actions being carried out. Such progress not only aids the students, but increases clinics in numbers and distinguishes it from other clinics that are now being conducted.

Leisure is time for doing something useful. Employ thy time well, if thou meanest to gain leisure.—Franklin's Poor Richard.

A Review of England

I once knew a girl who took six weeks in Columbia of work she had never studied before. Then she came home and was paid a good salary by one of the city organizations for teaching it. A frank friend said that most certainly was turning brass into silver. There is no silver in this arrangement, but there most certainly would be brass if I attempted a dissertation on England. For I was only in the British Isles five weeks, and as I look back on it, most of that time seems to have been spent sitting back and letting occasions and events splash over me.

I cannot discuss politics (a thing, by the way, every English man and woman does do), for I know nothing about them. I can't speak about the Osteopathic-Medico situation; I seem to have forgotten to ask. I did have a delightful evening with Drs. Mollie Webb and Gladys Cowan, both graduates of this school, in London, but our conversation hinged on the personal. They both were keenly interested in the whereabouts and well being of class mates and friends, and sent many messages of greetings to them.

As I cast back thru my recollections of the summer, I seemed to have garnered very little valuable information. I recall some strange, unrelated things which surprised me at the time of seeing them. I knew the Thames would flow thru London; I recognized the House of Parliament, of course; I knew cars would be passing on the left, but I didn't know pedestrians would pass on the right just as we do, and so, I got bumped a time or two,

(Continued on page 3)

Assembly Schedule

- Sept. 13—Faculty Introduction.
- Sept. 20—Freshman Introduction.
- Sept. 27—Dr. Halladay.
- Oct. 4—Dr. Woods.
- Oct. 11—Dr. Facto.
- Oct. 18—Dr. Bauchman.
- Oct. 25—Dr. Spring.
- Nov. 1—Mrs. Innes.
- Nov. 8—Dr. Beveridge.
- Nov. 15—Dr. J. P. Schwartz.
- Nov. 22—Dr. H. J. Marshall.
- Dec. 6—Ava L. Johnson.
- Dec. 13—Prof. Gordon.
- Dec. 20—Dr. B. L. Cash.
- Jan. 10—Pan-Hellenic.
- Jan. 17—Senior A Class Day.
Music Supervisor
Dr. H. V. Halladay.

Introduction of Faculty

The band made their first appearance for the school year of the fall of 1929 and presented two splendid numbers to start the first assembly off on the right foot.

Immediately after the splendid showing of the band under the direction of Dr. Halladay, Dr. C. W. Johnson, president of D. M. S. C. O., introduced the new members of the faculty, Drs. Beveridge and Facto. Both Doctors expressed their delight in being connected with the college again. Dr. Facto explained his duties as physician in charge of the outpatient clinic and the necessary requirements from the patients. Next in line was Dr. J. M. Woods, who welcomed the freshman class and expressed his disappointment in not having the pleasure of working with them. Dr. I. C. Gordon followed Dr. Woods and gave his personal conception of Osteopathy and the College, which was practical knowledge for the new members.

Mrs. Innes did not appear as the dreaded dragon this year, but as a timid, yet stern, instructor with just a welcome to all
(Continued on page 3)

Location of Seniors

Eldon L. Carlson, Sioux City; T. S. Clark, Cushing, Okla.; H. F. Davis, Des Moines, Ia.; F. D. Dornbush, R. W. Wright, T. R. Evans and Wm. H. Hensch, Detroit Osteopathic Hospital; Fred Dunlap, S. W. Osteo. San., Wichita, Kans.; Wm. S. Edmund, Fairbury, Neb.; Paul Gephart, Waterville, Maine; C. I. Groff, Mason City, Iowa; L. J. Grinnell, Ames, Iowa; Neil Holton, Des Moines, Ia.; Harold Jennings, Mason City, Ia.; R. B. Kale, Des Moines, Ia.; E. W. Kapfer, Maquoketa, Ia.; Fred A. Martin, Brooklyn, Ia.; J. F. Martin and T. Rickenbacker, Waldo Sanit., Seattle, Wash.; C. L. Musselman, Guthrie Center, Ia.; Wayne Myers, Sioux Falls, S. Dak.; F. W. and Grace Nazarene, Dallas Center, Iowa; L. C. Nichol森, Northwood, Iowa; W. J. Nowlin, Farmer City, Ill.; A. F. W. St. John, Columbus, Ohio; Harold Stilwell, Algona, Ia.; P. N. Thistlethwaite, Madison, S. Dak.; Erich Winter, Pawhuska, Okla.; Russell Andrews, Decatur, Ill.; Kenneth E. Dye, La Feria, Tex.; J. Lane Kendall, Lincoln, Neb.; W. Jay Miller, Des Moines, Ia.; Robert M. Plasch, Minneapolis, Minn.; Mark J. Sluss, South Bend, Ind.

Does Football Influence Students?

From the professional school side it does not play any important factor in decreasing or increasing the student body. Since the abandoning of athletics at D.M.S.C.O., there has been many discussions as to the effects it would have on the future enrollment at the college. Many were for the disbanding of the athletic program and many against it. The majority always rules, so the athletic program was discarded.

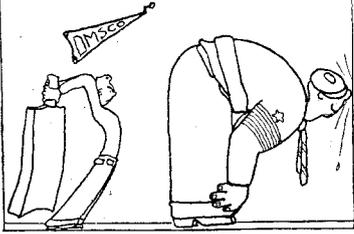
The enrollment of the fall classes was to be the deciding factor, and here it is; the Freshman class of 1929 equaled the number of members in the 1928 fall class when football was still active in the college. Along with the new members equaling the previous year's enrollment, every one of the members of the athletic teams returned this fall to resume their work. These are convincing facts that such major sports as football do not act as a drawing card in professional schools.

When a student enrolls in a professional school with the reputation that Des Moines Still College of Osteopathy has, he does not have in mind the athletic side, but the educational point is the important part. A young man or woman who is endeavoring to become a physician has no time to spend leisurely for such sports. His time is always taken care of by his work.

The abandoning of athletics by the corporation board of the college has proven to be beneficial to the students alone, in more ways than one. Many additions have been made to the college in the way of equipment, additions to the faculty—all for the benefit of the student body. The money which was expended for athletics is now used to make additions as mentioned above, when the board sees fit to do so.

The previous facts mentioned are convincing to all that the athletic policy at Still College did not hamper in any way the enrollment of new students, and it is believed that it will increase the student body, because of the many advantages it will give the student, where in the past it was nearly impossible, on account of the vast expenditure on athletics.

FRATERNITY NOTES



ATLAS CLUB

Considerable interest is noticeable among club members regarding our annual pledge dance on Friday, Sept. 27. This is quite natural, as the utmost enjoyment has always been derived from our social events, and from the enthusiasm shown, this is to be no exception. Bros. Ken Moore, Cookie Moore and Jack Campbell comprise the committee in charge, so we can rest assured that nothing will be overlooked in making the party a success.

Special Offer—One only, second hand Ford roadster for sale. Reared and trained by present owner. Invaluable for fall round-up. Sales price \$9.00. Apply to Dan Hughes for particulars.

Whoopee Taylor swallows the hook, line and sinker. For being nice to an enterprising lawyer seeking evidence for a suit, Whoopee expects to be rewarded with a beautiful, gold-bordered subpoena.

Pledge Forbes is certainly a valuable addition to the college band. His playing has made a noticeable improvement in the trombone section.

Now that the one and only "Skinner Squeak" is back, we feel more at home. It certainly brings out the piccolo effect.

We would be more than well pleased if the brothers in the field would drop us a line. We are always looking for advice or suggestions on any subject and it is also a good way for you to keep in touch with your fraternity.

IOTA TAU SIGMA

The customary fall pledge dance was held at the house, Friday, Sept. 20. The evening was an enjoyable one, during which old friendships were renewed and new ones formed.

Attorney and Mrs. D. S. James were present and shared the evening's entertainment.

Recent guests of the fraternity were: Dr. J. R. Beveridge, Dr. A. B. Taylor, and Dr. I. J. Nowlin.

Dr. Beveridge gave a short, but interesting talk to those who attended the smoker, Sept. 12.

Dr. A. B. Taylor very capably filled the position as speaker for our practical meeting, held Sept. 23. His main topic was Diagnosis and he stressed the importance of correlating the physical finding, laboratory finding and case history, in order to enable the examiner to make a more accurate diagnosis.

Various case histories were discussed, in which Dr. I. J. Nowlin took an active part.

Dr. R. W. Ross, who is practicing in Boone, Iowa, returned for a short visit during the past week-end.

The latest addition to the house is a radio, purchased by "The Partners In Crime", Peck and DuBois. Evidently they are planning on spending the long winter nights at home.

Bro. Judd Koch finally found the right road to Des Moines, so returned to get some more knowledge of Osteopathy.

Bro. A. E. Cudden plans to return this week-end and then our list will be complete.

PHI SIGMA GAMMA

J. J. Stiverson

It gives us pleasure to announce the pledging of C. Blech, Milwaukee, Wis.; C. L. Naylor, Youngstown, Ohio; and L. E. Widmer, Toledo, Ohio.

The annual Frosh smoker at P. S. G. house, was held on Wednesday night, Sept. 11. A rousing time made the evening pass quickly for all.

Pledge Poundstone, in view of charts, books, etc., intends to become a great anatomist.

The "Milwaukee Boys" deny the rumor that they were in the photography business but—well, you should see their photograph gallery.

Pledge Schwartz wins the silver "Aladdin's Lamp" when it comes to burning the midnight oil. Good work, Schwartz, keep it up.

Pledge Allen has finally been convinced that our fair city does hold some fair Juliets, as well as "God's country"—Ohio.

Dead hopes roused again when Pledge Jagnow blew in Tuesday. He reports excellent summer.

"Ivory Grau" determines how eye glasses are taken apart and how long it takes to reassemble them.

Brothers Perry, Patterson and LaChance are debating as to their ability in rivaling "Des Moines' Biggest and Best Wash Woman".

Wanted: Pupils wishing to learn latest dance step. See W. Armbrust do the "Stock Yard Stomp."

Scatterday and Reeves made their 1929 debut to the Des Moines girls at the Pledge Dance on Friday evening, Sept. 20.

SIGMA SIGMA PHI

The first regular business meeting of Sigma Sigma Phi, national honorary fraternity, was held Tuesday evening, Sept. 24. Plans for the coming year were discussed, with many valuable suggestions offered.

The next regular meeting will be on Oct. 8, and any field members who are eligible are cordially invited to attend.

Giving Himself Up

"Offisher, you'd better lock me up. Jush hit my wife over the head wish a club."

"Did you kill her?"

"Don't think sho. Thash why I want to be locked up."—America's Humor.

Activity In Youth May Prevent Goitre

The free and easy physical activities of modern youth will probably tend to keep goiters away in later life, Dr. E. P. Sloan, prominent goiter surgeon of Bloomington, Ill., suggested in a paper presented recently at the Marion County Medical association conference at Duquoin, Ill.

"Indoor life, laxatives in diet, lack of exercise and similar sedentary factors favor the development of mineral deficiencies responsible for goiter growths," he said. "These factors are more often present in the environment of girls than in boys and as a result we find goiters more prevalent in women than in men."

Dr. Sloan offered figures showing that during the last year there were 1,301 operations performed in the Sloan clinic, of Bloomington, which he heads. Of this number 402 were operations on women for goiter and 80 for goiters on men.

"Sex is indirectly responsible for the predominance of goiters in women," he said. "Every environmental factor in our past civilization has been made favorable to the wholesome development of a boy than of a girl. The majority of goiters are first noticed between the ages of 14 and 19 years and the result of iodine deficiencies in the body.

"Would it not be a good plan in childhood," he asked, "to substitute yearly a course of iodine for the familiar sulphur and molasses? I believe goiter might become a rarity if such plans were universally carried out.

"The boyish girl who lives an active life rarely develops goiter," Dr. Sloan said. "The incidence of goiter that appears in later life is almost as large among men as among women," he added.

Fred Stone "Knows Osteopathy"

When Fred Stone, Broadway's greatest comedian, arrived at Rex Beach's lovely home in Sebring, Florida, soon after his airplane spill last winter, he needed a pair of crutches and a watchful human prop right handy for anything extra in the way of difficulties on foot. But within a month he was playing nine holes of golf with his celebrated brother-in-law and host.

An osteopathic physician, Dr. A. Dean O'Dell, was no mean aid to Nature in this rapid progress. His hands were working on Mr. Stone for two months—daily for a considerable time. No wonder Mr. Stone said (and put it in writing)—"He knows his business. That's my opinion because I know something about osteopathy."

In Memoriam

Hedda—Why do you wear spats?

Lucien—In memory of my first wife.



Around Our Merry Campus

Not Long Distance

A Chicagoan visiting Fond du Lac, Wis., had occasion to call Appleton. Upon asking what the charge was, he was told 50 cents.

"Fifty cents! For that distance? Great Scott! In Chicago you can call hell up for that."

"Possibly," coolly answered the operator, "it's in the city limits."

After He's Gone

Lady—"I want to learn the whereabouts of my husband."

Fortune Teller—"Madam, at this very minute your husband is passing through the state of coma."

Lady—"I hope to heavens he gets a flat tire."

Conspicuous by His Color

Woman—I was to have met my husband here two hours ago; have you seen him?

Floorwalker—Possibly, madam. Anything distinctive about him?

Woman—Yes, I imagine he's purple by this time.

A Safe Offer

The Victim—You advertised \$500 reward for any corn you couldn't remove and I've got it. Come across.

The Chiroprapist—Certainly, sir, I'll pay for the corn on delivery. Kindly hand it over.

Ticket for Magnolia

Colored Woman (to ticket agent)—"I want a ticket for Magnolia, please."

Ticket Agent (after studying railroad map for ten minutes)—"Auntie, where is Magnolia?"

"Here's Magnolia—this chile settin' on de' suitcase."

What the Witness Knew

The prosecuting attorney had encountered a rather difficult witness. At length, exasperated by the man's evasive answers, he asked him whether he was acquainted with any of the jury.

"Yes, sir," replied the witness, "more than half of them."

"Are you willing to swear that you know more than half of them?" demanded the man of law.

The other thought quickly. "If it comes to that," he replied, "I'm willing to swear that I know more than all of them put together."

Dropsy for the Other Place

First Angel—"How'd you get here?"

Second Angel—"Flu."

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

The Health Man

C. H. Moody

The doctor, from time immemorial, has been regarded as a sickness man, that is, a man to be called or consulted only in case of sickness or injury. When we hear a friend inquiring for the name of a good doctor or see him entering a doctor's office, we jump to the conclusion that there is illness or accident, or both. The approach of the doctor, like that of the fireman or policeman, is considered an indication of trouble by thousands who have been brought up with this idea. "Keep clear of the doctor," is a familiar saying that has almost become a slogan with some people.

The true doctor is a health man—the man who can help you to keep your health and improve it, as well as help you to regain it if you have lost it. He is the pilot who can steer the ship thru safe channels, not merely the lifeboat man who rescues shipwrecked folk. And there will be more good health, more physical well-being and consequently more efficient, happy living, when we get the idea that the doctor is an expert who can assist us to keep in fine trim all the time, just like the experts who call regularly to adjust machines in factory, office or home.

The best doctors concentrate on the study of the body in health, because they cannot help the sick unless they thoroughly understand health, the condition lost. And all osteopathic physicians are trained on the positive side. They have a practical acquaintance with the body in health and strength, as well as in sickness and weakness. The doctor who is not thoroughly conversant with the normal—knowing all its signs and phases—cannot be adept in detecting variations from the normal. The background of all his work is a clear working knowledge of every detail and manifestation of health. And every osteopathic physician is first and foremost a health man.

Cupid Captures Another

Mr. and Mrs. G. L. Edgington announce the marriage of their daughter Ardyce to Mr. Paul V. Wynn on Saturday, Aug. 31st, 1929, at Des Moines, Iowa. The best wishes of success and happiness are extended by all to the young couple.

Introduction of Freshman Class

The band again opened the assembly with an inspiring march, which was greeted with a hearty applause by all. Dr. Halladay, director of the band, announced a big surprise by the band in the near future. Following the announcement, a popular number, "Mean to Me", was featured by the band, and the freshman class joined them on the chorus. The piece was very cleverly arranged for the benefit of the Sophs, and everyone expressed their appreciation by hearty applause.

Dr. Halladay introduced Dr. J. P. Schwartz, Dean of D. M. S. C. O., who extended his greetings to the freshmen and congratulated them upon their choosing this school for their education.

Following Dr. Schwartz, Professor Shumaker was introduced and expressed his pleasure in being associated with Still College, and the quality of the new class. Professor Shumaker also congratulated Dr. Halladay on the band and the splendid programs they have to offer.

The introduction of the freshmen was next on the program, the members gathered on the platform and introduced themselves. Again this year, as well as in previous years, Ohio had a fine representation of students, which shows Osteopathic rating in the state of Ohio.

Next the Iowa students were called forward, and they walked off with the honors because of outnumbering all other states. Ohio promises to give them a good race from now on. Go to it, fellows.

From the city of Milwaukee we have four representatives, and all presented the appearance and determination to make real Osteopaths. They were brought to school by Dr. Davis, a recent graduate of D. M. S. C. O. Very good work, Doctor.

Following the quartette from Milwaukee, a trio representing Wahoo, Nebraska, stepped forward, and were received with hearty applause. Des Moines was represented by a fair number of students, and from this turnout, things look better from the Des Moines side.

The next feature was a sextet of freshmen who rendered several entertaining numbers, filled with wit throughout. The Sophs were always included in each song, and now they have the feeling of being important. The Iowa Corn Song was next presented by all, and on the second chorus the Osteopathic interpretation. The freshman class then resumed their seats, and several of the recent graduates made their appearance, and expressed their delight in attending once more the splendid assemblies held every Friday morning.

Dr. Halladay called on Dr. Spring to come to the platform and make his contribution, since he was absent when the faculty was introduced. The Doctor greeted the new members and

requested that we have more music.

Bob Forbes and Nick Gill were the center of attraction on the selection by the band when they played Shouting Liza a trombone special, and how they could play!

The newly married men were asked to stand, and then contribute five dollars toward the music for the band, so now the matrimony bug is weakening because extra expenses are piling up.

To stir up the old Pirate spirit, Dixie Reves was called to lead the yells, and everyone joined in with the old fighting spirit. In concluding, Dr. Johnson congratulated Dr. Halladay on the progress of the band and its worthiness to the school. The band closed the assembly, and everyone left with a smile and eagerness for next Friday morning to roll around, when they will again join with the same spirit.

A Review of England

(Continued From Page 1)

learning. But being bumped into in London isn't so very serious a matter. The English are very charming people, especially on the streets. I noticed in particular, evenings, when the street musicians are out, and good looking "Johnnies" wander around, regardless, in Tuxedo or "tails", hatless and coatless with an easy air of being in somebody's drawing room. Since it isn't dusk until ten, broad daylight makes them look particularly regardless.

Along the coast facing France, high on firm steel stilts, still stand iron woven baskets with the beacons untouched and unmoved, that were to have been lighted as signals the first instant Napoleon was sighted coming by sea. They were never lighted, but England was prepared and England was concerned. It does send one's mind reeling down an avenue of that which commences with "What if" and "It might have been that—"

In the British Service Museum they have all wired up and standing in a glass case, still somehow magnificent, the skeleton of Napoleon's favorite gray charger. This is the one all portraits and school book illustrations show him with. At the battle of Waterloo the horse was taken by an English general, given every care and at its death from old age, placed here. Nobody ever told me they had done that.

Neither did any one tell me that I would find the Cenotaph, that simple and superb gray marble shaft erected in the midst of a whirl of traffic to commemorate the men lost in the recent great war, flanked constantly with flowers. Or that on August 4, the anniversary of the declaration of war, it would be banked high with wreaths and the center of a moving, shifting, but ever replacing mass of hundreds

of people who came with bowed and bared heads to express again their loss which 15 years have not blotted out.

There were flowers on the tomb of Mary, Queen of Scots, in Westminster Abbey the day I was there, and it has been nearer fifteen hundred years since it was erected. There were long-stemmed pink and yellow roses that might have been bought from the tray of a curbstone flower seller in The Strand; (at least, we had seen roses there just like them), and arranged with love, or anyway, care, for they had never been thrown at the marble shelf on which they lay. I wanted very much to know who had put them there.

On the moat about the Bishop's Palace at Wells, there are swans which (one hesitates over not saying who) ring a bell when they are hungry. The daughter of a Bishop taught the then existing swans the trick, some 60 years ago, by ringing the bell and then feeding them. Every generation of swans has pulled the string and waited for food, ever since. We saw four out of five of the birds doing it; and what's more, when they had had all the bread they desired, they floated away. The verger, a clergyman guide, said the other one was equally as proficient, just, apparently, not hungry; and the verger looked like an honest man. Now, is it education, imitation, or heredity? There's a problem for the evolutionists; a problem which makes being a fundamentalist seem easy.—(Ava L. Johnson.)

Introduction of Faculty

(Continued from page 1)

new members. Miss Johnson was brief in her welcome, but assured all the pleasure she had in meeting each one, and that she would see them all in class, where they would become better acquainted.

Dr. Halladay needed no introduction, because nearly every new member met the Doctor before classes were taken up. The Doctor greeted the new class and expressed his appreciation for the new members who are musicians for showing the interest which was exhibited during the first practice.

Dr. Johnson again took the platform and explained routine of assembly programs to be followed out this year. Every faculty member will be in charge of one assembly and will choose their own speaker for the occasion. This will bring a variety of speakers before the student body, and the benefit derived will be invaluable to all. The band closed the assembly with an inspiring march, and everybody departed for class rooms with the Still College spirit aroused within them once again.

Young Ideas At Least

Judging by the way they act, most middle-aged people must feel younger than they look.

The Halladay Tour of 1929

(Continued from Last Issue)

We spent one day on the mules taking the trip down the Bright Angel Trail. Mrs. Ginsberg of New York furnished the fun. I could tell you about it but I can't write it. You do not really see the magnitude of the canyon until you view it from the bottom and the trip should be taken by every American citizen. To me it is the biggest thrill. The children enjoyed it so that they wanted to go down again the next day. Too mucha demon. We spent the next day visiting the many points of interest along the South Rim and saw the Hopi Indians dance late in the afternoon. At night we visited the campfire talk and learned more about our great western scenic spots.

Near Flagstaff, Ariz., we visited Walnut Canyon and spent a couple of hours looking around cliff dwelling ruins. There are not many here but it is a delightful spot and on the way out stopped and saw where the state department is doing some excavating to preserve what is proving to be some very interesting and valuable Pueblo ruins.

The Petrified Forest near Holbrook is a wonderful sight. We had no idea that there was such a quantity of petrified trees anywhere in the world. We drive for miles with enormous petrified trees on all sides of us and didn't see but a small part of this national preserve. The ranger in charge was most courteous and we hope that he will visit us on his way east this fall. Also near Holbrook you can get a remarkable view of the Painted Desert. Perhaps one of the most enjoyable hours we spent was viewing a collection of animals that a Mr. Miller has at the edge of the Painted Desert. The children got in the cage with mountain lions and all sorts of native wild animals and we have movies of them. I think we could have stayed all day but there were other things to do.

From Gallup, N. M., to Shiprock you have 86 miles of the finest gravel road in the country. You can make every inch of it in high at 50 per and you want to for it is nothing but desert country broken about every fifteen miles by a small settlement with a gas station of course. Don't worry about getting out of gas. It may cost you plenty but they have stations so close now that you never have to carry any extra. Mesa Verde was our next objective and we hurried to make it before night.

Two years ago we visited this little park and had such a wonderful time that we could not pass it up and never will on a trip west. Mr. Nusbaum, who has charge of this park is a wonderful host and his rangers are all so courteous and pleasant that in a short time you feel as if you had known them always.

And then there is Jim. Jim English is the boss of the horse concession. He looks and dresses like a cowboy. Whatever he is he is one of the best fellows in the world and will do anything to please you. We met Jim two years ago and just slipped up on him this time without warning and he called us by our first names. We spent three delightful days in Mesa Verde seeing the cliff dwellings that we had seen before and then Jim took us and showed us some that we had not seen. The drive to the park is over a wide winding steep, but very safe road. When you get on top of the mesa you can see into four states. Don't ever make a western trip without including Mesa Verde. It is the only national park that preserves the work of man. It is different and those in charge are different too. Charlie Manby of Battle Creek, Mich., owns a half interest in Jim and the children and I own the other half. We will be glad to loan him to you any time you go out there, but you must promise to return him in good condition.

Leaving Mesa Verde with many regrets that we could not stay longer we headed for the Aztec ruins in New Mexico. This is one of the largest pueblos that has been partly excavated. That night we returned to Durango, Colo., and were the guests of Dr. and Mrs. Childress. This was a most delightful break in the trip and the hour was late when we finally went back to the tent in the camp grounds.

The circle is almost filled in. We still had a mountain drive across southern Colorado and made the trip from Durango to Pueblo in good time. Stop some time in Pagosa Springs and take a drink of their hot mineral water. It may cure you of something. At the top of Wolf Creek Pass we found snow and played around in it for awhile. The drive across the San Luis Valley is very interesting and you soon leave high mountains having crossed the divide early in the day.

At Pueblo we visited relatives and took off one layer of dirt. On to Colorado Springs to renew our friendship with its attractions and to visit Drs. Givens and Givens, also relatives. Cheyenne Mountain is one of the newer trips and is filled with thrills. Don't fail to make the Corley Mountain Highway drive. This is over the old bed of the once famous Cripple Creek Short Line and takes you through several tunnels. You can easily spend a week in the Springs.

Having work in Denver made it necessary for us to hurry on and as luck was always with us we got an apartment with the same people that took care of us two years ago during the convention there. This was just like getting back home. Our trunk was there and in a short time we were settled for the two weeks P. G. Course. The few days before the work began were spent making short trips to various in-

teresting points near Denver, together with a trip to Boulder and Rocky Mountain Park to visit relatives and be a part of one of those never-to-be-forgotten picnics. We also took a run up to Ft. Collins to see if Aunt Mary had recovered from the trip across Nebraska and found that she had planned a picnic for us, more for Frances than for Morry or myself for Frances was about to have a birthday.

The last two weeks were spent in Denver lecturing to those who attended the P. G. Course. It was certainly a privilege to be a part of this fine program. We enjoyed the stay and want to go back some time.

We have returned. We hurried across Nebraska passing everything on wheels but the new Fords. It's terrible the way those people in Nebraska drive. Whiz along at the breakneck speed of twenty-five or thirty miles an hour. Something will have to be done about it.

We arrived late Tuesday afternoon, August 20th. The State Fair started the next day and the college had a booth in the college section so we are at work and glad to be back and a part of the organization again.

We all feel fine now. We are in a good humor which is more than could be said about us when we started. We traveled 6,000 miles and made the trip on schedule just as planned. We had no trouble of any kind that held us up so that time was lost. We are going to drive east next year maybe as far as Lake Cobbeconte. Anyway we will drive through to the convention in Philadelphia.

Mother's Milk Able To Destroy Bacteria

Dr. Friedrich Schlaeppli, bacteriologist at Berne, Switzerland, has experimented with milk from nursing mothers and found that the milk has bactericidal power to a very high degree. If the milk is kept at a mean temperature this power may be demonstrated for sixty hours or more. Such bacteria as get into it are at least very much retarded in their development, if not actually killed. The milk is even able to destroy bacteria which do not normally occur in it. Boiled milk has not this power. The boiling destroys the milk's germicidal properties.

Dr. Schlaeppli has succeeded in filtering milk, obtaining a clear greenish liquid which contained albumin but no fat. The germs naturally contained in the milk stayed back with the fat, but the power to kill bacteria remained in the clear filtrate. This was proved by adding germs to the filtrate which destroyed them.—(Victor News.)

"All the days of the afflicted are evil; but he that is of a merry heart hath a continual feast."—Proverbs xv-15.

From the Field

Dr. J. C. Humbert of Minneapolis, Minn., who was seriously ill for a considerable time, is now on the road to recovery. Everyone extends their word of greeting to the Doctor and wish him quick return to his former health.

Dr. C. L. Musselman has returned to resume his practice at Guthrie Center after his marriage to Miss Dorothy Kelter of Zanesville, Ohio.

Dr. Mac Friend is now taking Post Grad work at D.M.S.C.O. after finishing his internship in the East. Dr. Friend is majoring in surgery and also conducting a practice.

Building Up Weak Throats

What can osteopathy do for weak throat?

This question interests a great many people. Many sufferers from catarrh, tonsillitis, "colds" in the throat—especially singers and public speakers—would be glad to have their throats "built up" so that they could depend on them just as much as the laboring man does on his good right arm.

Why should the throat be such a capricious servant? We do not have to defer to the peculiar whims of other parts of the body to any such degree. Delicate as are the eyes and ears, they are much more reliable than the throats of the majority of us.

There are probably several reasons for this condition. We have here a delicate mucous membrane constantly exposed to every change of temperature common to our variable climate. It is likewise continually assailed by an almost constant stream of irritating dust and infectious material such as is constantly floating about, especially where people congregate in large numbers.

A sudden exposure to some current of cold air, a state of lowered tissue-vitality, a blood stream that has not been properly renewed, all united, cause a weakening of the blood supply at that point. The blood stream, already impaired, becomes relatively stagnant. Stagnant blood gives off ammonia, which is a tissue-irritant. The result is that often in a few minutes we develop a "raw throat" and in the course of a few hours a violent inflammation which puts us on the sick list for several days at a time.

But why should the throat be so peculiarly subject to this condition?

(Continued Next Issue)

How It Started

Wife: "Oh, you needn't think you're so wonderful. The night you proposed to me you looked absolutely silly!"

Husband: "A coincidence. The fact is, I was absolutely silly!"—Tit Bits.

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THE LOG BOOK

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Volume 7

OCTOBER 15, 1929

Number 7

Alterations Completed at Des Moines General Hospital

Entire Interior and Exterior of Building Has Been Remodeled. Additional Equipment Added Also.

Improvements were begun on the Des Moines General Hospital on April 15th and were completed August 1st. The major improvements have included a new heating plant with an oil heating system. It is expected that with the oil heater a more even and constant temperature will be maintained in the hospital. Two new double steel fire escapes have been erected under the supervision of the State Department; these furnish more than ample exit for any emergency that might arise. The entire exterior has been painted, trellis and lattice work built in a number of places, and the landscaping of the grounds is now in progress. A new vault has been built free from the main building for the storage of X-ray films. All heating pipes and electric light wires have been eliminated

(Continued on page 3)

Improvement Added to Obstetrical Department

Along with the splendid equipment now available in the Obstetrical department, another addition has been made by the Corporation Board, for the advantage of the upper classmen. A new automatic electric sterilizer has been purchased by the Board and is now installed in the O B room for the use of the Assistant Obstetricians in making their examinations, and for the advantages it has over the old method of sterilizing their instruments. This already has proved a great advantage to the students in many ways. They can keep their instruments sterile at all times, and in readiness for all examinations which may arise. The quickness of making the examination because of the sterilizer, and also complete sterility is absolutely available to the assistants in this particular department. Many such worthy improvements can now be made, since the disbanding of athletics. The money previously expended for athletics is now being used for the improvements as above mentioned, and the betterment of the college as a whole.

Band Joins Parade



The Des Moines Still College band received the invitation to parade and aid in the entertainment of the Des Moines Food Show. The band consisted of 30 members, attired in clown suits, and proved to be one of the main attractions of the day's parade.

The parade started from the Capital grounds and went all the way up Locust street, passing a reviewing stand at the Register and Tribune building. An invitation of this kind shows the ability of every member of the band, when they as a whole, can compete with the larger bands of the city. A large banner preceded the band in the parade, bearing the name of Des Moines Still College of Osteopathy, and drew hearty applause from many of the observers along the sidewalks. Leading the college aggregation was Buster Sutton, on a tandem bike with the rear seat occupied by Virges splendid German skeleton, pumping for all its might and enjoying the curious gazes by all, until a rough place in the pavement dislodged the skull, which went rattling to the hard surface without any serious results. The doctor admitted it was a breathtaking moment.

This proved to be a splendid opportunity for the band to get before the public in general and show them some of the accomplishments of Still College, besides the paramount art of healing—Osteopathy. The members of the band are to be congratulated along with Dr. H. V. Halladay, for their splendid part in the outstanding parade of the year.

Senior Class Elects

The election of officers of the Senior A class for the present semester was held September 24, 1929, and the following were elected:

President, Richard Rhode.
Vice President, William A. Olsen.
Secretary and Treasurer, Alice Paulsen.
Class Reporter, G. G. Knowlton.

O. B. Report

The Obstetrical department of Des Moines Still College of Osteopathy is one of the outstanding clinics in the college and is equal to any other of its caliber. Dr. R. B. Bachman is at the head of the department and has arranged it so it is equal to meet any conditions that may arise. The equipment is up to date in every respect, combined with worthy assistant obstetricians, all of whom are members of the present senior class.

The total number of cases from February of 1929 up to the first of September, 1929, was 139. There were three breech cases out of the total, and two forceps. All the cases were handled by the assistants and students, except the forceps, which were handled by field physicians, who were called in on the cases.

During the National Convention held in Des Moines this spring, a high record in the obstetrical department was at-

(Continued on page 3)

Surgical Clinics of D. M. General Hospital

Ten Dollar Charge for Removal of Tonsils and Adenoids Renders a Valuable Service to the People of Iowa.

Tuesday, Thursday and Saturday of each week at 8:00 A. M. the Des Moines General Hospital conducts minor surgical clinics.

Tonsils and adenoids are removed at this time, as well as other minor surgical operations. The fee for the removal of tonsils and adenoids is \$10.00. This charge includes both operations, anesthetic and a bed in the clinic ward up to 6 P. M. of the same day.

These clinics afford the public an opportunity to have competent surgical work at a most nominal fee. Every doctor operating in the clinic has performed at least 1000 tonsil operations, their skill and experience cannot be denied. Positively no students operate in the clinic.

The morning of the operation, patients should be at the Des Moines General Hospital by 8:00 A. M. They should not eat any breakfast the morning of the operation.

Each patient is individually examined before operation in order that they may know whether or not operations should be performed, and their physical condition such as to stand it.

Senior Class Elects New Officers

The senior class held its first meeting of the school year with Bernard Fry, the last year's president, presiding. Many suggestions were brought forth for the class to consider, and some were immediately acted upon for the good of the class as a whole. The following men were elected to guide the class for the first semester: President, Allen M. Nelson; Vice President, Justin Smith; and Secretary and Treasurer, Lester Nowlin. The senior class in enforcing the wearing of treating jackets in clinic and when meeting all appointments. This already has proved to be a wonderful factor in the clinic, and the class is to be congratulated upon their progress.

Attending Conventions

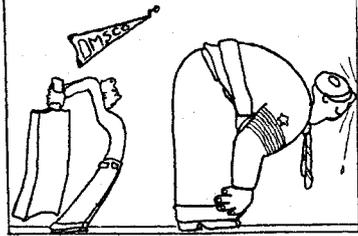
Dr. J. P. Schwartz, Dean of Des Moines Still College, and Chief Surgeon of the Des Moines General Hospital, along with Dr. B. L. Cash, head of the X-Radiance department, have just returned from attending the convention of American Osteopathic Surgeons, which was held in Kansas City. Leading Osteopathic surgeons from all over the United States were present at the convention. There were three days of surgical work, held each morning at the Lakeside Hospital, and discussions and addresses were given each afternoon by the outstanding members present. The next meeting will be held in Philadelphia next year.

Dr. J. P. Schwartz and Dr. H. J. Marshall have returned from attending the Nebraska state convention, held at Omaha, Nebr. For two days lectures were given, each morning at the Nicholson Hospital operations were performed, and in the afternoons clinical examinations were held at the Hotel Fontenelle.

There were one hundred and twenty-five in attendance. The gathering proved to be very enthusiastic and progressive. The new system of having more than one clinic going at the same time was introduced so that the Doctors could attend the ones they were more interested in, and in that way more patients could be taken care of in less time.

Dr. J. P. Schwartz will leave the latter part of the week to attend the District Convention to be held Thursday, October 10th, at Shenandoah, Iowa.

FRATERNITY NOTES



ATLAS CLUB

The Atlas Club takes pleasure in announcing the pledging of Kermit Davis, Allan Nelson and Richard Phillips. Davis is from LeGrande, Oregon; Nelson from Minneapolis, Minn.; and Phillips from Wahoo, Neb.

Word has been received from Dr. Frank Dornbush, who is now interning at the Detroit Osteopathic Hospital in Detroit, Mich., Dr. L. C. Nichol森 of Northwood, Iowa, and H. J. Nosseck, who is now attending the California College of Osteopathy and Surgery.

Monger is the proud owner of a newly acquired irresistible Dodge touring car.

Dr. C. L. Musselman and wife were visitors at the house during the last week. Dr. Musselman is now practicing at Guthrie Center, Iowa.

Plans for the annual Holloween dance are now under way. This will be a big evening for all and the plans are being carried out to the extent that no one will be lacking the spooky feeling that is always prevalent on such occasions. Many will remember the holdup that was put on last year unbeknown to all except five of the members and the high reach Monger has for the ceiling when told to "stick 'em up."

J. K. Ward, "Sandwich King of Canada", makes good in Iowa.

"Cupid" Rose scores a 95 on the Maximeter.

Much enthusiasm is now being aroused among the members because of the World Series.

We congratulate all the field members who have written to us this year, for their remembrance.

Pledge Buster Sutton practices on a tandem bike with Dr. Halladay's skeleton as proxy for _____? What's her name, Buster?

The study bug bites. Everyone of the members are under the gradual onset of slowly advancing Osteopathic Art of Healing. The characteristic symptoms are study hours, furrowed brows, finger marked books and expensive light bills.

Prognosis—Bigger and better Osteopaths.

Treatment—Careful maintenance of Bug.

The seniors are showing considerable interest each Saturday morning when the bell rings at 6:30 o'clock to arouse them from their slumbers to attend the Des Moines General Hospital clinic.

IOTA TAU SIGMA

News is extremely scarce for this issue, due to the fact that there hasn't been much excitement around the house.

The "Den of Crime", which houses brothers DuBois and Peck, has finally been completed. The two "Doctors" again appear to be happy in their new home in the basement, and feel repaid for all their efforts. Their radio proves to be an added attraction, and during the World Series games, they are charging an admission fee of eight cents and two pins. They were forced to refund the two pins paid on the first game, due to the failure of the radio to hold out long enough to finish the game.

A letter from Brother R. K. Richardson reports a busy, and also prosperous time in the hatching business.

So far, we have not heard from Bro. R. G. Morgan, but presume that he is too busy to write.

The latest addition to the used car lot, is a Jewett—"straight six"—but the owner is unknown.

We would appreciate letters from any of the Alumnae in the field, and we'll use our column of this paper as a means of spreading the news contained in those letters, to the rest of the field members.

PHI SIGMA GAMMA

J. J. Stiverson

Boy, Oh, Boy! Seen these decorative "Green Tops"? Very becoming (in some cases), we must admit—these green, Frosh caps—like the overnite weeds in springtime.

Pledge Blech says that nimble fingers are essential for success, hence his conscientious piano practice.

The streets of Des Moines are becoming accustomed to the sight of a certain Chrysler roadster. The car carries Pennsylvania license plates, so it might do no harm to question Toepfer.

Pledge Poundstone contracts the annual hereditary Freshman disease, or "what have you"? Result: Round-trip ticket home, to Clarion, Iowa.

Who says there isn't business talent in the new men? Pledge Hecker disproves the rumor by taking up salesmanship. See him about details.

Pledges Withrow and Blech are due for a trip to Wisconsin. "Miss Rumor" says there's more behind it than just the trip. Well, boys, just so you remember where Des Moines is.

Pledge Schwartz, "Our Sailor Boy", has abandoned his morning jaunts. Why? Well, you see, he's very susceptible to Pneumonokoniosis. Des Moines has such a pure, invigorating atmosphere, anyway.

Between pledges Reynolds and Widmer vs. the World Series, we all like to listen to games—far from being monotonous.

Pledge King finds the weather on Sundays too fine for meal jobs, yet—he doesn't buy them, either. We know he eats. Just between you and me—well, some

people are just "lucky."

Pledge Parks completed "Hell Week" and is still crying for more. We always try and oblige in such instances.

A new addition to house equipment in form of a drinking fountain, is proving many times its worth.

Who would have thought that Dixie Reeves, stage star, and tap dancer in vaudeville, deluxe, would ever lead a band. He's one who doesn't believe in the word "can't".

Assembly

The assembly of Sept. 27th was entirely under the supervision of Dr. H. V. Halladay. The assemblies of Dr. Halladay are always looked forward to because of the extra music that is always assured when he is in charge. The band played several splendid numbers to open the morning session.

Dr. Halladay introduced Dr. F. D. Campbell, speaker of the occasion. Dr. Campbell is known to many as the Will Rogers of Osteopathy, for his witty jokes and merriment that is always available when he is around. But when it comes to being serious, the doctor can always assume the role. The address was on case history and procedures to be carried out. Many impressive thoughts were brought forth by Dr. Campbell, which will in the near future be invaluable to every student. Personal case history and interesting cases were presented by the Doctor, showing the importance of keeping the eyes open, and little things that will mean much to every patient. The Doctor is a firm believer in entering every sick room with an encouraging smile and some cheerful joke to detract the patient's mind off himself and to aid in bettering their mental attitude.

The band entertained again with a group of infatuating numbers, and a hearty applause returned the appreciation of every student for the splendid organization produced through the untiring efforts of Dr. Virge.

The smile that spread over every face convinced the Doctor that the occasion was indeed a very enjoyable one, and that everyone is looking forward to another opportunity to attend his entertaining programs.

George Bernard Shaw

On Osteopathy

"Meanwhile the vogue of osteopathy grows; and no wonder. Go to an ordinary doctor and—well, I don't say that one can cure and the other cannot; but I do say that the moment the osteopath's fingers are on you, you know that you are in technically skilled hands. You do not get that sensation from the ordinary doctor; and you cannot mistake it. You may not be able to play a piano, but you can distinguish a professional from an amateur."



Around Our Merry Campus

"Is this the weather bureau?"

"Yes, sir."

"How about a shower to-night?"

"It's all right with me. Take it if you need it."

Ain't That Terrible?

He: "Do you care for dancing?"

She: "No."

He: "Why not?"

She: "It's merely hugging set to music."

He: "Well, what is there about it that you don't like?"

She: "The music." — The Pathfinder.

Cop: "Hey, where are you going? Don't you know this is a one-way street?"

Abie (in new car): "Vell, I'm goin' von vay, ain't I?"

Student: "And poor Harry was killed by a revolving crane."

Englishwoman: "My word! What fierce birds you have in America."

Bachelor (dreamily): "Sometimes I yearn for the peace and comfort of married life."

Married Friend (wistfully): "I always do."—Judge.

A Tooth for Chicken

Diner—"Gee, this is an old chicken."

Waiter—"How can you tell?"

Diner—"By the teeth."

Waiter—"But chickens don't have teeth."

Diner—"No, but I have."

Patient With No Patience

Two women were watching a lion as it paced restlessly up and down its cage, occasionally letting out an angry roar.

"Gracious," said the one lady, "wouldn't you hate to be in the cage with that brute?"

"Oh, I don't think I'd mind it much, now," replied the other lady. I've been living in the same house with my husband, who has been home for a week with the flu."

High Finance

Mr. Sapp—They told me at the bank I'd never find any one to take that Golden Goose mine stock off my hands.

Mr. Simp—They told me the same about my Dry Hole oil stock.

Both—Let's swap.

A bachelor is a man who has taken advantage of the fact that marriage is not compulsory.

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

From the Field

The following was received from C. N. Clark, business manager of the A. O. A., and we are glad to pass it on to you:

"I am sending you a copy of a definition which has been worked out as an official definition to be used in legislatures or courts or wherever there may be occasion for its use. It is not perfect or all-inclusive. In fact, I don't know of anybody who can define a definition of osteopathy in a very acceptable manner. We have had thousands of definitions submitted during the past few years but can pick all of them to pieces. This one perhaps, is about the best that we can get hold of.

"We will be glad to have you broadcast it to the students and it might be a good idea, in view of the fact that so many of the Des Moines students are interested in this, for you to have it published in the Log Book. Then they can all have a copy."

THE DEFINITION

"The terms osteopathy and osteopathic as used in this definition by the American Osteopathic Association are distinguishing words adopted by that school of medicine and surgery which teaches that correct structural adjustment of the human body mechanism is the most important factor in restoring and maintaining normal function and physical, chemical biological and psychological principles as taught in the curriculum adopted and required by the Associated Colleges of Osteopathy recognized by the American Osteopathic Association."

The Greatest Thing That Can Happen

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. That is the greatest thing that can happen.—Harding.

He that can have patience can have what he will.—Benjamin Franklin.

Alterations Completed at Des Moines General Hospital

(Continued from page 1 from this vault, giving no opportunity for fire to occur.

The interior has been newly decorated throughout.

A new bell call system has been installed, assuring the patients the best of service. The reception room and lobby have been newly built and offer a most inviting entrance. A new mechanical operating table has also been added to the surgical department.

Altogether the new additions and improvements offer the sick patient a homey and comfortable hospital, where they may convalesce in comfort.

Along with the extensive improvement program of the Des Moines General Hospital, the once dismal walls of the laboratory have changed to gleaming white, and now vies with the operating room in "spick and span" appearance.

The laboratory department is in most instances the nucleus for successful diagnostic work. It is a department that is taken for granted and unless it is given very careful supervision its methods soon become obsolete. This soon gives way to inefficiency, which eventually reflects in the work done by those who depend on the laboratory for diagnostic purposes.

The laboratory is fully equipped to do all routine clinical analysis. The daily routine, includes urinalysis, blood counting, blood chemistry, basal metabolism, and all the various other analytical processes. Tissue specimens from the operating room are examined and "run up" into mounted slides, as well as numerous other essential pieces of work that becomes the duty of the laboratory to perform.

The laboratory at the Des Moines General Hospital is under the able supervision of Dr. B. L. Cash, who also serves the institution as Roentgenologist, physiotherapist and pathologist. The work done in the laboratory is of the highest quality. When interpretations are required they are conservative and well formed. All of this is in accordance with the splendid policy of the institution, and is one of the factors which enables the hospital staff to render genuine service to the osteopathic profession.

O. B. Report

(Continued From Page 1) tained. During a period of thirty hours the students took care of nine cases in this brief time, along with attending the convention. This is one of the instances which show the extensive obstetrical experience that may be attained at Des Moines Still College of Osteopathy.

There has been an addition to the O. B. department within the last week, when the Corporation

board of the college purchased a new automatic electric sterilizer for this department. This adds a great deal to the proficiency of the members in their sterile technic and more cases may be taken care of in a shorter period of time, due to the ease and rapidity of sterilizing the instruments in making the examinations.

Starting the first of the year, a new rule has been enforced covering all hospital cases. The delivery is made by the head of the department, with explanation and personal attention to the eight students called on the case.

The members of the department are to be congratulated upon their progress and harmony, obtained through vigorous and untiring efforts put forth by each obstetrician.

Assembly

The assembly of October 4th was in charge of Doctor J. M. Woods. The band opened the assembly with a new sensational march with the the trombone section featured in several scores. A hearty applause responded to the excellent opening number.

Following the opening number, Jud Koch played a special xylophone number, "Falling Waters," accompanied by the band. The number was received with hearty applause, and to please everyone, Jud featured the trio of one of the marches played by the band. Again hearty applause broke forth for more, but this time everyone had to wait until later on in the program for more music.

Dr. Woods advanced upon the platform to take over the rest of the program. The Doctor introduced Dr. Carpenter, Polk County coroner, former instructor of Des Moines Still College of Osteopathy. Dr Carpenter's address was on the subject of "Relationship between the Physician and the Coroner." The office of coroner is very important in most of the states, and especially in Iowa, where every mysterious death must be investigated by the coroner to determine the cause of death. It is his duty to determine whether or not death was accidental or caused from some violence. The Doctor dealt upon suicide as being the most popular way in this day of departing from the world. Many commit suicide when such case as cancer and other malignant disease exists within their bodies, to avoid the misery that exists in such cases. Explanations of many other causes of death, and how they are dealt with, were brought before the assembly which otherwise would not be clear to each student until the time would come when he would have to deal with such circumstances. The procedure of autopsy was also explained in every detail, which proved to be of great interest.

The following questions should be asked in all cases: where death took place, when, cause—

whether negligence or murder. Modes of death was next in line: respiratory failure, heart failure, and coma. Conditions which arise in the cerebrum last for several days, but instant death, such as heart failure, is generally due to obstruction of coronary arteries. In closing, Dr. Carpenter emphasized the importance of harmony between the physician and the coroner, so that a thorough investigation and satisfactory reason may be given in all cases. The appreciation of every student was shown by the enthusiastic applause rendered. It is always a great pleasure to have Dr. Carpenter as speaker, and everyone receives something which will be invaluable to him when he goes to the field to practice.

The band played another delightful number before the next feature on the program.

Mr. Stan Stanley was introduced by Dr. Woods. Mr. Stanley travels the country over, showing how the muscles can be controlled, and different things that may be done. This proved very interesting to all.

The band closed the assembly in the usual manner with an inspirational march, and Dr. Johnson announced that the morning classes were concluded, which was greeted with a mighty cheer.

Miss Marjorie Martens Weds Dr. Shaw



The marriage of Miss Marjorie Martens, daughter of Mr. and Mrs. William Chambers of Council Bluffs, and Dr. David N. Shaw of Shelby, Ohio, took place on Wednesday, evening in the chapel of Plymouth Congregational church.

At 7:45 the ceremony was performed by the Rev. R. J. Cornell in the presence of sixty relatives and friends.

Mr. and Mrs. Chambers and Dorothy Mae Chambers of Council Bluffs and Miss Fayette Shaw of Cleveland, sister of the bridegroom, were in Des Moines for the wedding and reception afterward in the home of Mr. and Mrs. F. G. Kinnaird, 1300 Thirteenth street.

Before the ceremony Axel Gravengaark sang and the wedding march was played by a trio composed of G. W. Maxon, cellist, Lenore Paul Cavanagh, violinist, and Grace Foley, pianist.

Mrs. Shaw attended Drake University fine arts school and for the last six years has been employed in the production record division of the Bankers Life company.

Dr. Shaw was graduated from Marietta College, Marietta, Ohio, and Still College of Osteopathy. After a short wedding trip, Dr. Shaw will establish an office in Council Bluffs.

Horrors of Removing Tonsils Avoided

The clinics of the Des Moines General Hospital were started almost nineteen years ago, and have been conducted in about the same manner from the inception. Practically every kind of operation is performed, including major as well as minor surgery. As would be natural, the minor operations in the clinic have been far the greater; tonsillectomies, adenoidectomies and circumcisions predominating. In the last several years these clinics have numbered about two thousand each year. This, of course, does not include any of the private major or minor operations. As many as ninety-six operations have been performed on one Saturday, and it was found that a patient was brought to the operating room, operated and returned to bed every six and one-fourth minutes. Even at this rapid rate, and what seems almost incredible, the operator spent five-sixths of his time in scrubbing and waiting for the next patient. In other words, most of the operations were performed in about one minute.

The pride of this clinic is that the throat structures after the tonsils are removed are left exactly as they were before the operation was performed.

Our operation is known as the snare method and is the best operation, we believe, used today. The technique is made just as simple as possible. As a matter of fact, it is always true that the simpler the technique, the better the work. After anaesthesia has been produced, either by local injections or a general anaesthetic, the mouth is opened and the tonsils seized by a special forcep, the tonsil is drawn up, and a pair of curved scissors is placed between the pillar and the tonsil and the blades slightly separated, the mucous membrane is simply slit; a blunt dissector is now used to enucleate or shell out the tonsil. The snare is then passed over the tonsil and the small pedicle squeezed off. There is no actual cutting in any part of the operation. The secretions and blood are kept out of the mouth by an electric aspirator. This gives the operator a clear, clean field in which to work. He therefore works continuously from the beginning to the end of the operation.

By this technique the patient's mouth is kept free from blood, and therefore the patient does not have to gurgle and gurgle in his own blood, which is the horror of all parents. Parents cannot keenly appreciate this unless they have seen their own children go on the operating table. How the mother's heart sinks to the depths of the abyss of despair when she hears the feeble ebbing away of her child's life in the weakening gurgle of its own blood.

The Des Moines General Hospital staff, by using this technique has greatly reduced the

hemorrhage. It is the rarest thing that a patient bleeds after leaving the operating table. The technique developed at the Des Moines General Hospital eliminates the horrors of tonsillectomies.

Building Up Weak Throats

(Continued from last issue)

Change of temperature, dust and germs, after all, must be largely secondary; otherwise all of us always would be having the same trouble. The deeper cause lies in the fact—so often repeated by osteopaths—that there is some mechanical interference with the nerve and blood supply to this delicate part. The vertebrae of the neck are peculiarly liable to slight displacements. This is true for several reasons. They have a further range of motion than the larger vertebrae and are more easily movable from their attachments. They also have flatter articular (or joint) surfaces and are more subject to violent jerks than the lower vertebrae, while at the same time they are smaller and more delicately adjusted. For these reasons we find osteopathic slips and displacements in the neck more frequent than in the lower portion of the spine.

While those "lesions" may and do affect all parts of the body, they are especially likely to affect the soft, delicate structures directly in front of this part of the spine. We find, therefore, that a great many cases of weak throat are caused by some such interference to the nerve and blood supply of the neck.

Correct this cause and thus drive out the stagnant blood lodging in the throat tissues with a supply of fresh, active nutritive blood and the weak, sensitive membrane has a chance to regain its natural tone. Then the voice and throat once more become strong and healthy.

While this may sound like a mere spinning of theory it is the most practical kind of common sense based upon experience. The world's most noted singers and public speakers are making use of osteopathy more and more to keep their throats in order. Some operatic stars have their private osteopathic physicians accompany them so as to give their throats the care they need in any emergency.

And osteopathy does all that is expected of it in this connection, too, when applied with persistence and intelligence. Of course, it is unreasonable to wait until an hour or two before an engagement and then expect an osteopath to put your throat in perfect condition for an evening of hard work. Yet, even so, much relief is often afforded on short notice. A cure depends upon intelligent provision, looking after the condition as soon as possible—even in advance of actual need—and as long in advance as necessary to effect a cure.

Surgery of Gall-Bladder

The technical side of surgery, that is, the surgeon's ability to perform a neat, safe, quick operation, is of considerable importance to the patient. In this part of his work, the surgeon is a machine. No matter how neatly he sews his seams, no matter how deftly and quickly he ties his knots, no matter how skillful his dissection—nothing is required but mechanical ability. Any seamstress could handle a needle and thread as skillfully; any pianist could put the surgeon's manual dexterity to shame. Some of the greatest surgeons do work which, mechanically speaking, does not bear close inspection. Some of the poorest surgeons turn out work that is beautiful to behold.

The patient is not so much interested in how his insides look as he is in how they feel and how they function. A nicely performed operation, if poorly planned, would have been better left undone. The patient who gives up his appendix upon the altar of surgery isn't very much pleased to later find that his pain was coming from a kidney stone. The man who climbs upon the operating table to have his right-side hernia repaired is much perturbed to discover upon awakening that his surgeon has performed a most beautiful operation upon the left side. The girl of delicate health who allows a skillful surgeon to remove her goiter is much disappointed and considerably damaged to learn later that it was tuberculosis she had, instead of goiter.

It is in surgery that surgical judgment is of paramount importance. The surgeon who mixes brains with his surgery enjoys a much lower mortality and morbidity record than does the surgeon who just—operates. It is not how to operate—it's **Where** to operate, and **when**. Anybody can take his knife in hand and enter the sacred tissues of the human body; but it **always** takes surgical judgment to get out of those tissues, leaving them in as good or better condition than at first.

There is the whole secret in a nutshell.

The desire for a surgical career is born in one. Manual skill comes from practice. Surgical judgment can come only as a result of much study and an unquenchable thirst for knowledge.

All of which is preliminary to a discussion of some of those diseases of the gall-bladder in which surgery is considered the treatment of choice.

If the gall-bladder were a thing apart, independent of all other organs, the decisions necessary in planning its surgical treatment would require no mental effort. If the gall-bladder could be removed with no effect upon the functioning of the neighboring organs—as can the appendix—there would be little reason for hesitating to remove it when it is the seat of pathology.

But the removal of the gall-bladder oftentimes becomes a formidable undertaking. Its removal is sometimes followed by a train of troubles that prove more serious than the original disease.

On the other hand, a gall-bladder that is menacing the life of the individual, whether by acting as a cesspool of infection, by acting as an irritant to the system of internal sympathetic nerves, or what not—to leave it is to court almost certain future suffering.

These questions require surgical judgment.

The surgeons of America are inclined toward the belief that diseased gall-bladders should be removed. But all surgeons are willing to modify this belief in certain cases and to recognize that the removal of some gall-bladders is not the wise course.

This question arises not because of any desire to save the gall-bladder per se, but because of the desire to avoid injury to near-by organs, which often results following the removal.

Most authorities are agreed that the gall-bladder is of little importance to the life of the individual. It acts as a reservoir for bile, and in order that it may accommodate the maximum quantity of bile, it extracts the water until the bile becomes quite thick, almost syrupy in consistency. When the process of digestion calls for the biliary fluid, the gall-bladder empties its contents into the common bile duct.

In case the gall-bladder is removed, the common bile duct enlarges and apparently takes upon itself the bladder function.

The accompanying drawing shows roughly the gall-bladder and the larger system of bile channels, as well as the closely related vital blood vessels, and the tube leading from the pancreas. Closure of any one of the illustrated channels (with the exception of the short one leading from the gall-bladder) means death to the individual. One may readily recognize the potential damage hovering about the instruments being wielded by the unskilled surgeon who blunders into this vital area. A stitch or a clamp misplaced results seriously if not fatally. And these structures are not in plain view, the surgeon must **know** where they are.

In the case of partial obstruction in the common bile duct, infection is usually present. Infected bile backs up into the liver and into the pancreas. Inflammation of the liver and inflammation of the pancreas result. If the obstruction cannot be corrected, it is criminal to remove the gall-bladder, for in such a case the gall-bladder should be attached to the bowel (or stomach) and an opening made between the two, so that the bile may be enabled to find its way around this corner into the intestinal tract. After a free flow is established, the liver and pancreatic inflammations quickly subside.—"Better Health."

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Band Dedicates Pavement

The Still College band, under the direction of Dr. H. V. Halladay, had the honor of playing for the dedication of the new stretch of pavement that extends from Huxley to Ames, Iowa. The Chamber of Commerce of Des Moines requested that the Still College band aid in the opening of the new highway. A large bus was sent to the college, sponsored by the Chamber of Commerce, to carry the band to their destination. This indeed showed their interest in the organization developed by Dr. Halladay. The band made the trip and were joined by a few members of the Ames band, which was placed under the supervision of the Doctor, and several splendid numbers were played, along with the addresses made by different members of the local Chamber of Commerce.

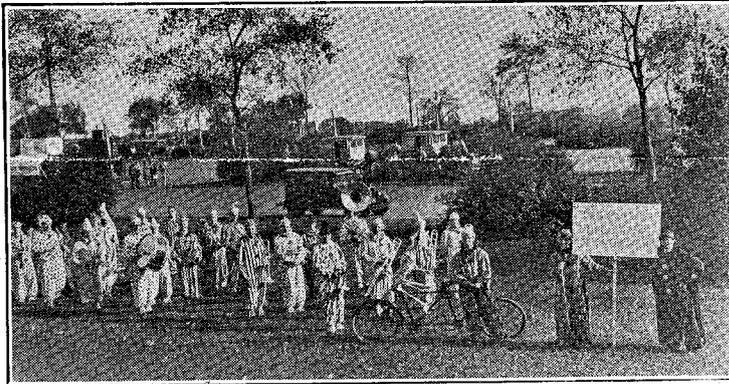
The band then returned to Des Moines and played the noon luncheon of the Des Moines Chamber of Commerce, which was held at the Savery Hotel. Following the luncheon, the band was honored by the organization with a splendid luncheon to show their appreciation for the part the band took in the opening of the new road, which will aid in advancing the State of Iowa.

This proved to be one of the most wonderful opportunities any band could receive, along with the Still College band being chosen from among the number of bands that are available in the city of Des Moines. The band consists of thirty pieces, not large in quantity—but quality plus when it comes to playing. The credit for such a fine organization is extended to only two—Dr. Halladay for his untiring efforts in directing the band and to the members for the interest shown in every practice and their willingness to compete with larger and more experienced bands.

The members and Dr. Halladay are to be congratulated upon their wonderful progress so early in the school year. With this outstanding organization available in a college of the size and caliber of Des Moines Still College of Osteopathy, there is not anything to be done that would be too much for every member.

Be wiser than other people if you can; but do not tell them so.—Lord Chesterfield.

DES MOINES STILL COLLEGE BAND



ABOVE is a picture of the Still College Band before marching in the annual Food Show parade of Des Moines. The picture was taken at the Capitol grounds before the parade. The band consists of thirty members from the student body of Des Moines Still College of Osteopathy.

This band played the National Osteopathic Convention held in Des Moines this spring, along with playing in a number of parades this fall.

The band is under the able direction of Dr. H. V. Halladay. The following is the personnel of the band: M. E. Sutphin, C. H. Fedson, Percy Walley, M. E. Quartel, H. E. Skinner, R. F. Herrick, V. Mikan, J. Koch, S. Dahl, C. A. Reeves, S. C. Henry, R. E. Dewart, H. C. Toepfer, A. Lenhart, D. Steninger, W. Brace, R. Sutton, S. Bruder, M. Ollum, R. Forbes, A. Hull, G. Stoddard, Don Perry, D. Grau, Dr. Halladay, Ed Parry, Don Arrington, W. R. McLaughlin, W. Shideler, J. N. Gill, L. Porter, W. A. Cohoon, and L. A. Utterback.

Dr. J. P. Schwartz Attends Convention

On Thursday, October 10, Dr. J. P. Schwartz, Dean of D.M.S. C.O. and chief surgeon of Des Moines General Hospital motored to Shenandoah to attend the District Convention of State Osteopathic Association.

While attending the meeting, Dr. Schwartz broadcasted over K F N F the famous Henry Field broadcasting station. The Doctor talked on the subject of Osteopathy, which was undoubtedly enjoyed by all from coast to coast. This opportunity put Osteopathy and Dr. J. P. Schwartz before the people throughout the country, making a big boost for both.

The meeting showed enthusiasm, progressiveness throughout and eagerness for further gathering for the betterment of each individual, and the Paramount Science of Healing.

Presentation by Sophs

The sophomore class of Des Moines Still College of Osteopathy has made one of the most progressive steps in the college by any class for a number of years. The class enforced the buying of freshman caps and the profit made from them went into the class treasury. A meeting was held by the class and favorable vote was cast by every member to present the sum of twenty dollars, made from the sale of the caps, to the band and to be used as they see fit.

The presentation on behalf of the Sophomore class was made by Dave Grau to Dr. H. V. Halladay, director of the splendid band. Dr. Halladay expressed his appreciation for such a fine gift and assured them that it could be used in many ways for the advantage and progress of the band.

This is one of the finest achievements made by any class while in the college and should (Continued on page 3)

Freshman Reception

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 October 18. The reception line welcomed all the students and their friends to the halls of the Hoyt Sherman Place, where the walls soon resounded with the dance music. What a night!

During the early part of the evening, the Freshmen danced their distinguishing and feature dance of the evening, to the applause of the students and faculty. This dance was for Freshmen only and some of them showed much experience in handling their feet on the dance floor, and many a fair young heart beat rapidly during the dance. During this feature dance they were adorned with hats and whistles for the occasion. Dr. Halladay added spice to the evening when he passed out the horns and various other paraphernalia to those present, when they joined in the dance.

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.

For those who didn't care for dancing, card tables were available and all enjoyed themselves in one way or the other.

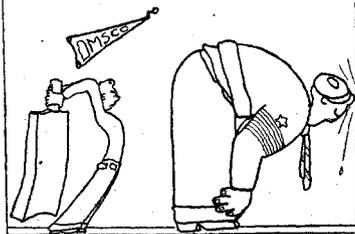
Gradually the crowded hall thinned out, but only with the last strains of the music fading dimly away, were the students willing to call it a night and wend their homeward way.

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 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.)

FRATERNITY NOTES



ATLAS CLUB

Walter Rose, John Anderson and Paul Wynn traveled to Iowa City to see the Hawkeyes hold the Buckeyes to a 7-7 tie.

J. K. Ward is the new "blushing rose" at the house.

Plans for the annual hallowe'en dance are developing, and a big time is predicted. This will be the big time of the year, as plans are being developed carefully by the committees. Many will remember the success of last year's party. Let's go for another big night. All field members who can possibly attend are cordially welcomed to join us.

Larry Boatman made a hurried trip to Montezuma this week end to see how the farm is progressing. How is it, Larry?

The Atlas Club had its first practical meeting Monday evening the 21st of October. Dr. E. E. Steffen was the speaker of the occasion. Dr. Steffen's theme for the evening was "Cosmos". Going back into space and gradually up to the present day. A vast amount of time, distance in a few hours. The great gap was covered in an interesting manner and many points were stressed and impressed upon the members' minds.

We indeed enjoy having Dr. Steffen with us, and always plan on receiving an interesting address. The next meeting will be held the 29th of October, and everyone is urged to be present.

The members who are taking Dr. Foman's course are very busy along with their class work, OB and general clinic.

We would be pleased to hear from more of the field members, letting us know how everything is progressing, and any suggestions you may have.

Much rivalry exists between Anderson of Minnesota and Rose of Iowa, on the subject of the Iowa-Minnesota game. Hard to tell what the results may be. It looks from dope Minnesota. Anderson may be right, but you never can tell what trick Iowa may pull.

IOTA TAU SIGMA

(H. H. Cook)

The beginning of the eighth week of school finds every one busy with school work and activities, but being busy causes the weeks to fly by in a hurry, so no one objects.

Our treating room is being worked overtime. Both Freshman and Junior technique are practiced at various times throughout the day, but practice is a means to perfection, so we are glad to see the brothers take advantage of the situation.

We are continuing the policy of holding practical meetings every other week, the meeting being in charge of some experienced field doctor who demonstrates and explains various helpful points of technique, diagnosis, or treatment of special cases.

Mr. D. E. Cudden of Sycamore, Illinois, spent the week-end visiting his brothers, A. E. and H. H. Cudden.

We are looking forward to the arrival of Dr. James A. Cozant, who has promised us a visit in the near future. Anyone who has met Dr. Cozant can readily realize why he is such an influential member of our organization. Bro. Peterson took advantage of an excursion to Chicago, and spent the week-end at home. No definite explanation can be obtained as to the cause of the trip.

Practically all the members of the fraternity attended the big Freshman Reception given by the college, October 18, and an enjoyable evening was reported by all.

We are still waiting for letters from the alumnae members, so please co-operate with us and send at least a brief note.

PHI SIGMA GAMMA

We are glad indeed to have Bro. Taylor off the sick list and with us once more.

Plans for the Hallowe'en dance are complete. Wednesday night, October 30, will see the Deltas' windows aglow with the characteristic colors.

Brother Patterson devoid from attitude still has a warm spot in his heart for dumb animals. Methinks he should join forces with the Humane Society.

Pledge Allen believes that for the "Bigger and Better" idea, Des Moines should widen its sidewalks. He seems to have a hard time finding solid footing on these narrow walks.

Bro. Stoike has been found out at last. It took patience, but success was made sweeter. To quote: "I cannot bring myself to fully and completely believe in bachelorhood."

Pledge Toepfer is in the recruiting service again for beautifying manhood in the house, such as is, in the tonsorial way.

Bro. Grau stoutly denies all insinuations pointing at the validity of his statements that he plays this and that night at such and such a place. He says he always tells the truth, and how could we contradict the man?

We have all heard of waiting for the milkman! But waiting for the mailman is a new one on us. Bleck says he can't see the discrimination, and persists in seeing that the postman takes his "Milwaukee" letter.

Bro. Frank Shaeffer has become a regular "dance demon". If there's a dance floor that has not felt his shoes, he isn't to blame.

"Boots" La Chance is becoming through devious means an accomplished banjoist. When he gets to strumming on that old banjo, filling in with his heart-

felt tenor, well—it brings back forgotten memories.

For something different, I suggest a little co-operation between Bro. Strittmatter and Pledge Schwartz on "Advance Theories on Evolution". I believe if they can accomplish it this one here will sell tickets.

SIGMA SIGMA PHI

Sigma Sigma Phi takes pleasure in announcing the pledging of Owen Taylor, Norman Welch, and Benton Kinter of the Senior B class; Andrew Ripley Richard Combs, of the Junior A's; and Howard Cook, Richard Strittmatter, Selmar Dahl, Henry Scatterday, and J. Kenneth Moore of the Junior B Class.

On Tuesday, October 1st, at the Masonic Temple, the freshman smoker was held. Up to date, no fatalities have been reported as a result of the nicotine.

Dr. H. V. Halladay was the speaker of the evening, and his message concerned the principle and history of the organization. He also announced that Sigma Sigma Phi is the only honorary organization in the profession recognized by the A. O. A. The remainder of the evening was spent in playing cards.

Band Plays Harvest Jubilee

The progress of the Des Moines Still College band is unlimited. On Friday night, Oct. 25 the band marched in the parade sponsored by the Harvest Jubilee which was held at the Coliseum. This is another of the advances made by the fine band composed of students from the college. The band is being recognized by everyone in Des Moines as the outstanding organization of its type, available in the city. Many requests for the band have been made, but a number have been at times when the band members were unable to fill the requests, much to their regrets.

The Harvest Jubilee parade started at eight o'clock from the State Capitol grounds moved west on Locust street, across the bridge to Twelfth street, thence south to Walnut street, east on Walnut street to East Third, where they disassembled. The parade included forty floats, many of which were brilliantly illuminated and vari-colored. Fifteen bands and drum corps were in the procession.

The Still College band was distinguished from the other bands by wearing of treating gowns. A number of times, cheers broke forth when the band passed in review.

When We're Careless

The pastor was examining one of the younger classes, and asked the question, "What are the sins of omission?" After a little silence one young lady offered:

"Please, sir, they're sins we ought to have committed and haven't."—Pullman News.



Around Our Merry Campus

Safety First

"Fifty years of happy married life! How have you managed it?"
"Well, for one thing, son, I've always admitted I was wrong."
—Detroit Free Press.

Spread of Knowledge

She—Jack, dear, am I the first girl you ever kissed?

He—Yes, indeed. I learned to do that from a radio lecture I heard the other night.—Texas Ranger.

There's a Waiting Line

"Marriage", we were saying to a modern young lady the other day, "is a great institution."

"Maybe," she said; "but who wants to live in an institution?"
—Spokane Spokesman-Review.

Squelched Simpleton

There is a story of a visit John Barrymore paid to a haberdasher in Hollywood. After ordering this and that, he turned to leave.

"And your name?" the clerk asked innocently.

"Barrymore", was the chill reply.

"Which Barrymore, please?"
John surveyed him coldly. "Ethel."—Richmond Times.

Knows His Chuck

A lady was entertaining the small son of her married friend.

"Are you quite sure you can cut your meat, Willy?" she asked after watching him a moment.

"Oh, yessum," he replied without looking up. "We often have it as tough as this at our house."—The Lyre.

Knows Her Cyclone

Burglar (to his wife)—"I've tried blasting and I've tried a sledge-hammer, but I still can't get this safe open."

Wife—"Don't give up; let the baby play with it."—Life.

Blessing in Disguise

She (sotto voce)—"George, dear, it's a burglar!"

He—"Sh-h, don't move, perhaps he can get that window up; it's the one we haven't been able to open since the painters left."
—Watchman-Examiner.

Steady Schedule

"Sarah, did I see you kissing some one in the garden this morning—the milkman or the postman?"

"Er—excuse me, ma'am—but was it about half-past seven or was it after eight?"—Answers.

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

Another Score For Osteopathy

In order to prove that a doctor can not only take her own medicine, but even enjoy it. I recently placed myself for several days under the care of Dr. J. P. Schwartz at Des Moines General Hospital, telling him that I was there to test out the hospital for myself to see if I could safely recommend it to my patients. I am able to testify to its merits.

One thing that greatly appealed to me was that it is not too "hospitably"—it has a homey atmosphere about it which distinguishes it from others in which I have been elsewhere, at the same time efficient service and scientific treatment go along with it.

I had a pleasant, sunny room, splendid doctors and nurses, excellent food, and above all, coffee t. i. d. What more could the heart of a patient desire? Those who remember my propensity for that excellent American beverage will readily understand how this added to my satisfaction.

After handling so many patients in London, I feel now like a hen with one chick—but I know that that "Chick" is one with me in genuine appreciation of what is being done in one of our best osteopathic hospitals.

—Dr. Gladys J. Cowen.

Dr. A. J. Collard Passes Beyond

Dr. A. J. Collard died at his home in Coon Rapids, recently, after a long, lingering illness from heart trouble. Dr. Collard suffered a nervous break down went to Canada to attend the funeral of a relative. He was stricken on the way, before he reached his destination. After he came home, it was thought for a time that he would recover, but he gradually grew worse until the end came, relieving him of his earthly troubles.

Dr. Collard was graduated from Des Moines Still College in May, 1917.

Dr. Collard & Collard located in Coon Rapids in 1917, succeeding Dr. Allen, another osteopath. Until Dr. Collard's illness, he enjoyed a good professional business.

Sunshine in your soul makes you feel just as good as moonshine in your tummy.

Assembly

The assembly of October 18th was under the supervision of Dr. R. B. Bachman. Preceding the address, the band played several delightful numbers which received a hearty applause. The next piece featured the trombone section in "The Bull in the China Shop." The increase in the trombone section has made a wonderful difference in the band and especially in pieces of this caliber.

Dr. Bachman then took full charge of the morning session and gave a very interesting talk on "Sunlight and Its Value to Osteopathic Science." An accurate review of sunshine and its uses was given. The use of sunshine started in 1816. The use of sunshine varies in the cases present. The action of the sun compared with ultra-violet is synonymous. It has two phases—destructive and Photochemis. The first use of sunshine and its effects was in dermatological conditions and its success was wonderful. In using the rays in devitalized patient one must be very careful not to over-expose such individuals. The treatment must be given by degrees for best results. After about one month the patient may receive an entire exposure of the body surface for about two minutes without any serious effects. The doctor in closing stressed the important factor of using sunshine treatment in this day and age of chemical elements, serums and air conditions.

Dr. Halladay announced the Freshman Reception to be held that night at the Hoyt Sherman in honor of the new class and requested that everyone be present. Along with the preceding announcement, the Doctor mentioned that dissection would begin October 21st.

Dave Grau, member of the Sophomore class, and also of the band, presented Dr. Halladay with a sum of twenty dollars from the Soph class to the band, to use in its further progress. The money was raised from the sale of Freshman caps by the Sophomores. Dr. Halladay expressed his appreciation for such a fine gift to the band and assured the class it would be used in ways for the betterment of the band. The Sophomores are to be congratulated upon their progress and example set for the on coming classes.

The band again was the center of attraction when they played several outstanding numbers. Next came "Weary River" and everyone joined in on the second chorus. Dr. Johnson emphasized that everyone should come to the dance, because it was a general mixer for every one connected with the school. For those who could not dance, or didn't care to, card tables were available. The band closed the assembly in the usual manner and every one left with the appearance of having had a very enjoyable morning.

From the Field



Dr. Walter B. Damm, formerly of Sturgeon Bay, late of Florida, finds Wisconsin too good to stay away from. Dr. Damm has chosen Milwaukee as his future home, and has opened offices in the Majestic building, associated with Dr. O'Rourke, in offices formerly occupied by one of the old "originals", Dr. O. W. Williams.

Dr. Damm graduated from D. M. S. C. O. in the spring of 1927.

Dr. Ralph E. Davis of Milwaukee, who graduated in 1927, is known by the Wisconsin osteopaths as a progressive and indefatigable worker. Dr. Davis bundled together four likely young men from Milwaukee and drove them to D. M. S. C. O. to take the four-year course in Osteopathy. This shown the progress made by Des Moines Still College students when they go out into the field.

WEST VIRGINIA

The Monongahelia Valley Osteopathic Society held the first of their winter's meetings on September 26, at Clarksburg, West Virginia, in the offices of Dr. Guy E. Morris, 541-542 Empire building. Dr. R. E. Coda of Fairmont discussed "The Newer Methods in the Treatment of Syphilis", and Dr. Preston B. Gandy of Clarksburg, gave a talk on "The Modern Treatment of Varicose Veins."

The next meeting will be held in Weston the last Thursday of October, with Dr. W. E. Montgomery of that city acting as chairman of the Program Committee.

The following men have located in our state lately—Dr. Roy W. Eshenaur, 512½ Main St., Point Pleasant; Dr. George W. Seymour, 260 Jefferson Ave., Moundsville; Dr. W. J. Whitright, 208 Charleston National Bank Bldg., Charleston; Dr. John Paul Jones, Buckhannon.

GUY E. MORRIS, Sec'y.

So. Dakota State Board

Editor of Log Book:

Will you kindly notify the readers of your bulletin that South Dakota has many excellent locations for good osteopaths. The next examination will be held February 12, 13, 1930. Anyone desiring to come to South Dakota, please write the secretary of the Examining Board for further information.

Fraternally,

C. Rebekka Strom, Sec'y.
Sioux Falls, S. D.

Dissection

The first session of dissection started October 21, under the supervision of Dr. H. V. Halladay. There were seven or eight bodies layed out for the students to start work upon.

A number of the seniors are finishing up their work along with the juniors. Room for several sophomores were readily taken by some of the members. The work is now under way and considerable interest is shown in each member's work.

Assisting Dr. Halladay are a number of prosectors from the senior and junior class who have finished their work. This plan gives each table a man who has finished his work and is willing to assist those who are now just entering the work. Each member receives special attention, if he so desires.

The bodies were in fine shape and many interesting facts should be brought forth from each body. A strict check is being made on each student so he will be compelled to attend each session, same as attending any of his class work. This will eliminate all chances of complaint and undue criticism, which perchance might arise.

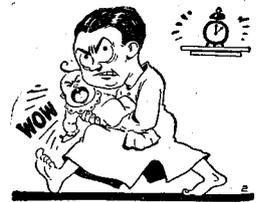
Presentation By Sophs

(Continued from page 1
set an example for the coming classes at the school.

A presentation of this kind shows the appreciation of every member of the Sophomore class towards the band, along with every student of the college, for the splendid programs presented every Friday morning in the assembly.

The Sophomores are to be congratulated upon their advancement, interest shown in the school activities, and aiding in its further progress.

Births



We take great pleasure in announcing the birth of a son to Dr. and Mrs. Howard W. Sechrist of Detroit, Mich. The son, Howard Wesley, Jr., was born in the Detroit Osteopathic Hospital, September 11th.

Dr. Sechrist graduated from Des Moines Still College in 1924. We extend our best wishes to the Doctor and his family.

Ker-Plunk!

"Daddy," said his daughter, as they watched an airplane, "do you think they will ever get to heaven flying away up like that?"

"Not by going away up, my dear," was his reply. "They are more likely to do it by coming down."—Christian Advocate.

Assembly

The assembly held October 25 was opened by the Still College band greeting all with a splendid march, the student body responding with a hearty applause. The next number to be presented featured the clarinet section and baritone, which proved to be a cleverly arranged and pleasing number. The feature playing of Selmar Dahl in the baritone section brought a great deal of admiration from the student body. The following number was an inspiring march featuring Judd Koch and his xylophone on the trio. This was a pleasing number indeed, showing the quality of the band. A hearty applause responded, showing everyone's appreciation.

Dr. Halladay introduced Dr. Foman, noted physician of Chicago, and originator of the outstanding medical review course. The Doctor addressed the student body on the subject of "How to Study." Dr. Foman emphasized the fact that if the student conscientiously studies hard, he usually attains the most. He stressed the point of always retaining the outstanding differential points in every subject. Outline your subjects and study them under subheads. The Doctor demonstrated this important factor stressing the peculiarities, essential and vital factors.

Dr. Foman outlined several subjects and carried out his form of studying, giving every student a chance to see his form of technic used. By this he proved that 75% of every book could be discarded because of repetition throughout, along with unnecessary reading. Dr. Foman's address was very interesting in more ways than one. Many were astonished by the easy way in which he brought forth every subject and the clearness of his presentation.

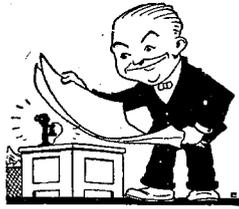
The Doctor received a hearty applause from the entire gathering because of the interesting presentation and the impressiveness of the speaker's address.

The band played "Creoline Days" featuring again the splendid baritone section, following which the "American Patrol" was played, demonstrating the approach of a band in a parade. Far in the distance could be heard the snare drum; gradually the instrumentation became distinctive, growing louder and louder, until it reached the highest point, then passing and gradually by degrees began to fade in the distance, until the drums were the only instrument distinguishable. This number received an uproar of applause.

On the next number Doctor "Virge" again lost or went back twenty years of his life when the band played his favorite march, "From Tropic to Tropic." Dr. Halladay can relate a very interesting event in his life in regard to this piece, concerning a circus. "Virge" always enjoys this number as it brings back his early boyhood life. Everyone

remarked upon the quality of the assembly and seem eager for more of this type.

R. B. Kale Opens Office



Dr. R. B. Kale, has opened offices in the Kraft building in Des Moines. Dr. Kale was graduated from Still College last June. He attended Ohio Wesleyan university and Western Reserve university before coming to Des Moines Still College.

During his senior year in Des Moines he was editor of The Log Book.

Enuresis

The Journal of the American Medical Association of July 27, 1929, carries an article on Enuresis by Dr. Ralph C. Hamill, an outstanding pediatrician of Chicago, Illinois.

The doctor gives a very interesting paper concluding with a summary a vital part of which is 1st, Enuresis is a conduct disorder; 2nd, It is stopped when the child so desires; 3rd, It is of prime importance that the child should assume responsibility for its conduct in its sleep; 4th, All other forms of treatment are against the child's interests. In 80 cases tabulated he gives a cure in 40% of the cases, the balance ranging from no improvement to varying grades of improvement.

Enuresis is a condition that often gets the physician's goat to the extent that he tells the parents that the patient will outgrow it and washes his hands of the responsibility of the management of the case.

It is most true that medicines as a rule have no influence upon the condition and the writer of the above named article concurs. He says medicines are effective only because the "child is ready to quit." Our personal experience with medicines in Enuresis confirms his opinion. That the psychological aspect has its bearing, also needs no argument. Training the child to assume that bodily responsibility is consistent and must of necessity bear good fruit.

To my notion the doctor goes too far when he says, "All other forms of treatment are against the child's interest." From the viewpoint of the Allopathic School of practice we could cheerfully say "Amen" to it, but we wonder how such a statement would appear viewed from a different angle e. g., from the standpoint of cause and effect?

In the past years it has been my privilege to examine and treat quite a number of patients

suffering from this unfortunate application. They have ranged in age from babyhood to maturity. It is my experience that in the great majority of these cases some irritation to the nerve supply to the bladder was invariably present. These lesions concerned particularly the pelvic girdle, the lumbo-sacro-iliac subluxations with the nerve plexuses governing the bladder afforded sufficient cause for the irritability of the bladder and the co-existent sphincteric weakness. In other words, there was a definite cause for the affliction other than "conduct disorder."

As to treatment, main dependence was made upon reduction of the lesion which uniformly resulted in relieving the condition. In many instances recurrence of the lesion, particularly in young girls in the ward schools, who were addicted to strenuous exercises like basketball, invariably resulted in the reappearance of Enuresis, which as promptly disappeared on reduction of the lesion.

We do not assume the position that "conduct disorder" does not have its place in the contemplation of the disorder. We only want to call attention to the fact that the additional advantages of the concept of the Osteopathic lesion in such would materially increase the percentage of cures.—(Dr. George J. Conley.)

Plus Sunlight

According to the best authorities, vitamins are little else than condensed sunlight. It has been proved in research laboratories all over the world that sunlight, especially under certain conditions, has a vitalizing effect on children, animals, plants and even food products. This is not a new idea, but some new applications of it are being made with better understanding.

In Switzerland a great sanatorium has been built up in recent years which proves sunlight treatment produces most remarkable results. Even in cases of tuberculosis of the bone, gratifying results have been general.

When sunlight is not readily available, practically the same effects can be had by the use of the ultra-violet rays, which come through the quartz lamp. These have been tested and proved in laboratories as well as in the clinical field. By means of sunlight, either direct or through the quartz machine, together with right feeding after the body has been structurally put right, the best possible results can be obtained.

That four-square combination—osteopathic adjustment, or normalizing of the body, its structure and circulation, with natural food and sunlight, together with right thinking, gives a four-square treatment that cannot be improved.

—Osteopathic Magazine.

Origin of an Invention

Johnny came back from the circus much excited. "Oh, mama," he exclaimed. "Our Katie spilled some peanuts on the

ground, and what do you think happened? The elephant picked them up with his vacuum cleaner."—Watchman-Examiner.

The Prostate

One of the most common complaints of men past the middle age of life is our so-called "kidney trouble." Many a gross of kidney pills have "blued" the urinal tracts of the male element and few find their way to a physician, so it must be the physician who finds his way to them in the course of his examination. Unusually one will find this kidney trouble is a simple hypertrophy of the prostate gland, hence the kidney trouble, for fully one third of all men past the middle milestone of life have this condition.

Admitting this large figure of those afflicted, the finding of same in some of them is quite gratifying to the patient who can be minus his minor complaint by a mere inspection of the gland sometimes, and some mild treatment.

It may be one of the sequential conditions to a masculine change of life, but our want is to believe that it is due to chronic, congestive, or inflammatory conditions.

Under the above causes would be spinal lesions, excessive venery, anticedet gonorrhea, altered testicular secretion, masturbation or more innocent causes. Be that as it may, in the average simple hypertrophied prostate there is an excessive production of fibrous tissue and of ill formed glandular substance, the two constituting the tumor. Sometimes there may be this same condition existing but not palpable but still causative of the obstruction. This can be due to a mild swelling of the middle lobe. Obstruction is the usual result of all hypertrophies of the prostate, due to its position as it nearly wholly surrounds the urethra.

Among other causes of enlargement is circumscribed tumor masses, myomata, fibromata, malignancies, etc.

Glandular hypertrophy causes the urethra above to be narrowed and somewhat lengthened. The lengthening because of its attachment in the bladder makes the urethra somewhat tortuous. Because of this tortuous condition a catheter is sometime hard to pass. In pushing the catheter within the bladder a pouch is sometimes formed and residual urine lies within this pouch, consequently in time causative of a cystitis and calculus formation. Hypertrophy of the bladder muscle due to excess bladder exercise in trying to expel this residue.

A few symptoms of enlarged prostate are as follows: due to venous congestion while at rest at night causes the patient to have nocturnal polyuria. This congestion is absent during exercise because of active circulation although there is a frequency of urination.

(To be continued)

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 7

NOVEMBER 15, 1929

Number 9

Uniforms for the Band

At the meeting of the Corporation Board held Monday night, November 4th, at the college building, the members voted to give a fine amount for the purchase of uniforms for the band.

This will aid in the advancing of the band when they make some more of their public appearances, which lately have been frequent. The band consists of thirty members, all students of Still College, and is one of the finest bands in the city of Des Moines and outstanding in the professional schools.

The band makes its appearance every Friday morning in the assembly and features several splendid numbers, which receive hearty applause from all those in attendance. The band will play at the American Institute the 15th of November for their gathering and assembly program, and in return some of their members will appear at the college in the near future to entertain the student body.

The uniforms will be the property of each member, and when he graduates he will have the uniform as a remembrance and souvenir of his part in the band and the good times enjoyed on its appearances before different organizations in and about the city.

The band has made the following important appearances since the opening of the school year: the Food Show, Dedicating the New Pavement, Chamber of Commerce of Des Moines, Harvest Jubilee, besides being the feature musical organization at the national convention last spring.

This will be one of the most valuable aids to the band, and the Trustees of the college are to be congratulated upon their decision in favor of the band, which shows their interest in this splendid organization of D. M. S. C. O.

Returns From Trip

Mrs. K. M. Robinson, secretary of Des Moines Still College of Osteopathy has returned from a short trip in Minnesota. Mrs. Robinson made quite an extensive tour in her brief absence from the school. The first stop was made at Duluth, Minn., where she visited relatives. Short trips were made to Minneapolis and St. Paul, and a very

(Continued on page 3)

I. O. A. President Dies Suddenly

The death of Dr. L. V. Andrews of Algona, Iowa, comes as a great shock to every member of the osteopathic profession. Dr. Andrews was president of the Iowa Osteopathic Association and was on his way to attend the 1st District Convention at Cedar Rapids when he succumbed to a heart attack.

Dr. Andrews was a very active man in the osteopathic profession and for this reason was chosen to lead the Iowa association for the coming period.

It is with a great deal of sorrow and regret that this news of the death of the Doctor comes to us. The funeral services were held at Perry, Iowa, November 7, 1929.

Senior A's Entertained



On the evening of November 5, the Senior A class was very ably entertained by the Doctors Schwartz and Halladay at the home of the latter.

Dr. Halladay screened the film, "The 1929 Halladay Tour", which consisted of the trip he and his family made this summer through several western states. We thoroughly enjoyed it and envy the Doctor possessing such a valuable film.

After showing this film and several others which the Doctor has, Dr. Schwartz served a very delightful lunch. We certainly didn't realize that he was quite the chef that he proved to be.

Dr. Foman who was present as a guest, related some very interesting facts about various experiences he has had in Europe. We thought for awhile we were going to see another wager between Drs. Halladay and Foman, but we hope to hear more of it in the future.

The party adjourned about 11:30 p. m. and we left feeling very grateful to our hosts for the pleasant evening which we had enjoyed.

Our Summer Clinics

D.M.S.C.O. offers to its student body a most valuable asset in the form of its summer clinics. At this time the work is as varied as at any time during the school year.

The few students who remained here during the summer months found that there was no worrying to be done as to whether enough patients were on the list to keep them busy. Eight o'clock each morning usually found the students at work and usually they were busy until the building closed that evening.

The type of cases treated were varied, giving valuable experience with acute work as well as the work which was less interesting. Many unusual cases were in the clinics, some which are seldom seen, such as Pagets disease.

For those interested in obstetrical work, our clinics were practically the last word. Our worry was not whether we could get cases but when we were going to get a little sleep. Many of the cases were normal of course but we also had several cases which were of particular value to us. Among these were forceps deliveries, breech presentations, Placenta previa, premature labors and abortions. During the summer months as well as during the school year, Dr. R. B. Bachman was always on the job, should we need his assistance. Several times we were able to be on cases with him and learn from one who has had years of experience. Had I got no other work, I would have felt well paid for my summer's work, by obstetrical experience alone.

Three times a week we were given the opportunity to improve and learn hospital technique by assisting in the surgery clinic of Des Moines General Hospital. The operations by Drs. Schwartz and Marshall were varied and many of unusual interest, especially the majors which are never seen by the students during the school year, unless it be a clinical case. In addition to watching the regular staff physicians, we observed the work of such men as Drs. Ruddy, Edwards, Larimore who come here to demonstrate technique, also for post-graduate work.

Dr. Johnson remained with us during the entire summer to assist us in diagnosis and treatment. Dr. Johnson also conducted the regular clinics held through

(Continued on page 3)

Attends Post-Graduate Course

Dr. H. J. Marshall has returned from St. Joseph, Mo., where he attended the Eye, Ear, Nose and Throat course under the direction of Drs. Walker and Reid. Dr. Marshall lectured on Eye, Ear, Nose and Throat, examined patients and operated upon twenty cases. During the Doctor's time there he examined forty cases and operated on half of them. The report on the hospital was splendid, it will accommodate about thirty-five patients and is an up-to-date institution in every way.

While the session was going in full swing, Dr. Walker honored all present with a splendid banquet which was immensely enjoyed by all. During one of the afternoons while in St. Joseph the Doctor had the pleasure of seeing the Ford Tour leave the airport for Des Moines, which was indeed a wonderful sight for every one to witness.

During the recess many were invited to inspect the Savannah Hospital for cancer. This proved to be very interesting because of its equipment which is all electric and up-to-date in every respect. Dr. Walker is in connection with this splendid hospital.

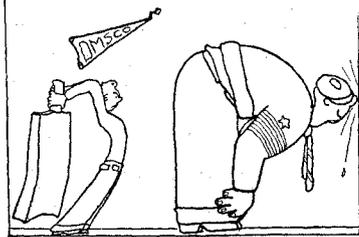
Dr. Marshall then left for Kansas City and on to Mexico City, Mo., where he met his mother and started back for Des Moines. On the return trip to Des Moines a short stop was made at Kirksville and then the journey was resumed homeward. The course proved to be progressive, interesting and showed the enthusiasm that exists among the Eye, Ear, Nose and Throat specialists.

Notice

For the benefit of those who wish to correspond with the members of the Iowa State Board of Osteopathic Examiners, the following is a list of the Doctors, their addresses and office held by each: Dr. D. E. Hannan, chairman, Perry, Iowa; Dr. Sherman Opp, secretary-treasurer, Creston, Iowa; Dr. Rolla examiner, Logan, Iowa.

We were notified that some mixup had occurred in the writing to the members so we are printing this list for the benefit of those who are not well acquainted with the officers and their positions upon the Iowa Board.

FRATERNITY NOTES



ATLAS CLUB

On Saturday, Nov. 2, we held our second dance of the year. It was a "hard time" party, but no one seemed to have a hard time getting along. The boys had the house decorated to perfection according to the true Hallowe'en traditions. The music was all that could be desired and we had all day Sunday to sleep. We congratulate the committee in charge for their conscientious work in making the party a success.

Pledge Sutton undertook to stage an "ape scene" between dances and certainly looked natural. Maybe we can solve this "missing link" problem yet.

Dr. Halladay and Francis Halladay were our honored guests. We are sorry that more of our field members were unable to come.

Chris Fedson, John Anderson, Ken Moore and "Cupie" Rose motored to Iowa City for the Iowa-Minnesota game. From all accounts they must have had a wonderful time. Too bad we're not all "rich people."

Don Hughes is the champion car owner of the club this fall. Three cars in two months is his record. He is now the proud possessor of a beautiful Nash Open-Coupe-Sedan. It has all the very latest sport lines, but it's the paint job that really makes the car.

We take pleasure in announcing the marriage of Elsie Maxson, Ames, Iowa, to Bro. Larry Boatman on Saturday, Nov. 2. We wish them every happiness.

Bro. Skinner looks mighty sweet these days.

We cordially invite any field members to visit us at any time and we would appreciate a letter from you.

IOTA TAU SIGMA

Although it is a little late to report on a Hallowe'en party, this is our first opportunity to do so, and we want our alumna and field men to know that we did not neglect staging this annual affair.

The house was decorated in an appropriate manner. Pumpkins, corn, leaves, etc., were used to change the atmosphere and these greatly added to the informality of the party.

"Hard Time" costumes were worn by all and much originality was shown in the various last-minute combinations of "Evening Dress Suits."

The informality of the occasion, plus a good five-piece orchestra, made the party the most successful and enjoyable one of the year.

The latest addition to our

house furniture is a new Victor combination radio and Victrola. We are proud of our new musical instrument and look forward to spending many of the cold winter nights at home and enjoying entertainment from distant parts of the country.

The sick list has suddenly increased. Bro. Lester Nowlin had his tonsils removed and was willing to remain in bed for a couple of days.

Pledge Happel has been suffering from a severe attack of tonsillitis and adenitis. His condition is improving slowly but satisfactorily.

Several of the brothers took advantage of the extra holiday and spent the week-end out of town. Bros. Herrick and Peterson journeyed to their home near Chicago.

Bro. A. E. Cudden visited in Peoria, Illinois.

Bros. H. H. Cudden and J. A. Johnson spent the previous week-end in Kirksville, Mo. Although their trip was for business purposes, they found time to enjoy the hospitality of their friends and fraternity brothers while in Kirksville.

Bro. Sparks recently visited the Kansas City College of Osteopathy. He reported an interesting trip but was glad to return to D.M.S.C.O.

Letters have been received from Bro. Drabing of Dallas, Texas, and Bro. P. J. Gephart, of Waterville, Maine. Both are progressing nicely and we appreciate hearing from them.

We hope that others of our alumnae groups will follow suit and correspond with us in the near future.

PHI SIGMA GAMMA

(J. J. Stivenson)

Hallowe'en has come and gone, but memories of it are still held by us all. Under able direction of Bro. Hubbard the dance was the biggest and best so far this year. Everyone is looking forward to the next one.

The boys are getting settled down and accustomed to their new rooms after a general house moving.

After Armistice, we are all ready, hard tho it is, to get back to classes and show the old fight.

Just a reminder—"Mack and Moran"—(Scatterday & Reeves)—are still in the running for the next national presidency.

Pledge Blech hold record of 29 letters for past week's writing. Challenge:—Try and write more.

Armbrust "The answer to a Maiden's Prayer" is strutting his stuff again.

Bro. Perry has turned detective. All he needs is the symbolic nickle plated star.

According to the pledges, who answer the phone, Bro. Hubbard should hire a private telephone man.

Beware! Bro. Schaffer or you will loose the title of "House Book Worm." A little personal advice: Try and keep earlier hours.

Bros. Ripley and Purdie are

still burning the trail to Boone.

Walt Madson claims he has one of the best night jobs in the city. We're sure it's a job of some kind, but as to its exact nature—you know as much as the rest of us.

Latest hit:—"Oh Where! Oh Where! Has My Little Dog Gone?"—by Leighton S. Long.

Pledge Allen believes in being ready—he's packing now for his Xmas trip home.

We are pleased to have the parents and friends of the boys drop in on us. The house was favored by a week-end visit from Bro. Reeves' family with "Her", from Muscatine, Iowa, and also by Mrs. Poundstone and several friends of the family. The rest of us are only too sorry that our folks do not live nearer.

SIGMA CHI OMEGA

(Harold Kinney)

Judging by the absence of articles in the previous numbers of the Log Book, concerning Sigma Chi Omega, no doubt our former members now in the field have assumed that the organization has ceased to function. However, this is not true, for we are very much alive and everything is running smoothly, except possibly the reporter for the Log Book, who wishes to apologize for his delinquency in this matter.

To review briefly our doings since the beginning of this school year, we will go back to the first meeting in September, which was devoted to organization and installation of officers. The next meeting was in the form of a reception for the new students and Dr. Johnson was the speaker for the occasion. As usual, his talk was very beneficial to old and new students, alike. The remainder of the evening was given over to various kinds of entertainment and good fellowship. Our next function was in the nature of a wiener bake held in Grand View park. As our guest on this occasion we had Dr. Facto, a new member of the faculty. A good time was had by all present.

Our regular meetings have been well attended and good speakers have been provided, who have given us discourses along many and various lines, which shall prove of value to us as practitioners.

Brother Dahl, who is chairman of the program committee, is to be praised for his good work along this line. He certainly always on the job and never fails to have something interesting arranged.

Our meetings are held at the Y. M. C. A. every other Monday night and we extend to all students who might be interested, an invitation to attend.

Metastatic bone cancer must be ruled out first in hip, shoulder, rib, and vertebral pains in cases presenting a freak history of cancer of the breast.

Assembly

The assembly of Nov. 8th was under the direction of Dr. Beveridge, one of the new members of the Des Moines Still College of Osteopathy faculty. The band opened the assembly with several popular numbers which received a hearty applause from every one present.

Dr. Beveridge then introduced the University of Commerce quartet under the direction of Mr. Smith. The quartet sang several enjoyable numbers, such as "Old Pal" and "Mighty Like a Rose". The quartet received a mighty applause and returned to sing an encore for the splendid applause that they received for their entertainment.

Dr. Beveridge then introduced the speaker of the occasion, Mr. Ranson, representative of the Harrower Laboratory of Glendale, California. The history of laboratory started about twenty years ago by Dr. Harrower, former instructor at Loyola university in Chicago. The laboratory specialty is Endocrine secretions from which the source comes from the big packing houses where the ductless glands are removed and kept in cool storage except the stomach and spleen, which are frozen. The products are then shipped to the laboratory in special cars where they first enter the control room. The procedure of the control room is to determine the organs so no mistake will be made in the finished products. The products are then defatted without any loss of the vital parts and dried. Pulverizing is followed through five stages, then returned to the control room for rechecking.

Osteopathy and glandular therapy are claimed to be hand in hand and in many cases the glandular therapy can be eliminated by the osteopathic treatment.

The assembly proved to be of much interest to every one and an enjoyable morning was had by all. Dr. Halladay announced that new uniforms for the band would be soon taken care of, due to the good will and interest of the Corporate Board of the college, who have set aside a sum of money for the purchasing of such uniforms.

Standing of Osteopathy in Washington, D. C.

In a bill passed by both houses of Congress and signed by Mr. Coolidge before he left the White House, is the following paragraph:

"The degrees Doctor of Medicine and Doctor of Osteopathy shall be accorded the same rights and privileges under governmental regulations."

Like standing has already been secured in a large share of the states and others are working toward it. Equal qualifications and training command equal rights and privileges.

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

Scientific, Economic, Effective

The science of osteopathy offers a new, effective service to increase efficiency in any industry, helping to meet the exacting demands of modern competition.

The industrial and insurance worlds are rapidly recognizing the economic value of osteopathy. Steel plants, railroads and factories all over the country are beginning to test out the practical value of osteopathic service among their employees. Insurance companies are acknowledging the benefits gained by this service.

The superintendent of an accident and health insurance company said to his men: "Osteopathy has saved us not hundreds of dollars but hundreds of thousands because in cases of simple colds or flu or pneumonia, or accidents, we get them to the osteopath at once and most of them are soon back on the job and long illnesses with danger and complications are usually avoided."

The cost of full or part time services of the osteopathic physician is of small consideration in comparison to the inefficiency or lost time of employees. The osteopathic physician soon learns the innate causes of disability in any organization, checks unnecessary and potential hazards, fortifies employees of low vitality, corrects faulty habits of living, removes underlying causes of disability and in a very real and practical way reduces inefficiency and the toll of compensation.

Investigate industrial osteopathic service. It offers a means of conserving continuously the health of industrial workers and thereby increasing materially the efficiency of any industrial organization.

Our Summer Clinics

(Continued from page 1)
out the summer, keeping up the standard maintained by our clinic at all times.

The student who is fortunate enough to remain here during the vacation months is surely turning down a lot of valuable experience if he does not take advantage of his opportunities. Having had so much advanced work the senior year becomes one of vast realities to the student, for them each year, when the test is one of applied work and not mere theory.—(By Benton Kinter.)

Assembly

The band opened the assembly of November 1st, under the direction of H. V. Halladay. Several splendid numbers were offered. Mrs. Innes presided over the morning's gathering, and presented the program in the form of radio schedule. The broadcasting started at nine-forty-five announcing station SCO, with the following program.

The first feature was an instrumental trio composed of Devine, Hubbard and King. Several popular numbers were played, and the choruses were sung by Bob Hubbard. Next on the broadcast was the incomparable Judd Koch of the xylophone, who played his own arrangement of the popular piece, "Lonesome Road". Judd received hearty from everyone present.

Following the xylophone solo, Russell Patterson gave two readings, accompanied by Joe Devine on the banjo. The readings were enjoyed by everyone present, especially because they were recited by a member of Still College. Next the favorite piece of all, "Roses of Picardy", was played as a trombone solo by Robert Forbes, accompanied by the band. This feature was received with great enthusiasm by the audience. Miss Halladay, guest artist of the day, was next on the period of broadcast, and gave several whistling numbers. The accompaniment was played by Dr. "Virge". Miss Halladay's part in the program was much appreciated by the student body.

Chimes were heard in the distance, warning the announcer that the time for station announcement was nearing. The time of day was announced and station's call letters, and then the program of the network was resumed.

The next in the series of the program was the feature dancing of Reeves, accompanied by Devine on the banjo. Reeves gave an exhibition of what educated feet will do when the hot music starts up with the fascinating rhythms that Joe Devine can furnish with his banjo.

Prof. Skinner and his trained Seals mounted the platform and featured several splendid vocal numbers. The members of the quartet are R. Forbes, W. Banks, Millard Hydeman and Harry Skinner. The first number they offered was "Kentucky Babe". They responded to the students' hearty applause with an encore number. Next was the outstanding number of the program, given by one who needed no introduction to the listeners. Dr. Halladay presented several numbers on his guitar, better known to others as his strumming bed pan. The Doctor was applauded by all for his part in the morning's broadcast.

The reappearance of a star from last year's program was requested, and Miss Genevieve Stoddard, better known to the radio world as the Queen of the Kitchen. Miss Stoddard slapped out several numbers with her famous syncopating spoons. This

was a pleasure to all to hear the snappy clink of the spoons. Joe Devine made his initial appearance for the morning's program, playing "Little Gypsy Sweet-Sweetheart". Joe is an outstanding banjo player who has just come into the big family gathering and is indeed enjoyed by all because of his mastery of the banjo and the splendid pieces he always presents.

Time is now short, the chimes again warned the feared-by-all announcer that the time was drawing to a close for station S C O. The broadcast ended with the strains of a march, played by the band.

This proved to be one of the most enjoyable programs of the year, and everyone is eager for Mrs. Innes' return as Master of Ceremonies.

Return From Conventions

1st District Convention

Dr. J. P. Schwartz and Dr. H. J. Marshall drove to Cedar Rapids on Nov. 4th to lecture at the 1st District meeting. A fair sized crowd was present and election of the following officers took place: Dr. Barker of Dubuque, was named president; Dr. Hilda Rice of Cedar Rapids was elected vice-president; and Dr. Andrews was selected as the trustee.

Dr. Schwartz lectured on the Surgical Abdomen and the interest shown by all in attendance was more than gratifying. Dr. Marshall lectured on the Eye, Ear, Nose and Throat, and received many gratifying comments from those interested in this specialty.

6th District Convention

The convention for the 6th District was held Nov. 1st at Nevada and a large gathering of the members showed the interest that is gaining headway in each district among the osteopathic physicians. Dr. J. P. Schwartz lectured before this excellent gathering and was pleased by the interest that was displayed by every member present. Dr. Marshall did not lecture but was busy every minute in examining the patients that were brought before the meeting. Many interesting factors were brought out in this progressive meeting.

Passes Beyond

It is with a great deal of regret that we inform the field members of the death of Ernest Thie. Mr. Thie was a member of the senior class which graduated in the spring of 1929, but was forced to drop out a short time before graduation, on account of his health. This death comes with a great deal of regret to all because of the remembrance of Ernest while in school. A splendid type of young man and admired by all. The funeral was held at his home in Sidney, Ohio.

We extend our deepest sympathies to his parents and relatives for the loss of such a fine young man.

Marriage Announcement



Mr. and Mrs. W. S. Maxson of West Branch, Iowa, announces the marriage of their daughter, Elsie, to Mr. Larry Boatman of Montezuma, Iowa.

Mrs. Boatman is a qualified Dietitian and Nutritionist, having received her training at the Mayo Hospital in Rochester, Minn., and for the past two years has been associated with the American Red Cross Nutrition Service. She received her under-graduate training at Ames where she was affiliated with the Sigma Delta sorority. At present, Mrs. Boatman is completing her work towards a Masters Degree in the department of Institutional Administration at Ames.

Mr. Boatman is also a former Ames student. At present he is attending Des Moines Still College of Osteopathy, a member of the freshman A class. Mr. Boatman is affiliated with the Atlas Club fraternity of D.M.S.C.O.

Both Mr. and Mrs. Boatman will continue their work in their respective institutions.

We extend our congratulations to the young couple and wish them success and happiness throughout life.

Morton-Lyddon

We take great pleasure in announcing the marriage of Dr. Arthur Lyddon to Margarette Morton on October 24th at the home of the bride's parents, North Whittier Heights, California. Dr. Lyddon and wife are at home in Del Rio, Texas, where the Doctor has started practicing and opened an office at 612 First National Bank Building.

We extend our most sincere congratulations to the young couple and wish them success and happiness throughout life.

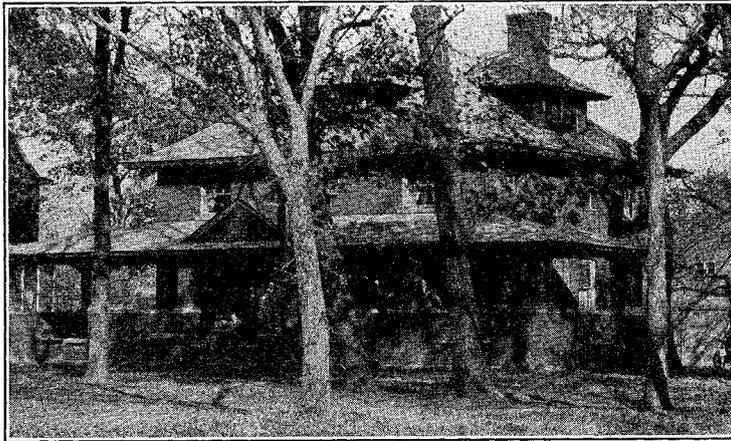
Returns From Trip

(Continued from page 1)

interesting trip was made into the Arrow Head country.

A tour of the Indian settlement was made and many interesting and historical places were visited. On the return trip Mrs. Robinson stopped at Mason City, Iowa, and visited Dr. Harrold Jennings, who has an extensive practice in that city and a splendidly equipped office for a new physician. Mrs. Robinson enjoyed the trip very much and returned to Des Moines without any car trouble, which generally spoils most of these kind of trips. Indeed she is very proud of the performance of "Sandy" the notable Pontiac.

ATLAS CLUB



....Actives....

SENIORS—C. H. Fedson, M. M. Monger, H. E. Skinner, D. Hughes, L. A. Utterback, D. H. Wire, E. Faus, G. Knowlton, H. Johnson, H. Crawford, K. S. Harmon, N. B. Welch, N. B. Weir.

JUNIORS—Kenneth Moore, Robert Homan, John Anderson, Ralph Lathrop, Larry St. Amant, J. K. Ward.

SOPHS—J. P. Campbell, Ed Swartzbaugh, E. D. Moore, G. H. Basore, H. Taylor, Kermit Davis, Venzal Mikan.

FRESHMAN A—Larry Boatman, W. Banks.

....Pledges....

J. R. Forbes.....Fort Dodge, Iowa

R. J. Sutton.....Pontiac, Mich.

Kermit Davis.....Le Grand, Oregon

Richard Phillips.....Wahoo, Nebr.

Walter Rose.....Iowa City, Iowa

Alan M. Nelson.....Minneapolis, Minn.

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 7

DECEMBER 1, 1929

Number 10

Advancement of Osteopathic Associations

(By Dr. J. P. Schwartz, Dean)

After attending a number of district conventions in Iowa in the last month, I can not refrain from expressing the great im-



pression which each meeting seemed to leave. The word "Advancement" describes the whole story.

It has been my privilege for eleven years to be in constant touch with a great many of the profession in the State of Iowa. I have been privileged too, in addressing a number of the State meetings of other States and have thus had an opportunity of observing our profession over a

(Continued on page 3)

Entertains For Business School

The band made its first appearance of the year at the American Institute, leading business college in the city of Des Moines, on November 15, before the entire student body and was received with a hearty applause.

The morning program consisted of a musical recital, many numbers were presented by the band. A combination made up of the band played several popular numbers, featuring "Howdy" Toefher and the trumpet, and Devine and King playing the banjos. The band was given a hearty applause for the splendid program and in return members of the American Institute will entertain the college in the near future.

The band returned to the college to play the regular assembly program held from now on at 10:55 each Friday morning, where many splendid programs are presented, along with addresses from the faculty, field members and other prominent men of the city.

Band Makes New Appearances

The Des Moines Still College band made their appearance at the outstanding boxing match of the year, held in Des Moines, at the Coliseum on November 12. Mr. Jack Dempsey referred the main fight of the evening and it was an honor to all members of the band to play before such an outstanding gentleman of the sporting world. The band played several numbers while the audience was gathering and received a hearty applause from all. The gathering for the occasion was around 2500 people who turned out to see the most outstanding individual in the history of boxing. Jack Dempsey made a short talk and then the match began and he proved to all that he was as good at referring as he was with the gloves on.

"Bob" Herrick the syncopating drummer of the college band is still wearing a broad smile that runs from ear to ear, the reason is that Jack Dempsey autographed his snare drum and now "Bob" has purchased a glass case to keep the drum in and with a sign on it "handle with care."

It was indeed a wonderful opportunity for the band to get before the general public and having the honor of being the only band chosen for the occasion.

For the pleasing manner in which the band was received, they were also engaged to play for the wrestling match between Strangler Lewis, former heavy-weight champion of the world, and Pat O'Shocker of California, champion of the west coast.

The ability of the band is putting it before the public and showing the talent that D.M.S.C.O. has besides the Paramount Art of Healing—Osteopathy. The credit of this splendid organization goes to each member and the untiring efforts of Dr. H. V. Halladay, director of the band.

Birkett-Lundgren

We take pleasure in announcing the marriage of Miss Linda Birkett and Dr. Abel Lundgren, both of Fort Dodge, Iowa, who were married Sunday, Nov. 10, at the Swedish Mission parsonage. The ceremony was performed at noon by the Rev. Rudolph C. Hvass. Dr. and Mrs. Lundgren will make their home in Fort Dodge.

We extend our sincere wishes to the Doctor and his wife and wish them success and happiness throughout life.

A Little Jaunt

Urged by Bob Herrick and Pete Peterson, we decided to visit Uncle Doc and Aunt Em in Lee, Illinois. Bob was anxious to go home to get his flivver and Pete wanted to get his red flannels. Bob finally pushed the flivver in a day late, but Pete is not suffering from the hives and we suspect dirt somewhere along the red flannel line. Anyway, we got started soon after 7 a. m. on Saturday, Bob and Pete making the last ten feet to the car in one jump. After we all got wedged in and settled, Bob had to get out and go back for his purse. He stated afterward that there was nothing in it, but that he wanted it to show the folks that he needed another fifty for a new drum. He has almost refused to play on the old one since Jack Dempsey signed his name on the head.

Near the edge of town we were led by just another Buick, and an old wreck driven by a member of the so-called weaker sex. Believe me, she had a heavy right hoof, for even though we went up to seventy once or twice we failed to pass her, although we left the other Buick after a sixteen mile chase. This pace landed us in Fulton, Ill. at 11:30 o'clock. As is our usual custom, we hunt up some poor unfortunate Osteopath along the line and bum a meal. Dr. B. J. Snyder proved to be the victim this time. (We will have to confess that this trick has been played on Byron before and we don't know how long it will last, but we are going to take another chance on him the next time we go thru Fulton).

This brief refueling pause proved an incentive to add to the record and we sped on, but not until Bob sent some kind of a

(Continued on page 3)

From The Field

We are pleased to announce that word has been received from Dr. Gordon A. Dutt, who is now practicing in Chouteau, Montana.

Dr. Dutt also informs us of the arrival of a baby boy Oct. 25 and says everyone is fine. The Doctor informs us that the practice is quite extensive and he is putting Osteopathy over in fine shape.

We are indeed pleased to hear from the Doctor and hope in the near future to again hear how everything is going.

(Continued on page 2)

Osteopathic Care of Athletes

Judging from the way inquiries come in, the profession is, as a whole, waking up to the importance of scientific work in the care of Athletes. Up to a few



years ago, only a few of our people gave much thought to this type of specialistic work. Now many are dipping into it and find that as a side line it ranks with the best seller.

Our big trouble now is that we have no text book on the subject and our information has to be secured in the field or on

(Continued on page 3)

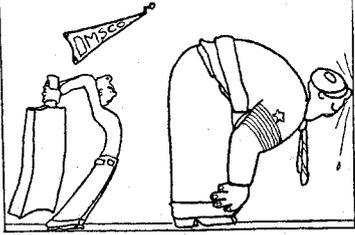
Assembly

The assembly of Nov. 15 was under the direction of Dr. J. P. Schwartz, dean of D.M.S.C.O. and surgeon-in-chief at the Des Moines General Hospital. The band opened the assembly in the usual manner with several inspiring numbers. The numbers were arranged so that an addition was made to the band of two banjos, played by Devine and King. Several popular numbers were featured with part of the band on the choruses, making it plenty "hot." Howdy Toefher broke loose in several measures with the hottest breaks since the Chicago fire. The next number "Down Among the Sugar Cane", was plenty warm and took on the musical effects and syncopation equal to "Ruddy Vallee."

Following the musical program the rest of the morning was turned over to Dr. Schwartz. The Doctor discussed the views of the practitioners towards the students in relation to the patients referred to the clinic and treatments they received. The value of the clinical experience derived from the school clinic is sufficient to put new graduates

(Continued on page 3)

FRATERNITY NOTES



ATLAS CLUB

Saturday evening, Nov. 22, the boys held an informal phonograph dance at the house. Quite a few attended and thoroughly enjoyed themselves.

Duke Wire, one of the most popular boys in the house, is quite ill in the hospital. The entire club joins in wishing him a speedy recovery.

Much interest is shown in the proposed inter-fraternity bridge tournament. Pledge Forbes, our captain, is busy getting a team ready. A correspondence course in "How to Play Bridge" is contemplated.

Cowboy Hughes is evidently getting ready for another bigger and better car. But even at that, the Nash is standing the racket fairly well.

Three of our prize guinea pigs mysteriously disappeared the other night. None has solved the mystery as yet.

Bros. Campbell and Mikan are getting the old bus tuned up for the Thanksgiving trip to Kansas City. They intend to personally investigate the much mentioned "Kansas City Kitty."

Pledge Rose is responding quite nicely to his nickname—"Cupie"—now.

Bro. Dr. Nichol森 of Northwood, Iowa, was a very welcome visitor last week. It was good to see Ole around once more.

Christmas is coming quickly and with it the realization that the semester is almost over. Much "midnight oil" is being burnt, especially by our pledges.

A letter was received from Dr. "Rusty" Wright of Detroit Hospital. We are certainly glad to hear from our old grads.

IOTA TAU SIGMA

We were honored to be able to entertain the Pan-Hellenic organization in our home, Thursday night, Nov. 21. It was the first meeting of this year and was well attended by about sixty members.

We are glad to report that the Brothers on the sick list have completely recovered. Bro. Nowlin is facing the world with a soft, gentle voice, following his tonsil operation.

Pledge Happel has also recovered, but regrets that his tonsils must be removed as soon as their condition permits.

We are all looking forward to the short Thanksgiving vacation. Several are planning on spending the four days at home or with friends and relatives out of the city. Bro. Herrick will go to Chicago; Bro. Koch to Columbia, Mo., and Bro. Nowlin to Decatur, Ill., and Bro. Belden to Marathon, Iowa. No doubt there will

be many last-minute invitations that will be accepted in order to prevent a lonesome and hungry day at home.

The recent cold wave has caused many to visit the trunk-room and unpack their overcoats. So far, all "The Old Raccoons" remain under lock and key—if they exist at all.

The chapter wishes everyone and enjoyable Thanksgiving vacation, but we warn you not to neglect your knowledge of dietetics when you eat your turkey dinner.

PHI SIGMA GAMMA
(J. J. Stivenson)

Bob Hubbard proves his talents again in heading the boys thru another successful dance on Wednesday evening, Nov. 22.

Pledge King surprised us all with his splendid work on a new glass in the electric sign on the front porch.

Pledges Blech and Withrow have discarded definite plans for Thanksgiving Milwaukee trip. If it wasn't a secret, I'd tell you why.

Ads:—Perry & Patterson—Cars put up for winter.

Schwartz:—Alarm clocks on rental basis.

Stoike, Inc.:—Circulating library.

W. G. Armbrust:—New dance steps taught. (EXTRA—Female telephone numbers gratis.)

Dr. Toepfer & Co.:—Veterinarians.

Stritmatter, Inc.:—Cigarette holders. Satisfaction guaranteed.

C. A. Reeves:—Expert carpenter work done. Non-union. (Repairing stairways a specialty.)

D. H. Grau Assn.:—Second-hand musical instruments for sale.

Stivenson & Stivenson:—Loans on time.

Naylor & Poundstone:—Confectioners. Private parties our specialty. (Everything free of charge.)

Pledge Allen asserts he has no use for R. R. pass to Ohio. Why? He wouldn't tell me, but—well, I found out! Wish we could all have girl friends—blonde or otherwise) to invite us over for a Thanksgiving dinner.

Bro. Scatterday asserts that: "To be successful, one must not forget religion altogether, regardless of his profession."

SIGMA CHI OMEGA

Have we talent among us? The answer is in the affirmative, should one of the cadavers interrogate you regarding the subject. At one of our recent meetings it was decided by the program committee to confine the program to our own ranks, instead of having the customary outside speaker. The result was the discovery of budding genius within our own domain.

First, Bro. Ed Perry favored us with a violin solo and those of us who heard him will testify to the fact that Ed can produce some real music from the intestines of a feline quadruped. Let Fritz Kreisler look to his laurels.

Then Bro. Parkinson was

called upon to give an extemporaneous talk upon the subject: "Chemistry and its relations to Osteopathy." To hear him, one would believe he was all prepared, for he certainly responded in a creditable manner.

It has been decided that each member shall be called upon in turn, to talk upon some subject, each meeting. No doubt some interesting meetings are in store for us. It is rumored that Bro. Pettit will lecture on the subject "The Philosophy of Love," and we strongly suspect he has been reading Elinor Glynn. In any event, we urge all to be on hand the next regular meeting.

Assembly

The assembly of Nov. 22, was opened by the band with several popular numbers and on the chorus of "Pagan Love Song" a trio composed of the following men sang this splendid number: Hydeman, Skinner and Bankes.

The assembly was then turned over to Dr. H. J. Marshall who congratulated the band members and Dr. H. V. Halladay on their skill as musicians, as well as osteopathic physicians. The Doctor then introduced the speaker for the occasion, Dr. Victor England of University Place, Des Moines, Iowa. Dr. England addressed the student body on the importance of Colonic irrigation to the Osteopath. The Doctor emphasized the fact that Colonic irrigation isn't what the laymen consider it as a high enema. There is an art in colonic work hardly any feces are ever washed out; the art is in removing the mucous and other material in the tract. Along with colonic work, a strict diet must be carried out in every case to get the finest results in any of the cases. Many case histories were related and the results were gratifying.

In closing, the Doctor emphasized the fact that he would be pleased at any time to give to the seniors the technic required in this art, if any were interested enough to call on him. The address of the morning proved to be interesting and beneficial to all and especially the senior class, who will be out in the field in a few months. A hearty applause from the student body showed their enthusiasm for such an interesting lecture.

The band closed the assembly with a spirited march and every one left with a new insight on an agent useful in the paramount art of healing—osteopathy.

From The Field

(Continued from page 1)

Dr. Harry E. Elston, former graduate of D.M.S.C.O. and now practicing in Niles, Ohio, is the commander of McKinley Post of the American Legion, and is general chairman of the committee which arranged the dedication services for Nov. 11, Armistice Day.

The following is Dr. Elston's Dedication: "In the name of the

(Continued on page 3)



Around Our Merry Campus

Micky came home from school sniffing. "You've been licked," his mother said.

"I ain't," said Mickey. "There was a doctor at school this morning examined us, and said I had ad'noids."

"Phwhat's thim?" asked his mother.

"There things in your head as has to be taken out," answered Micky.

"It's a dom lie," angrily exploded his mother. "I've germicidal soaped and finecombed y're head ivry Saturday night and niver an ad'noid did I find."

A freshman was spending Saturday afternoon on a farm, the home of his best girl, and the scenery filled him with romance. As they walked through a pasture, he noticed a cow and a calf rubbing noses.

"Such a loving sight," said he, "makes me want to do the same thing."

"Go ahead," said the girl, "It's pa's cow. He won't care."

"And what did you say the patient did," asked the doctor, "when you ripped off the dressing?"

"Swore, doctor!" exclaimed the nurse. "He swore frightfully!"

"Splendid, nurse! I reckon you can let him sit up tomorrow."

Nurse (to 8-year-old Bobby): "Would you like me to show you the nice, cute, little baby the stork brought to your mother?"

Bobby: "Naw—show me the stork."

A medical student was having a hard time with a written exam. One question was: "How would you induce a copious perspiration?" He answered: "Have the patient take a medical exam. in this college."

Dr. Jones—Did you hold a mirror to her face to see if she was still breathing?

Interne—Yes, and she opened one eye, gasped and reached for her powder puff.

Joe—Say, Jack, are you still engaged to that awfully homely Jill girl?

Jack—Well, I should say not. Joe—Good for you. To tell you the truth, old man, you certainly had my sympathy. She was the most awful mess I've ever seen any place. How in the world did you get out of it?

Jack—Married her.

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

The Prostate

Continued from Nov. 1 Issue)

The urine is slow to appear on urination then it is usually feeble and the last drops are without control. There is sometimes interruptions when mental impulses appear. Lumbar ache and perineal pain are present especially with lesions of the lumbar spine. The ache may be more pronounced on the perineum with an irritable rectum, due to straining on urination and defecation because of the usual rectal prolapse.

In the later course of the disease nocturnal polyuria is more pronounced with scanty highly ammoniacal urine, containing the products of residual urine such as phosphate, blood, bacteria, pus, etc. In time abdominal palpation will show that the bladder never empties entirely and is greatly dilated.

Our medical brethren think of the catheter for emptying the bladder and bladder irrigation for the septic conditions of the bladder, even before a very pronounced obstruction. As the catheter life of an individual is estimated about five years it is up to the osteopathic physician to resort to his prostatic massage. Some say there is no known means of reducing or preventing hypertrophy, but experience of massage sometimes prove quite gratifying. A short massage and treatment of the lumbar weekly or semiweekly in winter is of great benefit to the patient as well as profitable to the physician if it is a simple hypertrophy. Care must be taken in treating the gland proper as not to injure same. Loosening of the tissues at its base should be done first on entering the rectum and stroking the gland from its lateral edges and downward to its middle lobe is the usual technic.

Spring and spreading of the ischii is of value, as it tends to release the anterior commissure where it is attached to the symphysis. Hot sitz baths and hot oil enemas are of benefit.

In the event you have an unyielding cystitis boracic solution, normal saline, AgNO₃ from 1:00 to 10,000 to 1:4,000 is good irrigations for the bladder.

As proctectomy is not a trivial affair and mortality is large it might be well to think twice before suggesting surgery. X-ray and a cystoscopic examination may tell you lots besides being a value to the surgeon. Surgery is the only treatment to some conditions of course.

As prostatic massage is used in chronic gonorrhoea, sometimes the physicians thinks it good in the acute posterior urethritis, but massage tends to aggravate the condition.

So again it might be a good idea to keep an open eye for simple hypertrophied prostates as the massage treatments of several will pay the office rent as usually the results are good enough the patients are more than glad to pay cash. For many of the glands of men have never been examined even if they have been through some of the big clinics, so get another rubber glove for prostatic examination.

—K. A. BUSH, D. O.

Assembly

(Continued from page 1)

on an equal with any of the practitioners that were graduated in the last few years, plus their experiences in the field. The clinical experience brushes away the rough edges which otherwise would have to be accomplished the first few years in practice. The routine of the clinic, if followed out properly by the students, will be the nucleus and foundation for their future practice and aid in determination of success that each wishes to attain.

Dr. C. W. Johnson was next called to the platform and emphasized the statements made by Dr. Schwartz and congratulated him upon his interesting and convincing address, which should be of benefit to every student. The Doctor announced the changing of the assembly period to the last period in the morning, so that no interference and neglect will be made in any of the classes.

The rest of the morning's program was returned to Dr. Halladay and the band. A request for "Roses of Picardy" was played, featuring Bob Forbes on the trombone. A hearty applause was returned for the splendid performance of Mr. Forbes and accompanying band members. The assembly closed with the band playing the "New Colonial March" which everyone always enjoys hearing.

A Little Jaunt

(Continued from page 1)

mysterious message to Sycamore. Arriving at Creston at exactly 3:00 o'clock we circled the city and found no trace of the fair maiden. I told Bob that if he had wanted the young lady to arrive at three he should have told her we would be there at two. Well, we dumped Bob and Pete and went on. Yes, we finally found Lee. But then you know it isn't the size of the community that makes it—it's the people—and how lucky for Lee that this is true.

It would be useless to say that we were royally entertained, for you know we were. The only thing was that it rained all the time, but then what is rain

when chicken 'n 'nevrything is being served in the dinner?

We left Lee, Monday A. M., and had it fixed so we would arrive in Fulton at noon on the way back for good reasons. Driving slower on the return trip we arrived home late Monday, having spent three fine days over fine roads and visiting and meeting fine people. That's what we call living.—"Virge" (Dr. Halladay) and his two kids.

Osteopathic Care of Athletes

(Continued from page 1)

the field and from those that have been making the work a study. It has been our privilege for the last five years to work very intensively with several intelligent coaches and to help in the training of every male member of the graduating classes for the last five years at Still College. Let us give you some figures.

Each year our seniors take care of about 5,000 athletes. Every school in the city uses our boys in the senior class and in addition we furnish trainers for several athletic clubs. Each senior is required to take care of some sort of an athletic team. Those working in the fall get at the football squads. These are followed by the basketball and swimming teams and these by the track teams. In the spring we have a group of about twenty busy for the three days of the Drake Relays and at that time introduce Osteopathy to about 2500 young men.

Let us see what this is accomplishing: It gives to our seniors a training that cannot be secured any other way. You cannot get up before a class and theorize on the care of athletes. It brings the student in contact with a group that is quick to praise or boo. You soon learn to come across. Stalling will not get by with a gang of athletes. They are not playing that kind of a game and will not play with you unless you are on the job.

We are introducing Osteopathy to young people, that if properly impressed by it, will always be our friends. We are making friends with the school authorities, and the parents of the boys on the team. We are proving all the time that mechanical injuries respond more quickly and surely to Osteopathic treatment than any other kind. Our students know that there is such a thing as an innominate lesion and other lesions. They appreciate a knowledge of the structure of the body and the part it plays in their diagnosis, prognosis and treatment. We are making Osteopaths and osteopathic converts.

A complete outline of work done by this part of the clinic of the college would take up too much space. Most of the cases drop into muscle, bone or ligament pathology, but there are many cases of boils, blisters, cuts and early symptoms of general infections to be dealt with.

The experience covers a wider range than it would seem at first. It is a type of practice that is growing in importance every day and is already in the specialty class.—(Dr. H. V. Halladay.)

Advancement of Osteopathic Associations

(Continued from page 1)

considerable field. This same spirit of ADVANCEMENT prevails wherever one may choose to go.

We who have been in touch with Osteopathic education by teaching in our colleges, have long felt that the Osteopathic course has advanced by leaps and bounds; it has widened its scope, developed its teachers, increased its equipment and has taught from scientific basis. It is most gratifying to see that the practitioners in the field have kept pace with this progress.

The spirit of learning is found in every district meeting. This thirst for knowledge, this advancement is clearly personified in our practitioners professional standing, their social prestige and other financial status has increased, they are a well grounded, successful physician in every sense of the word.

Reports of attendance from post-graduate courses held thruout the country are most gratifying. It is significant of an alert, active profession. Our national convention was well attended; the papers given were of invaluable knowledge; it was progressive.

Speaking as one from a little more than a decade of experience in our profession and viewing the results of these few years, one can not help but feel that our future is unlimited in its advantage. Truly, I feel proud that I am a practitioner of that most progressive science—OSTEOPATHY.

From The Field

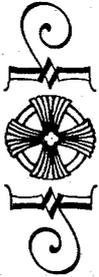
(Continued from page 2)

McKinley Post, No. 106, of the American Legion, I now dedicate this memorial to the memory of those who fell in the service of their country by land and sea. Their lives are glorious before us; their deeds are an inspiration to us. As they served America in time of war, yielding their last full measure of devotion, may we serve America in time of peace, so living that justice, freedom and democracy may endure forever.

"I dedicate this monument to them and with it I dedicate this Post to the service of the country and the preservation of the memory of those that fell that liberty might not perish."

It is indeed with great pleasure that we are able to bring before the field members from time to time some of the activities that our field members are undertaking and the honors that are bestowed upon them.

IOTA TAU SIGMA



....Actives....

SENIORS—H. H. Cudden, A. E. Cudden, R. F. Herrick, L. A. Nowlin, H. G. Morrow, R. J. Rhode, D. R. Steninger, J. C. Wigal, M. P. Quartel, B. R. Kinter, R. R. Lang.

JUNIORS—H. H. Cook, J. J. Johnson, L. W. Peterson, N. J. Gill.

SOPHS—Earl W. Hewlett, Walter R. Belden, Carl P. Routzahn, Judd L. Koch, Leslie W. Spaulding, Gordon E. DuBois, John H. Peck.

FRESHMEN—Edward Obenauer, Leroy Sparks.

....Pledges....

Russell Fiala.....Des Moines, Iowa

Robert Happell.....Dayton, Ohio

George Hall.....Dayton, Ohio

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

THE LOG BOOK

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

Volume 7

DECEMBER 15, 1929

Number 11

MERRY CHRISTMAS

Seasons Greetings

It is with pleasure that the Corporation Board of Des Moines Still College of Osteopathy extends its sincere wishes to all the members in the field for A Merry Christmas and Prosperous New Year.

It will also be a pleasure to hear more frequently from the members in the field this coming year, so make it a resolution to keep in touch more frequently with your school. Let us know how you are progressing in your community.

CORPORATION BOARD,
STILL COLLEGE.

Assembly

The assembly of December 6th was opened in the usual manner with the band playing several splendid numbers. Dr. Johnson, President of D. M. S. C. O., addressed the band members and Dr. H. V. Halladay upon their accomplishments and the interest they have aroused among all the students in the college. The band has more than taken the place of athletics in Still college, and everyone is enthusiastic over its progress, and boosts every time an occasion arises. Dr. C. W. Johnson then presented the new uniforms to the band.

The uniforms were purchased by the corporate board for the further aid in advancing the band, which represents the college in nearly every activity in the city of Des Moines. Dr. Halladay accepted the splendid new uniforms for the band and also thanked the members of the board for their interest in the band and their splendid contribution to it.

The rest of the mornings program was turned over to Miss Johnson, who introduced the speaker of the morning, Dr. Kline, former student of Still college, and now practicing in Des Moines. Dr. Kline praised the band and their progress. The Doctor addressed the students on the subject of Osteopathy, its founder, and the outstanding men who have so generously given their time to the advancement of the science. Several different cases were given to show the ability and the accomplishments

(Continued on page 3)

First Annual Polyclinic and Post Graduate Course at Mercy Hospital a Splendid Success

During the interval October 7 to 21, 1929, a Clinic and Post Graduate Course was held at Mercy Hospital, St. Joseph, Missouri. Seventeen members of the profession, coming from eight different States were enrolled as students and the Faculty included several nationally known men in the Osteopathic Profession.

The Course is sponsored by Dr. F. P. Walker, owner and Chief Surgeon at Mercy Hospital. Dr. Walker is now working on plans for the Clinic and Post Graduate Course to be held again next year.

In addition to Dr. Walker, instructor in Surgical Diagnosis and Technique, the faculty included Dr. C. C. Reid of Denver, Colorado, Eye, Ear, Nose and Throat. Also Dr. Reid's Efficiency Course." Dr. F. I. Furry of Denver, Colorado on "Orificial Surgery and Proctology." Dr. W. H. Gillmore of Minneapolis, "Varicose Veins and Ulcers." Dr. H. J. Marshall of Des Moines, Iowa, "Ear, Nose and Throat." Dr. M. L. Hartwell of St. Joseph, Mo., "Physiotherapy." Dr. Wm. P. Lenz, St. Joseph, Mo., "Genito-Urinary Diseases." Dr. R. H. Hurst of King City, Mo., "Pathology." Dr. H. M. Husted of Mercy Hospital Staff, "Eye Ear, Nose, Throat." Dr. A. J. Blair of Mercy Hospital, "X-Ray and Anasthesia." Dr. Forest Kendall of St. Joseph, "Laboratory Methods."

The large number of clinic cases available made this course a very practical one, both for the Specialist and General Practitioner as well. Over 150 patients were examined and approximately 75 operations performed during the two weeks. The operations ranged from minor work to heavy major cases and the record of not a single fatality, indeed speaks well for the work done.

The following Doctors enrolled for the course: Dr. W. O. Pool, Wynnewood, Okla.; Dr. E. C. Smith, Topeka, Kans.; Dr. Paul O. French, Cedar Rapids, Iowa; Dr. C. I. Pray, Albany, Mo.; Dr. J. H. Mahaffey, Huron, South Dakota; Dr. E. L. Jay, Akron, Ohio; Dr. H. H. Brinkman, Bloomfield, Nebr.; Dr. Kessler, Centralia, Mo.; Dr. J. W. Kennedy, Kansas City, Mo.; Dr. J. W. Eisminger, Oklahoma City, Okla.; Dr. R. H. Van Wyngarden, Mexico, Mo.; Dr. W. C. Huefle, Eustus, Nebr.; Dr. James Humbert, Minneapolis, Minn.; Dr. E. J. Remington, Burlington, Colo.; Dr. Theresa Burnes, Creston, Iowa; Dr. Fannie Parks, Winterset, Iowa; Dr. J. F. Harding, Holdridge, Nebr.

Attendance at all classes and demonstrations showed the enthusiasm and eagerness of the class to "get the stuff."

Some of the high spots of the two weeks were:

1. P. G. Class the guests of Buchanan County Osteopathic Association at a luncheon at the St. Francis Hotel, St. Joseph.
2. P. G. Class the guests of Rotary Club of St. Joseph at luncheon at Robidoux Hotel.
3. P. G. Class motored to Savannah, Missouri and visited the Nicholas Sanitorium. Dr. Matheny of the Nicholas Staff lectured on "Malignancy—Its Diagnosis and Treatment."
4. P. G. Class motored to Kansas City to hear Dr. Harrower of Glendale, California, on "New Discoveries in Endocrinology."
5. Farewell Banquet to Class, given by Dr. F. P. Walker.

The Doctors attending the course all spoke highly of the instruction received and many have signified their intention to be present again next year. Mercy Hospital is an ideal place to conduct a P. G. Course, having plenty of available clinical material. The Hospital is completely equipped in every department and is operated by an efficient personnel, under the capable leadership of Dr. F. P. Walker.

Band Uniforms Arrive

The new uniforms for the D. M.S.C.O. band purchased by the College board have arrived, and every one is mighty proud of the appearance of the band.

The uniform is of a dark purple, cut in a coat-like manner, with patch pockets and large lapels. On the right shoulder is a felt skull in white, and on the pocket is a letter "S" which designates the school. The hats are purple berets with the letter "S" on the top. The new uniforms give the band a snappy appearance in all of their public appearances.

Dr. C. W. Johnson presented the uniforms to the band after addressing them at the last assembly. The Doctor praised the band for their wonderful success and aid in putting the school before the public in a pleasing manner. The band has played before many outstanding and leading organizations of the city of Des Moines, and also many out-of-town engagements.

Dr. Halladay accepted the presentation and thanked the members of the board for their splendid contribution for the further advancement of the band.

The corporate board of the college purchased thirty-six uniforms to equip each member of the band in a fine uniform for their further engagements. The band is the most outstanding organization ever in the history of the college to arouse the student interest and for the furthering of the college throughout the country.

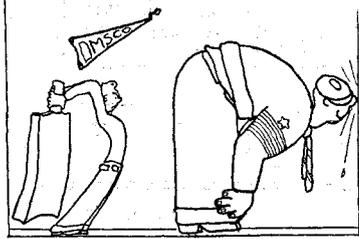
The band is praised by everyone who is fortunate enough to hear its programs, and they always boost it whenever the opportunity presents itself.

Locating in West Virginia

Most of West Virginia's larger cities have from one to five or six Osteopathic physicians. Wheeling, Huntington, Charleston, Parkersburg, Clarksburg, Bluefield, Fairmont, Morgantown, Grafton and Martinsburg—any these cities are possibilities. No one could say a city of 60,000 people with half a dozen Osteopathic physicians is overcrowded.

(Continued on page 3)

FRATERNITY NOTES



ATLAS CLUB

It was with great pleasure that we received letters from Drs. Rusty Wright, Bob Lustig, Musselman, Frank Dornbush, Harry Nossek, and D. Scott Alden. This is indeed gratifying, for, besides being extremely glad to hear from field brothers personally, it shows the far-reaching and lasting effects of fraternalism, that one does not forget his old associations, after graduation.

To say that the boys are glad that the Christmas holidays are near, would be prosaic. After a hard semester of work, the boys are more than exuberant over the prospective trip home.

Our dainty toe dancers, Jacqueline Campbell and Georgette Basure, are assiduously rehearsing their dance number entitled "Tip Toe Through the Tulips" in company with that inimitable comedian "Slats" Moore, in preparation for their Hollywood debut. The exquisite dancing of Jacqueline and Georgette is bizarre, while the antics of the irresistible "Slats" are bound to keep the female part of the audience in an uproar. It is undoubtedly the biggest hit since Judge Utterback broke his arm.

On Friday, the 13th, we are holding our Christmas dance. In spite of the date, an excellent time is anticipated. We want a perfect climax to a successful semester.

Dad Duke Wire is back on the job again. We are all pleased to know that he has fully recovered from his recent illness. "Joe College" Wynn threw a scare in us by developing an attack of appendicitis, which, fortunately, passed off in good style.

"Major Seagrave" Hughes has apparently put his "Oregon rocket" up for the winter, so we'll miss his hair-raising dashes down Sixth Avenue.

As this is our last opportunity, the chapter extends to all its best wishes for a happy Christmas and a most prosperous New Year.

IOTA TAU SIGMA

Once again, and for the last time during the year 1929, we will bring the outside world up-to-date with our activities.

Much to the surprise of everyone, those who spent Thanksgiving week-end out of town, returned on time and were ready for school the following Monday. Bros. Herrick and Peck established a new record as to driving time from Chicago to Des Moines. They claim that their fourteen hour ride was due to

strong winds and too much snow, and since it sounds like a reasonable excuse, we will have to believe them.

Our last house party consisted of a radio dance held Saturday night, Dec. 7th. The radio dance programs were unexpectedly fine and helped make the evening a successful one.

There are strong indications that many of the Brothers are desirous of more knowledge of Osteopathy and one of the best indications is the fact that over five hundred dollars worth of books were purchased recently by undergraduates and by the graduating seniors. Books are always considered a good investment and we feel certain that there will be no exception in this case.

Bro. Rohde and Pledge Happel are now in style with the majority of people making up the civilized world. They decided that they wanted company during their period of recovery from the well known and much discussed tonsil operation, so they chose last Saturday as the eventful day. We are glad to report that both are progressing as well as could be expected.

Bro. Peterson spent the past week-end visiting in Ames, Iowa. We wonder if he is considering Agriculture instead of Osteopathy, and so far, he has failed to enlighten us concerning his intentions.

We are all looking forward to the nearing Xmas vacation. In spite of a sixteen day vacation, some of the Brothers find it necessary to remain here during the entire time, but as usual, most everyone will be home with parents, relatives and friends.

Beta Chapter, of Iota Tau Sigma, takes this opportunity of extending the Seasons Greetings to all the readers of the Log Book.

PHI SIGMA GAMMA

Brother Hubbard announces that plans are complete for the Christmas dance to be held at the house Friday, December 13.

Brother Stewart is back with the old gang. Glad to see you, "Red".

Brothers Shaffer and Reeves are putting the pledges through their tricks this week. They seem to take a great interest in each other.

H. E. Toepfer and R. N. Stritmatter plan to turn chauffeurs on the eastern Christmas trip. Good luck, fellows!

Bro. Grau desires to know if there is any sure way of marking shirts so the spirits won't fleece them away.

Extra!—Call from public, hoping that they will not be disturbed from their slumbers in small hours of morning. Better check up on your apartment number, Hubbard.

Bro. Scatterday believes in being prepared. He has his suitcase ready packed for the Holidays.

Bro. Madson is now a man of leisure. He maintains that night

work and studies do not mix.

G. A. Purdie and the "Y" are very well acquainted. He says, "A swim a day keeps the doctor away."

Bro. Stoike desires all the up-to-date data on results of face lifting. He won't say whether he wants to specialize in it or be the object of experiments.

Bro. Patterson was again called upon to release some of his oratorical prowess for the Frosh. If he can just recite, and and make one cry, I wonder what the girls do or say when our "John Gilbert" makes love?

Our mascot, "master", has been gone for at least two weeks. Funny how you miss even a dog. The house seems sort of empty when he's not there to greet you. We all hope he gets that Christmas homesick feeling and shows up.

W. L. Madson put the Frosh to decorating the house for the Christmas dance. His own original plans worked out beautifully, and the house simply radiates that Christmas spirit. We want to make this dance the best of the season, and if the mood keeps up it will be.

SIGMA SIGMA PHI

Sigma Sigma Phi takes pleasure in announcing the initiation of Andrew Ripley, Richard Combs, Howard Cook, Selmer Dahl, Nicholas Gill, Richard Stritmatter, Henry Scatterday, and Kenneth Moore. These men were initiated on Tuesday, December second. Following the initiatory ceremony, the men all trekked to Uncle Charlie's Chinese restaurant, where the usual race for honors as to the best appetite was held and settled. Combs holds the record for the men that like steak, while Johnson and his noodles are in a class of their own.

SIGMA CHI OMEGA

H. Kinney

The last meeting of the organization was held Tuesday, Dec. 3. Now that Dr. Foman's lectures are over, we can look forward to larger attendance and renewed enthusiasm.

Some of the fellows seem to have taken on some excess weight since Thanksgiving, all of which speaks well of their table technique. However, no case of "acute indigestion" have been reported, so all is well.

We are now looking forward to the Christmas vacation. Many are planning to spend the holidays at home, and those of us who are denied that pleasure, will welcome the brief respite from our daily toil and make merry in other ways.

Most of the fellows have already written their letters to Santa. Here are some of the requests:

1. Vic Reeder wants a new pair of spats, a fancy cowboy shirt and a package of life savers—peppermint flavor.

2. Parkinson—a book on public speaking, pair of ear muffs, and bottle of hair tonic.

3. Dahl—Bottle of metal polish for his horn, a fly swatter and some stick candy.

4. Ed Parry—Some new reeds for his clarinet, a moustache curler and some licorice.

5. Pettit—Some patients, orders for honey and pair of suspenders.

6. Joe Chretien—hydrometer for testing alcohol, a list of antidotes and a tow-rope.

7. Purtzer—Biography of Washington and Lincoln, Napoleon and Amie McPherson.

8. Parkhurst—A book of Grimm's Fairy Tales and Nick Carter series.

9. Steve Henry—Information leading to the apprehension of the fellow who took his watch. A pair of shell-rimmed spectacles and a red necktie.

10. Harold Somars—Professional dignity, box of pretzels and some animal crackers.

11. Hiean—Corn cob pipe, dress suit, and pair snow shoes.

12. The writer wants more topics to write about.

SQUARE & COMPASS

C. A. Reeves

A smoker was held at Shrine Temple for all Masons and De Molays in school. The boys all seemed to have a good time.

"Doc" Fellows gave a very interesting talk. Bill Nye also spoke a few words.

Dr. Parks also attended the smoker. Seemed good to have the Doctor with us again.



Around Our Merry Campus

He—So Miss Jones is angry with her doctor. Why is that?

She—He tactlessly remarked that he would soon have her looking her old self again.

Diogenes was wandering aimlessly around the town with his lantern.

"Still looking for an honest man?" sarcastically inquired a cop.

"No," he snapped, "for a parking place."

The doctor took one glance at the new patient. "You'll have to call in another physician," said he.

"Am I as sick as all that?" gasped the patient.

"No, but you're the lawyer who cross-examined me last March when I was called to give expert testimony in a certain case. Now, my conscience won't permit me to kill you, but I'm hanged if I want to cure you, so goodby."

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

Golf

I got a letter from the editor of last year's Pleiad the other day. Says "golf has got him." He told me he didn't think I played because he gave me credit for more sense but I thought it must be one of the requirements of a good editor, if "Jimmie" played the game, so I tried it.

Have you ever golfed? It's bally good sport. You take a wooden stick with a flat piece of iron on the end of it and hit a little rubber ball into the holes on the course. Between times you use your clubs to poke around in the grass and underbrush trying to find the ball.

Golf is a combination of baseball and hide-and-go-seek.

You're supposed to say "fore!" when you drive off the tee so that people ahead of you will get out of the way of the missiel; but I've heard fellows say more than that—especially if they sliced the ball into the rough.

Locating In West Virginia

(Continued from page 1)
For those who like the larger cities, we recommend the investigation of any or all of the above named.

There are many small cities throughout our state without Osteopathic physicians. It is in the small city the physician can secure a practice in a short time. However, we do not recommend locating in any locality unless the Doctor is satisfied to live there permanently. It is wise to look a location over; study the situation from all angles, before spending time and money in establishing a practice. If a man desires to practice in a larger city eventually, it is best to locate there at the outset and persevere until he becomes well established.

The following list of small cities in West Virginia have no Osteopathic physicians at the present time. Population and explanatory data given in each case:

- Kingwood, 3000 county seat.
- Philippi, 2000, county seat.
- Logan, 7000, county seat, a drawing population of 40000.
- Piedmont, 4000, eastern section.
- Spencer, 4000, county seat, wealth
- Mannington, 3900, oil country.
- Sutton, 3000, county seat.
- Gassaway, 3000, railroad shops.
- Richwood, 8000, lumber center.

Montgomery, 5000, and drawing population.

Mullens, 5000, 25,000 drawing population.

Welch, 10000, 50000 drawing population.

Mt. Hope, 3000, 12000 drawing population.

Princeton, 10000, county seat. Salem, 2500, 15 miles from Clarksburg on main B. & O. East and West line.

Keyser, 7000 county seat, and prep school location there.

The next meeting of the State Board will be held at the office of Dr. John H. Robinett, First National Bank Bldg., Huntington, West Virginia, February 3 and 4, 1930. Application blanks may be secured by writing the Secretary, Guy E. Morris, D. O., 541-542 Empire Bank Building, Clarksburg, West Virginia.

Assembly

(Continued from page 1)
of every Osteopathic physician. Interest in the chronic cases which always are numerous in such clinics should be as great as those of acute cases, and as much consideration given to one as to the other.

The Doctor received hearty applause for his splendid address and view upon his profession. The band closed the morning's gathering with the splendid march, "Men of Ohio".

Only to the pure and true does Nature reveal her secrets.—Goethe.

Appearances of the Band

Within the last week the band has made several more public appearances before exceptionally large gatherings.

On Friday night, December 6, the band appeared before the large crowd gathered at the Coliseum to attend the Legouri and Falegano fight, the main attraction of the evening.

The band has made several appearances before on such occasions, and from the way they were received by everyone present, the management has asked for their appearance on all such occasions hereafter.

On Tuesday night, the 10th of December, the band again made its appearance at the Coliseum to play for one of the outstanding wrestling matches in the Middle West. The main go was between Ralph Parcaut and Clem, who are both claimants of the middle heavyweight championship. This proved to be a very interesting match, and everyone enjoyed it. The band played before the preliminary, and between matches, and was heartily applauded by every one present.

Workmen were making repairs on the wires in a schoolhouse one Saturday, when a little boy wandered in.

"What you doin'?"
"Installing an electric switch" one of the workmen said.

The boy then volunteered: "I don't care. We've moved away and I don't go to this school any more."



ALUMNI-- Get Busy

Members of the Paramount Art of Healing--

OSTEOPATHY

Now is the Time to Inform Your Prospective Students that the
Second Semester is Near. The Dates for Registration are:

JANUARY 23 and 24. Classwork Starts January 27.

See that they are here to ENROLL in the Mid-Year Class. Where?

Des Moines Still College of Osteopathy

PHI SIGMA GAMMA



....Actives....

SENIORS—Dr. J. C. Cochran, R. E. Dorwart, F. K. Smith, O. O. Taylor, M. V. Westberg, L. S. Long.

JUNIORS— B. E. Scott, A. G. Ripley, G. A. Lofthus, C. A. Reeves, F. K. Stewart, H. F. Scatterday, R. N. Stritmatter, R. J. Patterson, D. G. Perry, J. B. Parks, W. L. Madson.

SOPHOMORES—F. W. Shaffer, G. A. Purdie, J. W. Brace, D. H. Grau, J. J. Stivenson, C. E. Stoike, W. A. G. Armbrast, F. K. Schaffer, R. E. Jagnow, H. C. Toepfer.

....Pledges....

M. J. Schwartz.....*Milwaukee, Wis.*

H. G. Withrow*Milwaukee, Wis.*

R. F. Allen.....*Columbus, Ohio*

C. V. Blech.....*Milwaukee, Wis.*

F. E. Hecker.....*Milwaukee, Wis.*

B. E. Poundstone.....*Clarion, Iowa*

L. E. Widmer.....*Toledo, Ohio*

C. L. Naylor.....*Youngstown, Ohio*

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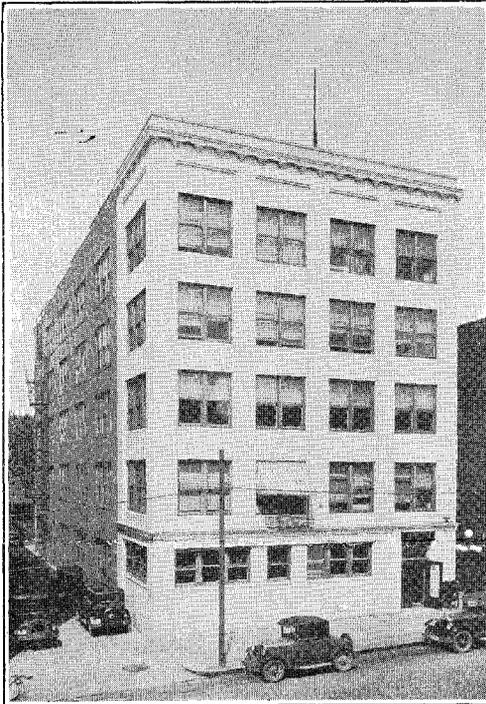
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Volume 7

January 1, 1930

Number 12



THE DES MOINES STILL COLLEGE OF OSTEOPATHY

* * *

STILL COLLEGE was founded in 1898 by Dr. S. S. Still and wife, Dr. Ella D. Still, together with a group of enthusiastic workers who saw the need for an Osteopathic College in a city where clinical material would be unlimited. It was the first college to confer the degree Doctor of Osteopathy and the first to be taken over by the profession as a non-stock holding corporation. Since its inception the college has adhered to the original principals taught by the founder of Osteopathy—Dr. A. T. Still—and boasts among its alumni many of the leading members of the profession.

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.

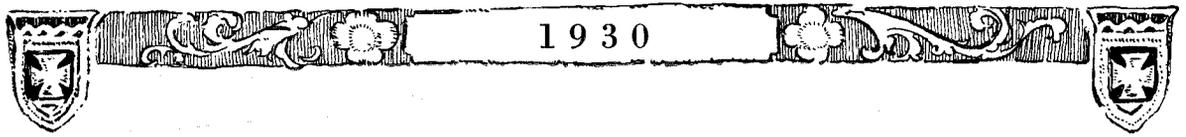
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STRUCTURE: Steel and concrete forms the basis in the construction of the building, making it fireproof thruout. It is five stories in height and constructed with the idea that two more floors may be added. Alleys are found on three sides, insuring adequate light and ventilation. 28,000 square feet of floor space is available.

The college was first located at 1424 Locust Street, but as the years made changes necessary, the college outgrew its old location and building, and was moved to the new site during the summer of 1927.

Future prospects of the college are very flattering. The student body has gradually increased and with greater clinical facilities and a faculty which is strengthened each year, the college is not surpassed by any of the recognized schools of Osteopathy. Visitors are always welcome.

We are proud of our institution and will be glad at any time to answer inquiries relative to the College or the Science of Osteopathy.



D. M. S. C. O. FACULTY



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



C. F. SPRING, D. O.



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



MARY GOLDEN, D. O.



R. B. BACHMAN, D. O.
Treasurer



J. P. SCHWARTZ, D. O.
Dean



J. M. WOODS, D. O.



H. V. HALLADAY, D. O.



AVA L. JOHNSON



D. M. S. C. O. FACULTY



B. L. CASH, D. O.



H. J. MARSHALL, D. O.



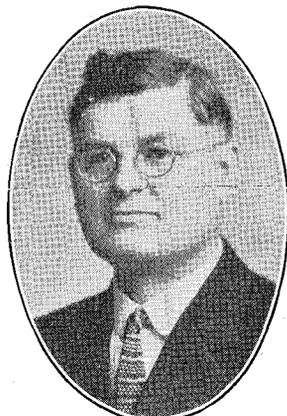
Z. A. INNES, L. T.



L. L. FACTO, D. O.



J. R. BEVERIDGE, D. O.



I. C. GORDON, B. A.



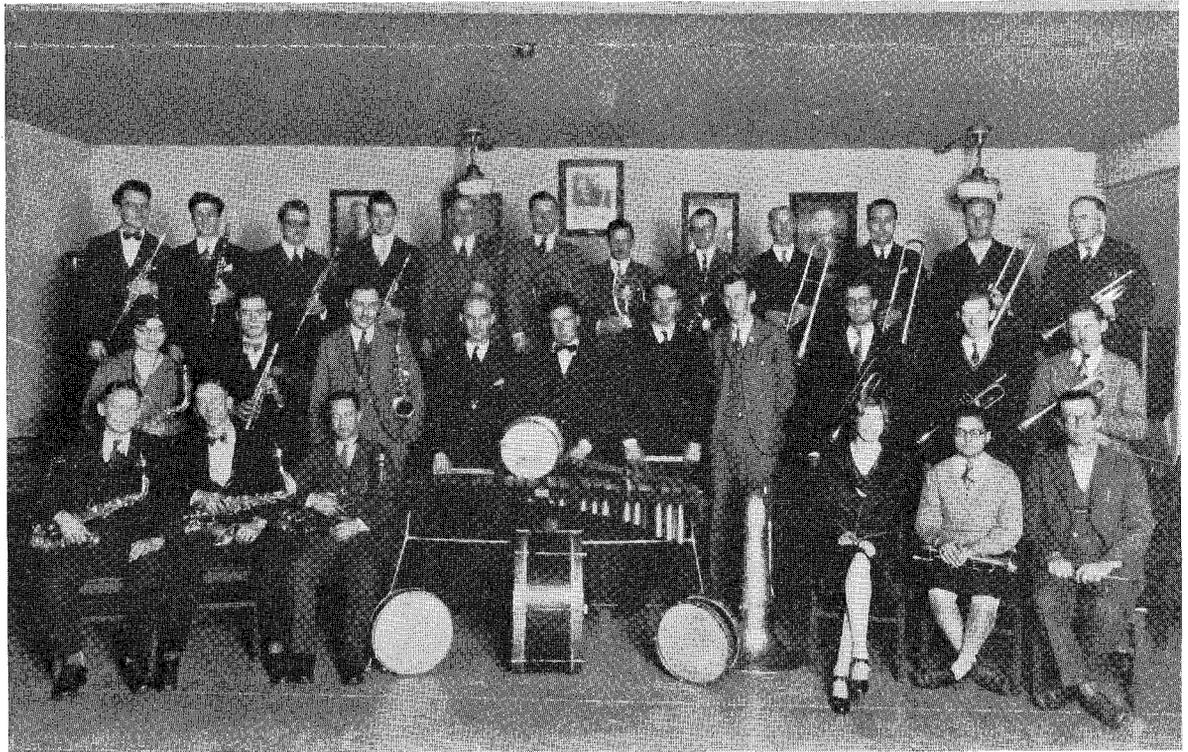
J. B. SHUMAKER, B. S., M. S.



K. M. ROBINSON, Sec'y.



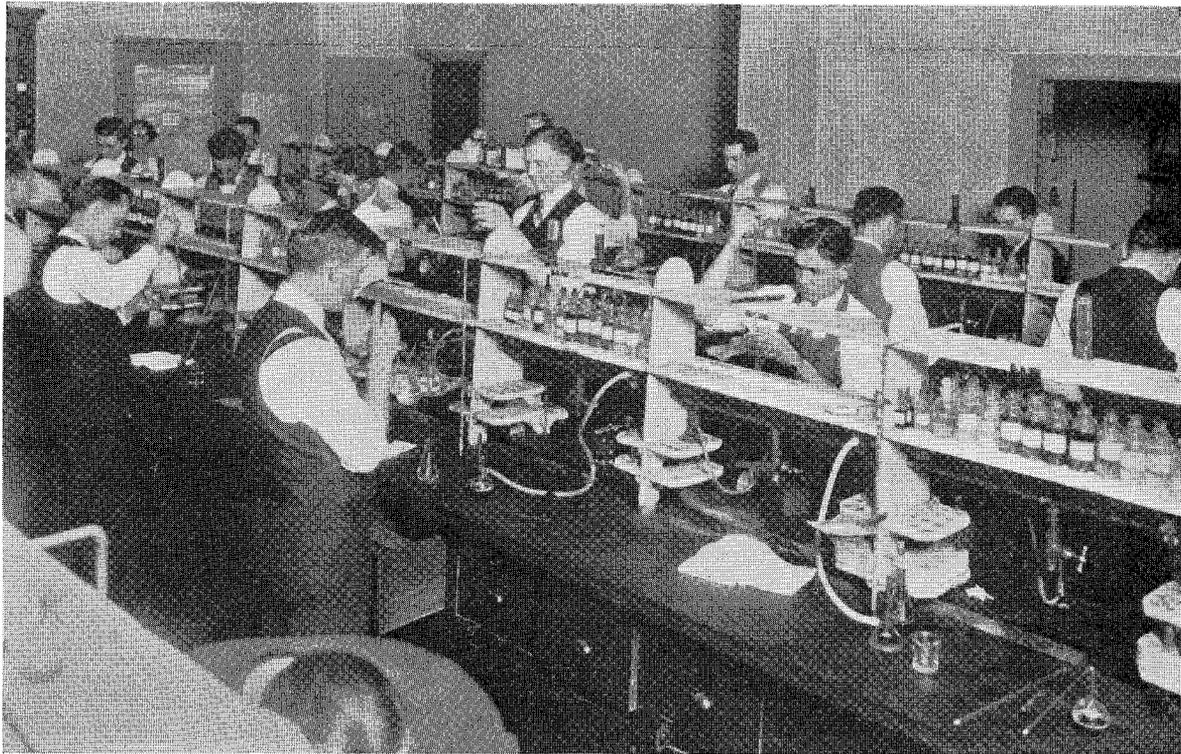
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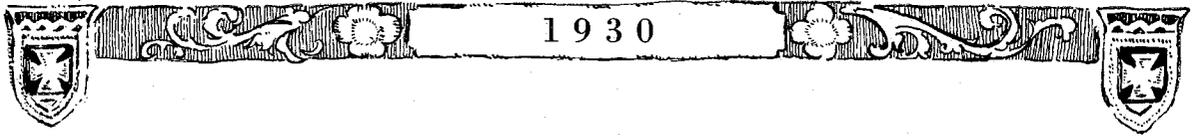
COLLEGE BAND



COLLEGE STUDENT BODY



LABORATORY VIEW



1930

SCHEDULE OF CLASSES

FIRST YEAR—First Semester

ANATOMY.....	H. V. HALLADAY
BIOLOGY.....	L. L. FACTO
CHEMISTRY.....	J. B. SHUMAKER
BACTERIOLOGY.....	A. L. JOHNSON
PHYSICS.....	I. C. GORDON
HISTORY AND THEORY.....	C. F. SPRING

Second Semester

HISTOLOGY.....	A. L. JOHNSON
ANATOMY.....	H. V. HALLADAY
PHYSIOLOGY.....	A. L. JOHNSON
CHEMISTRY.....	J. B. SHUMAKER
EMBRYOLOGY.....	L. L. FACTO

SECOND YEAR—First Semester

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

Second Semester

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

THIRD YEAR—First Semester

CLINICAL PATHOLOGY.....	L. L. FACTO
TECHNIC.....	J. M. WOODS
LABORATORY DIAGNOSIS.....	Z. A. INNES
PHYSICAL DIAGNOSIS.....	L. L. FACTO
SUPPLEMENTARY THERAPEUTICS.....	J. R. BEVERIDGE
PHARMACOLOGY, ANETHESIA and NARCOTICS.....	J. R. BEVERIDGE

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

1930 CALENDAR

GRADUATION.....	JANUARY 23
REGISTRATION.....	JANUARY 24, 25
CLASS WORK BEGINS.....	JANUARY 27
GRADUATION.....	MAY 29
REGISTRATION.....	SEPTEMBER 2, 3
CLASS WORK BEGINS.....	SEPTEMBER 4
ARMISTICE DAY RECESS.....	NOVEMBER 11
THANKSGIVING RECESS.....	NOVEMBER 27 TO DECEMBER 1
CHRISTMAS VACATION.....	DECEMBER 19 TO JANUARY 5



LOG BOOK

Still College Clinic

THE LAST TWO YEARS of the student's training is intensively filled with practical work. In order for this to be truly practical, each student must put in a minimum number of treatments and hours in actual attendance on cases. Many of these are in homes and are typical of the general practice the physician meets outside his office. The proportion of office to outside work is shown by the relative number in the tabulation below.

STILL COLLEGE claims the most complete and efficient Obstetrical Clinic of any of our colleges. This service is extending each year. The care of athletes is getting to be a real specialty, and eleven institutions in our city avail themselves of this branch of our work. Our Osteopathic Hospital offers the student contact with this important phase of Osteopathy:

Osteopathic Treatments (given in the college).....	60,000
Athletic cases cared for at the various schools.....	6,500
Obstetrical cases (each Senior in attendance at seven deliveries).....	175
Hospital Clinics	2,700
Bedside Treatments (in homes).....	3,500

* * *

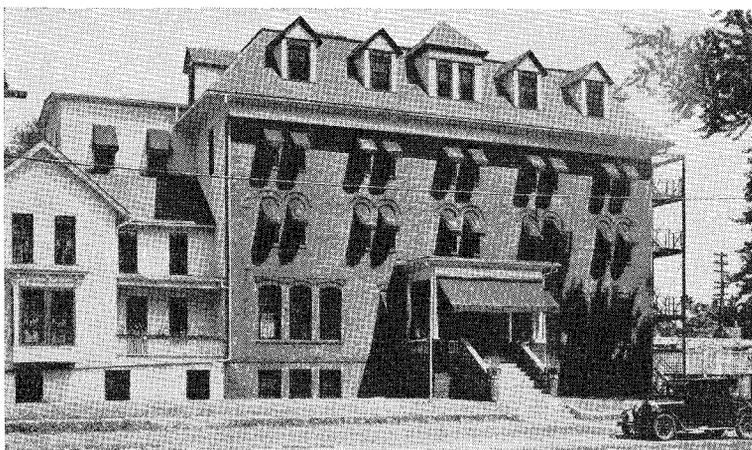
Organizations

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.

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.

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

THE LOG BOOK

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Volume 7

JANUARY 15, 1930

Number 13

Students Entertained

Embryo Osteopathic physicians and surgeons of Milwaukee were given a real treat by the Osteopaths of Milwaukee county on Thursday, January 2, 1930, when they were sumptuously banqueted at the City Club.

The after-dinner speeches were short but sweet, which added to the attractiveness of the affair.

As a fitting climax those present were electrified by the announcement of a patient, a Mr. Harriman, who stated that his life having been saved by Dr. Kane after medical doctors of Milwaukee had given him up and told him he had a few days left to live. Mr. Harriman promised those present that he would show his gratitude to Osteopathy by raising the funds for a fine hospital and clinic for Milwaukee, and also raise sufficient funds to endow them to insure their carrying on successfully. A committee was immediately appointed to go over this matter with Mr. Harriman.

Raising the funds for an Osteopathic clinic for Milwaukee would be an easy matter for Mr. Harriman, as his business is to raise huge funds for various purposes, such as for the endowment of schools and hospitals and to maintain Community Chest funds, also to manage the campaigns of candidates for the various elective offices of the state and nation. Further details of this will be given at a later date.

The Still College contingent of Milwaukee was represented 100 percent at the banquet by Frederick E. Hecker, Harold G. Withrow, Carl Black, and Maurice J. Schwartz. There were two students from Kirksville and one from Chicago, also present.

Notice!

After this issue of the Log Book there will be a change in date of issuing. The Board of Trustees decided to issue only one edition each month from now on. The issue will be released the 15th of each month hereafter.

All please take notice of this change so you will not think you are being left off the mailing list.

—EDITOR.

Advantages For New Students

Prospective students, now is the time to enter an Osteopathic College and get a thorough education for the degree of Doctor of Osteopathy.

Des Moines Still College of Osteopathy offers to every student a chance to become a competent Osteopathic physician. Still College has one of the largest, if not the largest, clinics to offer any prospective student who is interested in the Paramount Art of Healing—Osteopathy!

The Obstetrical department handles several hundred confinement cases each year and this gives to the student every advantage there is to offer.

The out patient clinic handles nearly four thousand cases each year, besides the general clinic that is conducted at the college. Clinics are held in Eye, Ear, Nose and Throat, Gynecology, Proctology, along with the other clinics, so the student has the opportunity to handle nearly any case that may arise and have competent assistance from practicing physicians who instruct each class in the college.

The fraternities and sororities offer social activities to their members, as well as backing all the activities and projects of the college.

Athletics have been discarded from the college schedule because of the expense of keeping up good teams. The money formerly spent for such activities is now being used for increasing the equipment and giving the student every advantage there is in the healing art.

The much praised and talked of Still College Band is the leading entertainer for the college and more than fills the place of the football and basketball teams which were formerly the big gun of the students' activity. The band consists of 34 members, attired in splendid new uniforms which makes them one of the outstanding bands in
(Continued on page 3)

Iowa Board

The Iowa Osteopathic Board will hold its examination on January 27-28-29 at the State Capitol Building in Des Moines, Ia. Applications should be sent for early so if a correction need be made, it will be correct before the examination is given.

For all information, write Dr. Sherman Opp, at Creston, Iowa.

A Visitor From Japan

On December 16th, the students were privileged to attend an illustrated lecture on the manners, customs and habits of the Japanese. Mr. Arthur St. Amant, brother of Larry St. Amant, so favored us with his experiences of seven months in Japan. With two suitcases full of novelties and souvenirs, along with an interesting explanation of each article, Japan was brought closer to us. Mr. St. Amant explained that Osteopaths would have an excellent field to practice their profession in Japan, for the natives are interested in mechanical therapy. Each and every Japanese, he added, is a skilled masseur. A point of interest brought out was the fact that some of the Japanese burn back to life what they call a "sleeping nerve", and that at the bathing beaches it was not infrequent to see burnt spots along the spinous process on the backs of the Japanese. Mr. St. Amant is a metal specialist for General Motors Export Co. He travels to all the foreign plants. We welcomed his visit, and hope he will return to tell us some more of his interesting experiences in foreign lands.

Visitors At College

It was with a great deal of pleasure that the members of Still College faculty showed the eighth grade class in Physiology of Norwalk around the college building recently. The following members were accompanied by their teacher, Eunice L. Smith: Frederick Anderson, Bennie Davidson, Clinton Willis, Don McGuire, Merrill Fuller, Howard Hagen, Mary Driscoll, Anna Mae Mealey, Harriet Wilson, Mildred Hagen, Ruth Wright, Mildred Morris, Arlene Feight, Pearl Archibald, Eda Annunzia, and Erma Carpenter.

Along with their visit thru the college, Dr. Halladay took the student body to the dissection room and gave them a lecture on anatomy, while the dissection class was cutting.

Every member of the class expressed their appreciation of having the opportunity to visit the College and expressed the desire to return at some future date for a similar tour thruout the building.

Two young boys visited the college from Washington Irving Junior High school and were conducted thru the building by
(Continued on page 3)

January Class of 1930

Des Moines Still College takes pleasure in announcing the graduating members of the 1930 mid-year class. This class is made up of ten members who have done outstanding work while attending the college. The members of the faculty feel as though they are turning into the field ten competent Osteopathic physicians and expect outstanding results from each member of the class.

The graduation exercises will be held January 23rd, and preceding the graduation, different fraternity and sorority banquets will be held in honor of their graduating members. The Board of Trustees of the College will honor the Senior A class with a banquet on January 16th as a last farewell to each member.

The following compose the graduating class: Grace Abolt, Hugh Crawford, Harry Johnson, Jr., G. G. Knowlton, William Olsen, Alice Paulsen, R. J. Rhode, Jack Steckler, Delmar Steninger, and Percy Walley.

One member of the mid-year class, Harry Johnson, Jr., was Assistant Obstetrician under Dr. R. B. Bachman during his last year in school and put out very commendable work in his department. Several of the other members accomplished outstanding work in their last year in clinic and the other departments of the college.

The members of the class are to be commended upon their work while in the college, and everyone is expecting to hear a great deal more from them after they enter the field.

Births

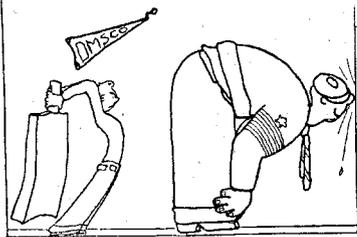


We take pleasure in announcing a new arrival to Dr. and Mrs. R. T. Lustig of Grand Rapids, Michigan, a daughter, Caroline Jane, born December 7th 1929.

Everyone extends their greeting to the Doctor and family.

From the grindstone of drudgery fly sparks which light us on to success.—Uncle Philander.

FRATERNITY NOTES



ATLAS CLUB

As this is the first issue after the holidays, we wish to extend our thanks in appreciation of the many Christmas remembrances received from our brothers and friends in the field.

It has been a wonderful holiday. Everybody is back now, and, judging from the increased obesity of several of the Bros., the turkey population must be sadly depleted.

Many new ties are in evidence and that is good, because it will be of benefit to us all.

Several of the boys stopped off in Detroit and visited our internes there. Ted Evans is just as cheery as ever and rates very highly with the nurses. Dorny is the picture of health and has taken on the self-imposed task of entertaining the rest of the girls in the city. Rusty Wright is the same old "pressure," even if he does insist on giving injections with a stomach pump.

Judge Utterback, our big game hunter boasts of bagging 18 big, bad, bold bunnies during the holidays. Many exciting incidents occurred, and the Judge states that his life was jeopardized several times by attacks of the infuriated bunnies. Mr. Utterback is now planning to enlarge his field of activities by including field mice, which is a rare sport, indeed.

Letters were received from Harry Nossek in Los Angeles, and from Lou Stingley. Lou expects to be back with us next September, and we'll be more than glad to have him.

It won't be long 'till the finals, boys, so let's get busy on the books.

It was with great regret that we learned of the death of Bro. Jack Campbell's father during the holidays. It was indeed a sad homecoming for Jack, and we extend our sincerest sympathy to Jack and his family for their sad bereavement.

IOTA TAU SIGMA

Vacation is now an event of history, and once again we are all busy, part of which is due to the semester exams that are not far distant.

Much holiday gossip has taken place the past few days, but nothing of great importance has occurred during the past month.

The house was well guarded during the holidays by Brothers Hewlett, Obenauer, Routzahn, Lang, Morrow, A. E. Cudden, Rohde, Spaulding and Sparks. Although the above Brothers regret that they were unable to return to their respective homes,

they report a pleasant and restful two weeks.

Some were honored by out-of-town guests during the holidays. Miss Florence Wilson of Dayton, Ohio, visited Brother Lang.

Bro. Routzahn is suffering in the true sense of the word, with sinus trouble. We hope that his recovery will be rapid.

Bro. Hewlett's latest activity is playing basketball. Excepting a slight rib injury, he is in the "pink" of condition and holds all records for heavyweight basketball players.

Bro. Judd Koch's hair turned grey over night. This is the reason: He was deeply interested in a high-class western novel and had just reached the point where the hero had aimed his gun to kill the villain, when some one lighted a five inch fire cracker and carefully placed it back of Judd's chair. The climax of the story was reached in a hurry, and Judd will swear to the fact that he could see the smoke come from the end of the gun. For the above reason, Judd is glad that Christmas vacation comes but once a year.

Bridge continues to be the chief means of recreation, and several good players are fast developing. The teams are ready for the inter-fraternity tournament and have high ambitions and great desires to win. However, their style is somewhat cramped, due to the nearing examinations, which caused a big slump in card playing.

We take pleasure in announcing the pledging of Mr. Eugene Keig, and Mr. Ralph Jack, both of Des Moines, Iowa.

PHI SIGMA GAMMA

Hello! When did you get back? Have a good Christmas? These and many other queries flew thick and fast as the fellows once more return to classes and study. Anyway, we all hope everyone had a Merry Christmas.

Congratulations and felicitations are in order for Frederick Knowlton Stewart. Yes! He joined the "army" by taking unto himself a Christmas present. All of us wish you happiness and success to the fullest extent.

Bro. Scatterday, judging by his behavior, doesn't think seventeen a large enough number for days of vacation. We understand—you're not to blame, "Scat".

Pledge Widmer and Brothers Patterson, Armbrust, Grau and Hubbard were left in charge of "House" during the Christmas season. Yessir! They took care of it.

Pledge Hecker nearly had to buy an extra trunk for return trip, Santa was so good to him.

The "Milwaukee Quartet" comes back with account of a big banquet given them by the Osteopathic Club of said city. If more interest, like this, was placed in us, and a greater cooperation of alumni, I feel sure the investment would repay, many times over.

Why! Oh! Why! is everyone writing Dissection in his spare time? Oh! Yes! I nearly forgot. They want to retain their dollars.

"Boop, Booper Doop Toepfer", from out Penn State way, has decided driving is not so good in winter. He did succeed in getting into Illinois, though, on the homeward trip.

I might tell one on Walt Madison, but he said it was a secret, so I dare not divulge it.

Pledge Allen brought a wild idea back with him. He is looking for a partner to buy a car with him. I offered to go 50-50 if he'd buy all gas and oil during the season, but he said he was not looking for bargains. Ha!

A suggestion to the Assembly Committee: Musical numbers by Patterson vs. Widmer. Christmas carols a specialty.

Christmas carols were sung by nite, 'Neath the flickering glow of a candle's lite.

Neither beams nor schemes were very brite, But—Oh Boy! What a site!"

Rapley-Stewart



We take pleasure in announcing the marriage of Miss Rapley to Frederick Stewart of Marietta, Ohio. The wedding took place Christmas day at Marietta with a candle wedding. Mr. Stewart returned to school at Des Moines Still College of Osteopathy at Des Moines, Iowa.

We extend our congratulations to the young couple and wish them every happiness and success in the coming years.

Location

For anyone who is looking for a good reasonable location, one will be open soon at Scribner, Nebraska, which will be vacated by Dr. O. H. Meyer, who will leave soon to join a clinic.

The practice is good. Population of town is 1100. Agriculture district and surrounding territory to draw from. Write S. T. Anderson, Scribner, Nebraska, General Delivery.

Methuselah ate what he found on his plate and never, as people do now, did he note the amount of the caloric count—he ate it because it was chow. He wasn't disturbed, when at dinner he sat, destroying a roast or a pie, to think it was lacking in granular fat, or a couple of vitamins shy. He greedily devoured every species of food, untroubled by worries or fears lest his health might be hurt by some fancy dessert, and he lived over 900 years.



Around Our Merry Campus

Medical Professor: "Where is the glottis?"

Student: "I don't know, sir. I think you put it on the shelf in the dissecting room with the rest of the surgical instruments."

The doctor had been visiting Mr. Maloney, and as Mrs. Maloney was showing him out he said to her: "Your husband is not so well today. Is he sticking to the simple diet I prescribed?"

"He is not, Doctor," came the reply. "He says he'll not be starving himself to death just for the sake of living a few days longer."

We all must agree that when it comes to the question of occupation or profession, the character of either should be of far greater importance than consideration of priority.

A doctor, an architect and a bolshevik were discussing the priority of their occupations.

The doctor said: "When Adam's side was opened and a rib removed to make woman, there was a surgical operation—medicine was the oldest profession."

The architect said: "Yes, but when the earth was made out of chaos, there was the building process, the use of materials according to plan. The architect is therefore the oldest."

The bolshevik smiled and said: "But who supplied the chaos?"

"Your husband looks like a brilliant man. I suppose he knows everything?"

"Don't you fool yourself. He doesn't even suspect anything."

Mrs. Blank used to take great interest in visiting hospitals and asylums. During her visit to one of the latter, a certain old man aroused her special compassion.

"How long have you been here?" she asked him.

"Twelve years," was his reply. After asking a few more questions, she passed on.

Turning to her guide, she noticed a smile on his face. On asking the reason, she heard, to her great consternation, that the old man was no less than the medical superintendent. In great haste, she rushed back to make her apologies.

"I am so sorry, Doctor," she said. "This has taught me a lesson. I'll never judge by appearances again."

ne 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

Advantages For New Students

(Continued from page 1)

the city of Des Moines, and the Osteopathic profession.

Along with the above mentioned advantages to students, one more outstanding opportunity is the hospital experience available to each upper classman. During the school year, each Saturday morning major and minor clinics are held at the hospital, which everyone has the privilege of attending.

From these few mentioned opportunities any prospective student can easily see the future that lies ahead of him in the Osteopathic profession. All inquiries will be given prompt attention, for anyone interested in attending Des Moines Still College of Osteopathy.

New Year Babe

To the stork that in the wee hours of the New Year, rested on the roof of the home of Mr. and Mrs. John W. Pahlau of Massillon, Ohio, brought to their home the first baby of 1930 for that surrounding vicinity.

Dr. J. F. Rader, former graduate of Des Moines Still College of Osteopathy, was the attending physician. Dr. Rader has the honor of bringing the first youngster of 1930 into the world in the vicinity of Massillon, Ohio.

The following is Mr. Williams official notice to Mr. and Mrs. Pahlau:

"As health commissioner and register of vital statistics, and official representative of The Evening Independent and merchants of the city of Massillon, to determine the time and place of the arrival of the first baby reaching Massillon in 1930, on the crest of the Yuletide time, at the breaking of New Year's so that like the Wise Men of old, they may follow the long established custom of bestowing gifts in honor of the advent of the little stranger in the spirit of the season, I am delegated to inform you that little James Arden, born to you Jan. 1, 1930, at 1:35 a. m., as reported by Dr. J. F. Rader, is the first of three Massillon New Year's Day births.

"May he grow up with his little brother and the two of them be a joy and a comfort to both of you on their way to young

manhood and the blessing and support of your declining years, is my earnest wish."

Yours sincerely,
JOHN H. WILLIAMS,
Health Commissioner.

New Osteopathic Hospital

Responding to the ever growing need for Osteopathic Hospitals, I have opened an institution for the treatment of diseases of the nervous system and heart. Years of hospital work and post graduate training in Psychiatry at a registered mental hospital, I believe, prepare me to efficiently conduct such an institution.

Patients will live in the atmosphere and privacy of a charming modern home, for the hospital is newly equipped with modern, colorful furnishings in keeping with its century old colonial architecture.

The treatment room is equipped to give modern, approved treatment, including colonic irrigation, on an apparatus of my own design which I have found very successful. Laboratory and X-Ray work will be handled by an expert technician. A registered nurse will at all times be in attendance.

The hospital is situated fourteen miles North of Philadelphia in an attractive neighborhood, between Moreland and Easton Roads, (the direct route to New York). It is surrounded by ten acres of lawn and orchard, made even more attractive by a small stream and woods.

I shall be glad to furnish further information and answer any specific questions anyone may care to ask.

Fraternally
J. L. FULLER, D. O.

* *

Due to the rapid advancement of the science of Osteopathy, hospitals of every type are being erected thruout the entire country to meet the ever increasing demand of the public, who are demanding more and more each day for Osteopathic physicians.

This proves to everyone the advancement being made by the Osteopathic profession and the type of capable physicians being graduated each year from the Osteopathic schools.

The Osteopathic Defence League is not at war with the regular Medical Profession, but denies its right to interfere with Osteopathy. We are against any legislation which prevents people choosing the healer they are willing to trust. We want legislation which will give people freedom of choice and protect them and ourselves against exploitation by incompetent and unqualified persons. Therefore, support the League.

Kind hearts are more than coronets, and simple faith than Norman blood.—Tennyson.

Assembly

The band opened the first assembly of the year 1930 with a rousing march to greet the student body. A hearty applause followed, showing the students' appreciation, as well as that of the guests who were present. Dr. H. V. Halladay expressed his pleasure in being back leading the band once more before the student body for the first time since vacation.

A special number was played by the band, featuring Toepfer on the trumpet and Jud Koch on the xylophone. The number featured was an old favorite of long ago that still remains popular. The special number, "Beautiful Lady", received applause from everyone because of its splendid melody and the ability of the band to play the number with such skill.

The following announcement was made by Robert Homan, editor of the Stillonian, in regard to the coming issue. Every one have your money ready when the committee comes around. Everyone start saving your dimes, so there will be a hundred per cent subscription. All field members who want a year book write in and send your five dollars, and you will receive a receipt to account for your right to a Stillonian.

The program was then turned over to the Pan-Hellenic Council and H. H. Cudden, president of the association, introduced the speaker, Mrs. Max Mayer, president of Jewish Community Center, authority on World Court and peace question. The address by Mrs. Mayer was very well taken, and much discussion and thought has arisen among the student body.

The band closed the assembly with an invigorating march, and everyone left well pleased with the morning.

Visitors At College

(Continued from page 1)

one of the students. The visit was enjoyed immensely by the two young men, it being their first time thru such a professional school. The dissection room proved to be the most interesting item to the young men, and may be the drawing card for two more future Osteopaths.

The young men are required to write an article on medical schools and this was their choice. They expressed their appreciation for the politeness and interest taken in their visit. An invitation was extended to them to return at any future time for another inspection, if they so desired.

The teacher was giving the class a talk on gravity.

"Now, children," she said, "it is the law of gravity that keeps us on this earth."

"But please, teacher," inquired one small child, "how did we stick on before the law was passed?"

The Colorado Board

A letter was received from Dr. R. B. Head, Secretary-Treasurer of the Colorado Board, asking us to publish some facts on the state board which have been exaggerated by different individuals thruout the osteopathic schools. The statistics show that in the last 12 years between 70 and 80 percent of those taking the board have passed it.

For further information, write Dr. R. B. Head, Secretary Colorado Osteopathic Association, 618 Empire Building, Denver.

Below is a copy of the Colorado Laws for physicians who desire to enter one of the finest osteopathic territories in the country:

THE COLORADO LAW Membership

The Board consists of nine members, of which two members are osteopathic physicians—Dr. D. L. Clark of 1550 Lincoln St., Denver, and Dr. Rodney Wren of 415 Colorado Bldg. Pueblo.

Requirements

The applicant must show evidence of good moral character. He must be a graduate of a school teaching the healing art approved by the State Board of Medical Examiners. At this time there are 81 schools approved by the Board of which there are six osteopathic colleges, namely: Los Angeles, Kirksville, Philadelphia, Chicago, Des Moines and Kansas City. There are no specified preliminary educational requirements in the law.

Meetings

The State Board meets in Denver, Colorado, on the first Tuesday of January, April, July and October of each year.

Subjects

A written examination is required on the following subjects: Anatomy, Physiology, Chemistry including Toxicology, Symptomatology, Public Health and Sanitation, Pathology, Surgery and Obstetrics. No question shall be asked of any applicant concerning therapy, or any manner, means or system of treatment or healing.

Grades

No person is granted a license on written examination whose average grade in all subjects is less than 75 percent, or who falls below 60 per cent in two subjects. The applicant must appear personally at the office of the Secretary of the Board, located at the State Capitol Bldg., where he must present copies of his diploma from the various institutions of which he was graduated and obtain a blank for the certificate of moral character. He must have a photograph taken at the time of his examination and present same to the secretary of the Board.

Cost

Each applicant for a license must pay twenty-five dollars (\$25.00), which shall accompany his application. If the applicant has been engaged in practice of medicine for five years or

Continued on page 4)

Defense League In England

The Osteopathic Defence League has come into existence to serve a definite public purpose. It is not an Osteopaths' Trade Union. There is already in existence a professional organization which works within recognized limits for the benefit of the Osteopathic practitioner. The scope and purpose of our League are wider. Its membership is composed of people who want Osteopathy to have fair play and freedom to develop its possibilities as a new school of healing without interference from the dominant school of medicine in whose interests the existing laws governing medical practice have been framed.

Members of the League, for the most part, have had personal experience of Osteopathy as a method of treating the ills that flesh is heir to: they have tried this new system of drugless medicine and bloodless surgery; and they appreciate the Osteopath's argument that orthodox medicine, with its entirely different theory and practice, has no right to obstruct the development of new principles and technique in the treatment of disease or to dictate conditions under which the new system shall be allowed to prove its capacity to benefit the public.

The prime purpose of our League is to secure an alteration in the existing law, with the object of placing Osteopathy on a footing of complete legal equality with orthodox medicine. At the present time, the law recognizes only registered medical men trained in the school of drug therapeutics, and denies recognition to the practitioners of all other therapeutic systems. The registered medical man enjoys privileges and immunities which no other practitioner, however well qualified and reputable he may be, is allowed to enjoy. The "irregular" practitioner is regarded as outside the pale of the law. He is treated as a quack and charlatan with whom no registered medical man is allowed to associate professionally on any terms whatsoever. If a registered medical man assists an Osteopath in any professional capacity, whether by administering anaesthetics or in any other way, he runs a grave risk of being struck off the medical register—as the late Dr. Axham was—and losing his professional status.

The public is deprived of a fair opportunity of obtaining the benefits of Osteopathic treatment. Medical men who have become convinced of the soundness of the principles of mechanotherapy of which Osteopathy is the scientific and standardized expression are so intimidated that few of them will dare openly avow belief in those principles. And the Osteopathic practitioner finds himself hampered and thwarted at every turn in the conduct of his practice by

the antiquated and reactionary medical laws and the obstructive and obscurantist attitude of the General Medical Council wielding the power conferred upon it by statute. In this way the practice of Osteopathy by properly qualified graduates of reputable Osteopathic colleges is obstructed in this country.

This is the state of affairs which the Osteopathic Defence League seeks to remedy by new legislation providing for the independent regulation of Osteopathy, for legal recognition of the Osteopathic practitioner and for the establishment of the highest possible standard of education and professional competence for the Osteopaths on terms of equality with ordinary medicine.

It is not the intention of the League to interfere in any way with the regular medical profession. We are not asking for special privileges or immunities for Osteopaths. We are not desirous of lowering the established standards of medical training. We do not seek the admission of Osteopaths into the ranks of the regular profession. We want legal recognition and regulation of Osteopathy in order to protect the profession from the intrusion of ignorant and unqualified persons, and to make the benefits of Osteopathy known to the public. These are our aims.—(From the Osteopathic Bulletin, London, Eng.)

Osteopaths Are Qualified

Six colleges of Osteopathy are established in the United States which maintain a high standard of education and professional training.

These colleges are:

The Chicago College of Osteopathy.

The Des Moines Still College of Osteopathy.

The Kansas City College of Osteopathy and Surgery.

The Kirksville College of Osteopathy and Surgery.

The Los Angeles College of Osteopathic Physicians and Surgeons.

The Philadelphia College of Osteopathy.

In these institutions a common standard of professional training is maintained. Each of them gives a four-year course of instruction before conferring the degree of Doctor of Osteopathy. The College of Osteopathic Physicians and Surgeons at Los Angeles requires further, an additional year of pre-medical training in science before the Osteopathic course is begun.

The good Lord has provided an abundant supply of fresh air. If you won't use it, that's your fault.

One thing the world needs is an amplifier for the still small voice.—Palm Beach Post.

The Colorado Board

(Continued From Page 3)

more prior to making his application, or should he be licensed on his credentials, he shall pay an additional fee of twenty-five dollars (\$25.00) before receiving his license.

Reciprocity and License on Credentials

"Whenever said Board deems it is for the best interests of the public to permit an applicant to take a practical or bedside examination in lieu of or in addition to a written examination, it may do so, but no applicant shall be required to take a practical or bedside examination if he prefers to submit his application solely on a written examination.

"Applicants may be licensed on their credentials or upon a bedside examination, at the discretion of the Board. Applicants for practical examination, or licensed on their credentials, must make a personal appearance before the Board and request such examination."

"However, there is nothing in the law which says the Board must allow a license on credentials or allow a bedside examination."

A number of osteopathic physicians who have been out of school for several years have been licensed upon a practical examination given by the osteopathic members of the Board.

Privileges

A license to practice medicine is granted which gives unlimited privileges for the practice of medicine, including major surgery.

Osteopathic physicians may obtain license to prescribe liquor.

Osteopathic physicians may register under the Harrison Narcotic Act.

Osteopathic physicians have the same privilege as medical physicians under the State Compensation Act.

Assistants

No one without a license is allowed to practice as an assistant or partner.

Fallacies of Exercise

(R. Kendrick Smith, D. O.)

Exercise is not a cure-all. People should beware of the allurements of advertisements couched in superlative terms promising to restore abundant and vigorous health to all sorts of people, by exercise alone, and showing astonishing pictures of "before and after."

Exercise is essential. Exercise is invaluable. Everybody must have it. But, like food or osteopathic treatment, it must not be administered nor advised by incompetent persons. The quality and quantity must be adapted to the individual case, and the decision must be made by the physician conversant with the details. Exercise is capable of doing great harm or even of causing

death when taken inadvisedly. Witness the many sudden deaths on the golf links of supposedly perfectly well men.

It is incorrect to jump at the conclusion that exercise is the correct treatment, even for conditions which may be the result of lack of exercise. People who have neglected exercise all their lives and have consequently suffered poor health, often turn suddenly to muscular activity for the relief of their symptoms. Sometimes the result of this is disastrous. Some of these symptoms may be due to an acute infection. If this is so, rest, not exercise, is what is needed. Other symptoms are caused by the manufacture of poisonous products in the body. In this case, osteopathic removal of the cause and osteopathic elimination is indicated, not exercise.

Lack of exercise for years, accompanied by overeating, produces high blood pressure in a great many men. A sudden craze for golf in such cases may prove disastrous, whereas osteopathic treatment and rest would be beneficial.

Lots of people think that bad posture can be cured by exercise. Incorrect posture is one of the results of lack of exercise, but it does not necessarily follow that things may be reversed and that the institution of the exercise will restore the correct posture. If you want good posture, have your osteopathic physician study your case. He will find the cause, and remove it as far as possible, and then, and not until then, will he advise you whether or not he wishes you to take exercises and will show you just what exercises he desires to accomplish a particular purpose in you.

Posture is also an expression of a person's mentality. Nothing is so indicative of a defective nervous organization or a disordered mentality as a bad posture and poor muscular coordination. The osteopathic physician considers the patient as a whole and looks into the possibilities of nervous and mental causes of postural slump, as well as other causes.

Exercises for growing children for postural benefit are one thing, but to apply the same reasoning to the adult and to the elderly person is illogical and unscientific. The child and the adolescent are growing and developing. "As the twig is bent" applies to them, not to the adult and to the elderly.

Osteopathic physicians frequently prescribe for elderly people exercise to be taken lying flat on the back, with brief periods of rest on the back, during and following exercise.

(To Be Continued)

With faith and unselfishness, you will soon find that your environment is adjusting itself to you.—George H. Hepworth.

Never yet lived a man who lacked the chance to hammer his soul into some divine shape.—George H. Hepworth.

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Volume 7

FEBRUARY 15, 1930

Number 14

Senior Class Day

On Friday, January 17th, the assembly was turned over to the members of the graduating class. The band opened the assembly with the snappy number entitled "Hydrophobia," followed by the march, "American Legion."

Richard Rhode, president of the class, addressed the student body, giving the history of the class throughout the four years of college life. Eleven members started together, and the same number graduated, with only a few changes in the original class. Mr. Rhode expressed his regret and that of all the members of the class on having to leave, because of the wonderful friendship which exists among all the students of the college. In concluding, he thanked the faculty on behalf of the class for the interest that was shown in them throughout the four years.

Following the address by the class president, the band offered two selections, "I'll Always Be in Love With You", and "Get Out and Get Under the Moon".

Dr. J. P. Schwartz, Dean of the College, addressed the members of the graduating class and congratulated them all upon the splendid work accomplished by every one. Dr. Schwartz presented the honorary awards to the outstanding members of the class for their interest and ability in their work. The following awards were made:

To Grace Abolt the certificate for general clinic and gynecology, another gynecologic certificate was awarded to Alice Paulsen, obstetrical certificate to Harry Johnson, dissection award to Percy Walley, dissection to

(Continued on page 4)

Dissection Begins

The second semester of dissection will begin Feb. 10, for the last session until summer dissection is taken up. The material for the dissection is in splendid shape and extensive work will be carried on by the class, under the supervision of Dr. H. V. Halladay. The class will be made up of Juniors and Sophomores. All the upperclassmen are through and the majority, if not all the Sophomores, will be included in the class.

A few of the senior class who are through with their work, will assist Dr. Halladay, acting as prosectors and this proves to be of advantage to the new men, as well as a good review to the upper classmen.

Visitor at College

The college was complimented by the visit paid it January 27th by Dr. McTigue of Emmetsburg, editor of the Iowa Osteopathic Bulletin. Dr. McTigue addressed the members of the senior A and B, and junior A classes.

The Doctor stressed the fact that osteopaths are facing the keenest competition ever required of them. Every student should study with might and main so he will be an outstanding man in the community in which he locates and keep the people's confidence whenever he is called. The moral side was also brought forth. It is very important for every physician to be of the best moral to have the confidence of the community. Again the Doctor stressed the importance of every student preparing himself for the keenest competition and patients that he will meet when entering the field. The Doctor related a few interesting incidents which happened when he attended the college a few years ago. We were indeed pleased to have the opportunity of hearing Dr. McTigue, and hope he will return in the near future to address the members again.

Personal Glimpse

The starting of a new feature in the Log Book from this issue with an article concerning outstanding Still College graduates in the field, as a measure to show prospective students of Osteopathy the results and accomplishments of Still College men.

We want any physician and anyone interested in a certain physician to write to the editor of the Log Book and send us an article on his accomplishments, in practice, office equipment, Osteopathic association work, or any other outstanding advancements made by the different physicians in the field.

We are starting with an outstanding physician known to many over the state of Iowa. Introducing to all:

Dr. D. E. Hannan

Dr. D. E. Hannan, graduated from Des Moines Still College in 1915, and is now practicing at Perry, Iowa. The Doctor is known to many recent graduates through his work on the State Board of Iowa osteopathic examiners. Dr. Hannan now holds the office of chairman, and was

(Continued on page 3)

Wells- Drabing



We take very great pleasure in announcing the marriage of Miss Faith Wells, daughter of Mr. and Mrs. John H. Wells, to Dr. Martin Luther Drabing, Saturday evening, January the 11th, at Dallas, Texas. It is with a great deal of pleasure that we make this announcement, as many who are now in school, as well as some of the graduates, remember Dr. Drabing while he was in school. Every one extends their best wishes of happiness and success to the Doctor and his wife.

Normal Spine Week

A definite date is set aside for "normal spine week" in the entire profession, as March 15-21.

Our ideal should be to give all children their right to a good start in life, physically, mentally, and morally. Never be selfish or limited to your community in which you live, but work for betterment everywhere, so that the total will be a continent-wide influence for good.

Normal Spine Week is a national effort for the simultaneous spreading of the gospel of service which we, as osteopathic physicians, are trained to render in the most efficient way.

Every community which has the personnel to maintain a clinic should have one. Those already conducting a clinic should extend to their neighbors what support it is possible to give.

A "Normal Spine Week" manual was prepared which gives in detail the scope and aims; how to start, a suggested plan, methods of procedure, how to reach the newspapers, contest and various educational plans. This manual should be in your hands if you intend to participate in the observance of Normal Spine Week, or propose starting a clinic.

This is the seventh year that a week has been designated as a particular time for the conducting of a clinic for the free examination of children.

Dr. E. C. Brann, chairman Bureau of Clinics, and the Central Office, will co-operate in making your worthy efforts a success.—From Forum of Osteopathy, February, 1930.

Commencement

With the gathering of a fair-sized crowd to witness the graduation of the mid-year class, Mr. George F. Ogden played the processional march as the eleven members of the mid-year class marched forward to the memorial platform, the start of their life's work. After all were seated on the platform, Dr. R. B. Bachman gave the invocation of the evening. Following the Doctor, Mr. Tyne M. Buck offered a splendid vocal number, accompanied by Mr. Ogden. Mr. Buck sang a very appropriate song for the occasion, entitled, "I Am the Builder".

Dr. C. W. Johnson, president of the college, then introduced the speaker of the evening, Rev. Clifton E. Rash, who is the head of the First Federated Church of Des Moines. Rev. Rash expressed his appreciation of having the opportunity of speaking once again to a graduating class of Still College. The minister addressed the members of the graduating class on the subject, "Life of the Young Physician". It is a touching time when a young man or woman graduates and is ready to take up their life duties. Every young physician is influential in lifting the human race and aiding in advancement of the world. The speaker brought out the thought concerning the happiness that must be in the heart of every friend of each of the graduating members. The world is about to receive more competent physicians, who have a duty above

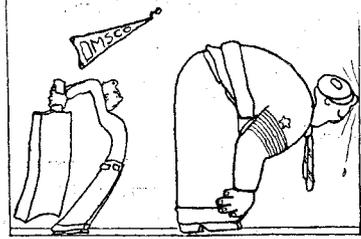
(Continued on page 4)

Band

The band again had the invitation to play the outstanding fight at the Coliseum on Feb. 3, when Tony Legouri, the local Des Moines "pug", met Tommy Grogan, one of the outstanding puncher in the lightweight ranks. The fight was short and sweet to many, for the local fighter went down in the second round without accomplishing anything. The main go of the evening was preceded by several good preliminary events.

The band has had the pleasure of playing all the fights in the Des Moines ring since last fall and was indeed appreciated and cheered by the crowds on every appearance they made. All the credit of success of the Still College Band goes to Dr. Halladay and the members of the band for their untiring efforts.

FRATERNITY NOTES



ATLAS CLUB

The new semester has started, and all the boys are getting a very good start on the books. We don't know how long this rush will last, but we hope until spring.

The club held its semi-annual banquet for the graduating members on January 22nd, at Younkens' Tea Room. Many interesting talks were given by the members of the faculty and graduating class. Dr. Marshall told of some of the responsibility of the new man in the field, and what a community in which he located expected of him. He must take an active part in the community activities. He will be looked up to by all those living in that locality, and must act accordingly. Dr. Hallady's talk was of great interest, upon the conduct of a new doctor, and how he will be judged by people where he locates. Drs. Woods, Campbell and Bachman gave very interesting talks, and every member of the club will profit by the talks and advice of the older men. The banquet was closed by a short talk from the toastmaster, Brother Kenneth Moore.

We regret losing Brothers Gaylord Knowlton, Hugh Crawford and Harry Johnson in the mid-year class, but wish to extend our congratulations and wish them success in their work in the field. Brother Johnson is going to Wichita, Kansas, to serve an internship in the osteopathic hospital there.

We are glad to have Brother Harold McDonald of Detroit, Michigan, back with us this semester.

The club held a smoker for the new freshmen at the house January 28th. There was a very good turn-out by the members of the club and the new men in the freshman class.

Dr. H. V. Halladay showed the pictures of the "Halladay Tour of 1929." The pictures were very educational, showing many historical places and points of great interest. There were pictures of the "Denver Clinical Group," where Dr. Halladay has been a member of the faculty in their post-graduate classes. Light refreshments were served after the pictures and talk by Dr. Halladay. The smokers are always one of the big events of the year. They give the new freshmen a chance to get acquainted with the other fellows in school, and also gives the upper class man a chance to get acquainted.

It seems since the pictures were shown all "Cookie" Moore

can say is "Horace Greeley said 'Go west, young man, go west.'" We all know now Cookie is from Denver, and sure is strong for the West.

The boys are beginning to wonder if Brother Harry Taylor has turned Chi Omega.

Brother Ed Swartzbaugh and Pledge Reginald Sutton are recuperating nicely after their operations.

Pledge Rose was stopped on the street a while back by a small child, who said, "Daddy, give me a nickel." Better watch your step, Rose.

Why hasn't Brother Ward been seen around the barn so much lately?

The club has added a new blackboard to the house. It will be of great use in the review and study for the State Boards.

We take great pleasure in announcing the pledging of Mr. L. Harold Steverson from Webb City, Missouri, and Wendall F. Kessler of Radcliffe, Iowa.

IOTA TAU SIGMA

The present time finds the house in a turmoil, due to the fact that the boys have made so many resolutions regarding studies and other pleasures. Every one seems to be burning the mid night oil.

The banquet was held in honor of the outgoing seniors, January 24, at Younkens' Tea Room. Brief but interesting speeches were made by the visiting alumni and the two graduating seniors, Brothers Steninger and Rhode. Following the banquet, our farewell dance was held at the fraternity house.

It seems everyone has become "bridge minded", and the competition is getting quite keen. Br. Marrow is in extensive training for championship of the house, Bro. Wigal acting as his trainer.

The customary I T S smoker was held Monday, January 27. We had the pleasure of hearing Dr. Cash give a very interesting talk on diagnosis, and explained the fault of undergraduates making up their minds to specialize before practicing and getting a general idea of all branches of osteopathy as it appears in the field, which is of interest to an in-coming man. After being entertained by "Belden's Music Masters", the party broke up, everybody seemingly happy.

"The "letter receiving" contest is getting interesting, although Pledge Hall has a slight margin on the other boys. Pledge Cooper is a close second.

We offer our deepest sympathy to Bro. John C. Wigal, who had the misfortune of a death in his family, that of his step-father, Mr. M. J. Ryan of Dayton, Ohio.

We were honored by the presence of Br. Russ Morgan of St. Ansgar, Iowa, who attended our senior banquet and dance. We are very sorry that he is unable to be with us this semester, but he will answer first roll call next September.

Dr. Alexander, of Laurens,

Iowa, was a visitor at the house over the week end.

Pledge Happel is still having his daily work-out, using Bro. Peck for his punching bag. They both handle themselves like champions.

Bro. L. W. Peterson is making a lot of calls out at 48th and University. We understand he is taking bridge lessons.

Dr. Raymond B. Kale and Miss Katherine Perry were Sunday callers at the house.

We take great pleasure in announcing the pledging of Orville L. Cooper, of Elgin, Illinois.

PHI SIGMA GAMMA

Plans are ready for a dance, Friday, February 14, St. Valentine's day. We want everyone present, including the married men, and to this end we extend them a special invitation. "The More the Merrier!" So let's go, P. S. G.'s.

Rip Van Winkle No. 2 (R. F. Allen) has hove unto himself a new gasoline chariot—new to him, at least. "It" answers to call of Roberta. Queer thing—only those with accident life insurance will ride with him. Don't ask me why! I can't imagine.

For benefit of juniors starting clinic practice and needing patients, I advise seeing R. Frank Shaffer for suggestions. He's got an entirely new and original way all his own. Note: No copy-right yet registered.

Pledge Naylor would like any or all available information in regard to where he can find a physician who will voluntarily give him treatments. He can't find any. Ha!

Bro. Armbrust is back again with us after an extended vacation at semester's end. He states for public enlightenment that he had a fine rest. On the sly he informed me that his true reason for leaving Des Moines was to give the Omaha girls a treat—and the rest of us a break.

Believe it or not!

"Daddy Fritz" Hecker, with co-author M. J. Schwartz, is about to publish a new work, "The Inevitable Fate of Modern Civilization." Let's give them a hand!

What everyone wishes to know is why Bro. Stoike is so silent and unresponsive about his Valley Junction trip the other evening. It will take more curiosity than I can muster to find out.

Pledge Widmer made himself prominent by his absence a while back—now we see a lot of him (in the evenings). She must have discouraged him or left town. Which is it, Red?

Hey Grau! Remember the age-old axiom, "He may not fall often, but when he does—!" Here is the fill in to this case: "He may not fall often, but when he does, Heaven help the East Side!

Anyone desiring information concerning D. M. General Hospital, see Dr. Stewart. Oh yeas! He's getting quite well known—

what between that red h. (what there is of it) and his a toundly accurate diagnosis.

Pledge Poundstone instigated a trip, the other week end, to Ames. He said he was going to see a wrestling match, but we wonder?

Great guns and batteries! What's this world coming to? When Reeves jumps out of his "slumber cot" to answer every telephone call on Sunday morning, it is extremely significant. Makes you feel that an impending something as about to crash.

Hoping you all keep on breathing, may I remain yours,

SIGMA CHU OMEGA

Well! Here we are again, as the escaped convicts said upon being returned to jail.

It gave us great pleasure to receive so many letters from our alumni, and we are very glad to know they are doing so well, both as internes and practitioners. We assure you we are always interested in your letters, and would welcome more of them.

Also, we shall be glad to receive any suggestions relative to Log Book articles, as these articles are primarily for the purpose of keeping our former members in touch with the organization.

We have now entered upon the second term's work, and a new set of officers have been installed. They are: President, Purtzer; vice president, Vic Reeder; secretary, Scheidler; and treasurer, Parkhurst. Every one of these men has proved himself capable, and under their leadership we feel that the organization will prosper, especially if we give them our whole-hearted co-operation.

Our meetings have been most interesting, as well as instructive. We recently had the pleasure of being addressed by Dr. Robert Bachman, who chose as his subject, "Why the Physician Must Be Resourceful." His talk was received with much interest, and we hope we may soon have the pleasure of hearing Dr. Bachman again.

Location

A fine location for any graduating student is open at Mount Pleasant, Iowa. The population is around four thousand five hundred, with a county hospital open to Osteopaths. Osteopathy is well established in this location, and a wonderful opportunity for any young graduate. Dr. F. H. Garriston will sell his equipment for one thousand dollars. Any one interested write the Doctor.

What gets me is why the Scotch are so fond of golf. It must be their only weakness—everyone has to have some vulnerable spot. Maybe they play the game so that they can look for lost balls.—Exchange.

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

Personal Glimpse

(Continued from page 1)

formerly secretary and treasurer. Besides being associated with the board of examiners, he also was vice president of the I. O. A. until the recent death of Dr. L. V. Andrews, then president. The Doctor then ascended to the presidency of the Iowa Osteopathic Association until an election was held, in which Dr. Johnson of Jefferson was elected president, Dr. Hannan retaining the vice-presidency. In regard to the I. O. A. work, Dr. Hannan has been an earnest worker since his graduation from college. By his efforts and interest in the profession he has reached the peak with admiration from all of his many friends.

In an indirect way, this prominent physician has been responsible for many privileges the Osteopaths of Iowa now enjoy. Along with the above mentioned responsibilities, the physician holds the position as Boone county physician, which is indeed an accomplishment for any Osteopath.

We will now look into his immaculate and perfectly equipped office. The office equipment is all housed in a new, modern and beautiful office. Four treating rooms care for his equipment. In the back room a complete X-ray machine with fluoroscopic and photographic units, along with a complete laboratory for urinalysis, developing of X-ray films, occupying the room. Going into the adjoining room, we find a complete diathermy machine, treating table and small instrument cabinet. Entering the next room we find a large instrument cabinet filled with the necessary equipment needed by any up-to-date physician, a McManus table, ultra-violet lamp with air and water cooled units, infra-red lamp, electric sterilizer. We then enter his private room where he spends his spare moments in taking care of all business matters that call all active physicians' attention. Last, but not least, the waiting room, a delightful and cheerful place for any class of people. The room is equipped with a beautiful mahogany desk, wicker furniture, book cases, a pleasing and restful atmosphere for any one.

Indeed it is a pleasure and privilege for anyone to visit the doctor for a few minutes and see such a perfect office, owned by one man. It has been judged

by many other active physicians as one of the best if not the best office owned by any one individual in the state.

Continuing on, we now take up important facts in regard to practice. In handling fracture, the largest percentage of such injuries are handled by Dr. Hannan in the surrounding territory. This statement can be backed by his opinion being asked by medical physicians, and also being considered an authority on X-ray work. His advice and opinion are constantly being consulted by medical physicians in all surrounding territories. This proves the advancement of the Osteopathic profession through such men's efforts. Medical men seek osteopaths' advice, instead of osteopaths seeking medical help. Not that this stands alone, but brings co-operation between the two for furthering the art of healing, but also broadens each physician's mind in regard to their different science of healing, with benefit to the human race.

All kinds of minor surgery are performed within this modern and well equipped office, such as tonsillectomies, and circumcisions, all of which confront every physician while in practice. Accompanying all the above-mentioned facts, Dr. Hannan spends four to six weeks every summer studying in some prominent clinic in the east to further his accomplishments and prepare him to give all that is possible to his patients and profession. Besides having time for the many mentioned accomplishments, the Doctor looks after a six hundred and forty acre farm judged one of the best in this locality.

This is the kind of articles we wish to receive from all Still College graduates, so we can show the accomplishments of each man. We know there are many who have some important facts of which they can be proud. Please send them to us. Expecting to hear from many of you soon.—Editor.

Senior Banquet

The semi-annual banquet, given each semester by the trustees of Still College in honor of the graduating members, was held Thursday evening, January 16, 1930, at Younkers' Tea Room.

Although it was an exceedingly cold night, the attendance was 100 per cent, including both faculty members and graduates.

After a delightful five-course dinner, a very entertaining program was presented.

The act of presiding as toast-mistress was very capably taken care of by Mrs. Innes. Very original, as always, she compared our lives in Still College to that of an aviator, taking us from the beginning, as ground students, to the finished product, the experienced pilot. In the course, several members of the faculty were called upon to describe in detail the various steps we took

along the line. We learned some very interesting things about ourselves, as well as some amusing incidents, especially from Miss Johnson.

Mr. Rhode, who is president of the graduating class, gave the farewell address. He said the usual things, which are always hard to say, and did it very nobly.

Several vocal selections were given by Hydeman, who is a student at our college. It is a pleasure to have such talent in our school.

We would take this opportunity again to thank every member of the faculty for the many things they have done for us while in school, and to the Trustees again for the very delightful evening which was given us.

Resolutions Passed

By Nebraska Board

The following resolutions were passed January 28, 1930, by the Nebraska Basic Science Board:

1. "In all questions of applicants coming from other states with application to the State of Nebraska for waiver of examination in the Basic Sciences, it shall rest with the Basic Science Board of Nebraska whether to

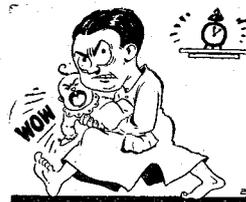
(1) Issue certificate of Ability in the Basic Sciences upon examination of grades received from any other legalized Board of Examiners in any other state under conditions provided in section 8 of Basic Science Law.

(2) Issue certificate of Ability upon re-examination of papers written for any other legalized Board of Examiners in any other state.

(3) Reject. Such rejection in itself does not bar the applicant from taking the regular Basic Science Board examination."

2. "Under the present law grades of none other than legalized boards of examiners in the healing arts of other states can be recognized in the consideration for Certificate of Ability by waiver. This would exclude consideration on the part of the Basic Science Board of examinations and grades given by National Boards."

Births



It is with pleasure that we announce the birth of a daughter, Alys Wilburta, to Mr. and Mrs. Ralph Lathrop, December 28th, 1929. Mr. Lathrop is a member of the junior class of Des Moines Still College. Every one extends their congratulations to the young couple.

Senior Class Presentation

The senior class of January, 1930, presented to Des Moines Still College a picture of Dr. H. V. Halladay.

R. J. Rhode, president of the class, made the presentation to Dr. C. W. Johnson in assembly. Dr. Johnson then presented it to the student body, but soon found he had it upside down. This gained a round of applause. Dr. Johnson added a few remarks, and accepted the picture.

Dr. Halladay then acknowledged the honor bestowed upon him by the class, and added a few of his well chosen remarks, stating to the other faculty members that one of the fundamentals in getting your picture in the hall of fame was "to get the goods on the members of some class", and all will be well.

Dr. Halladay is worthy of this honor, because of his knowledge as an authority on anatomy, his untiring efforts to better Osteopathy, his interest in the college band, along with its success, and his popularity as one of the instructors.

Assembly

The first assembly of the new semester was held Friday, January 31st. The band opened the assembly with the famous march, the "Emblem of Freedom," and this was followed by a bass solo played by C. H. Fedson, accompanied by the band. Hearty applause followed the number in appreciation of the fine showing of Mr. Fedson and the band.

Dr. C. W. Johnson, president of Still College, came to the platform and addressed the new members of the freshman class. He congratulated the students upon their attitude throughout the last semester, and stressed the fact to make this an outstanding semester for every one in the college. The college is a democratic group, and the conduct of every student is high, and all are to be congratulated for their efforts. The new students were congratulated upon their entering D. M. S. C. O., and everyone looks for much progress from them. They all have the up-and-coming spirit which puts any science forward. Following the address, Robert Homan, editor of the year book, made an announcement concerning the progress of the new book so far.

The band played several new numbers and one request, and the assembly was closed by the playing of the popular march, "Men of Ohio".

One nice thing about playing a bum game of golf, you most often come back with more balls than you started out with. You may find as high as three balls in a bad piece of rough while you are looking for your own. If you can do this it doesn't make you feel so badly when you can't find your own ball and you have to count an extra stroke.

From the Field

Dr. Staples is now president of Jackson County Osteopathic Association. The association met at Hotel Hayes for a dinner, a business meeting and a social time. Following dinner, at which the ladies were guests, and while the latter were enjoying cards, the members of the association held a business meeting. At this time officers were elected as follows: President, Dr. Raymond Staples, a graduate of Des Moines Still College of Osteopathy in 1925; vice president, Dr. J. S. Swieger; secretary-treasurer, Dr. F. M. Gould, re-elected.

Later the entire group united in games of cards. The next meeting will be held February 20th, at the home of Dr. J. J. Newman.

Practice for Sale—at Vinita, Oklahoma. Vinita is the county seat, with a population of five thousand, and located in the trade center. The location of the town is in the northeastern part of the state. This is the only D. O. office in the county. If anyone is interested, write Dr. O. L. Kelley at Vinita.

The Florida Board will be held February 20, 21, and 22. Write Dr. Frances Tuttle, Office of Secretary and Treasurer, at the Tuttle Hotel in Miami, Fla.

The Pennsylvania Board will be held Feb. 3, 4, 5, and 6th, at the state capitol building in Harrisburg, Penn. All interested Dr. M. S. House and the State Capitol.

The Nebraska Board will be held at Lincoln, February 20th and 21st. All applications must be on file 15 days prior to date of examination. For further information write Mrs. Clark Perkins, director of Board.

Practice for Sale—In city of about seven thousand in southwestern Michigan. Open in June or before. Well established, good community, good roads. Want to locate in Missouri. Give as much information as possible in first letter. All correspondence will be treated strictly confidential. Will answer all inquiries. Address J. H. Bender, Dwight, Illinois.

Senior Class Day

(Continued from page 1)

Robert Landry and general clinic to Harry Johnson. The Sigma Sigma Phi award for service was given to Grace Abolt, and for proficiency to Alice Paulsen. Following these awards, the Marshall trophy was awarded to Percy Walley for exceptional work at the hospital.

The Des Moines General Hospital internship was given to Richard Rhode, president of the senior class. Everyone extends their congratulations to Dick for this fine appointment. Follow-

ing the awards Dr. J. P. Schwartz congratulated the members of the class upon their outstanding work while students of the college.

The president of the senior class, Richard Rhode, was again called to the platform, and presented to the school a picture of a faculty member, Dr. H. V. Halladay. Dr. C. W. Johnson accepted the presentation and expressed the thanks of the faculty and members of the board for the fine gift. Dr. Halladay received a deafening outburst of applause as the students showed their appreciation and approval of the selection of the senior class.

Following this uproar, the band was again the center of attraction, when they featured "St. Louis Blues," which received hearty applause. The band closed the program with the favorite march, "Tropic to Tropic".

Commencement

(Continued from page 1)

any other profession. He has great responsibilities, cares, and mental anguish. He should never consider the great amount of money he can derive, but the comfort he can bring to those who are in need of him. The physician is in debt, due to the vast amount of responsibility placed upon him by human society. His attitude should be of the type that will relate and allow him to mingle with all types of the human race. He must be neighborly, friendly, and kind to every member of society, and he should never draw himself away just for his science, but should mingle and give his community all that he can in every respect. Members of the community learn the qualities of each physician by his associations. His interest should rest in the public schools and aid in giving every opportunity for each member to go further on in life. The church affiliations are of great importance. They aid in advancing the community, also being influential to other members. The communities need educated men and women; it always gives the impression and assurance to the community in which you are located that your support will always accompany their efforts. Glory and recognition should never be of any importance, the assurance to yourself that you have done your duty to the best of your ability and the happiness that results from it. If these few ideas are closely followed out, sufficient success will come to all conscientious physicians. Rev. C. E. Rash congratulated Dr. Johnson upon the splendid class and blessed them in following out their science.

Mr. Buck again favored the gathering with a splendid vocal number, accompanied by Mr. Ogden.

Dr. J. P. Schwartz then presented the class to Dr. C. W. Johnson, who conferred the Degree of Doctor of Osteopathy

upon the following men and women: Grace Abolt, Hugh Crawford, Harry Johnson, Gaylord Knowlton, William Olson, Alice Paulsen, Richard Rhode, Delmar Steninger, J. F. Steckler, Percy Walley and Robert Landry. Following the presentation of diplomas, the members retired to the mezzanine floor, where congratulations were bestowed upon them by their friends.

Fallacies of Exercise

(Continued from Last Issue)

The first sign of muscular deficiency is usually seen in the enlarging waist measure, the abdominal sagging. This is accompanied by sway-back, as the weight of the pendulous abdomen drags forward the small of the back. Compensatory curves up higher are shown in the caved in back of the neck. This pitiful picture is easy to prevent, but difficult to cure. It is a battle between the force of gravitation and the vital activity of the individual body. Laziness seduces the individual into quiescence, thereby awarding victory to gravity. Gravity's pull downward is constant. Nature's fight to lift is intermittent. It is an unequal contest. The individual is handicapped from the start. His body was built to stand in a horizontal posture with a leg at each of the four corners. In such a case, the force of gravitation is always in the right direction, and tends toward normal posture. Then he tips this body up on one end, throws it all out of plumb and gravity thereafter is fighting him all the rest of his life.

Tone is the ideal toward which the individual should aspire.

Osteopathic survey of the individual body at regular intervals is followed by osteopathic adjustment and osteopathic prescription of the specific exercises indicated for the particular purpose in each case. Self diagnosis and self treatment, or mail order treatment, are not only foolish, but dangerous.

Legal and Legislation

The following is a recent opinion from the Commission of the Department of Labor and Industry relative to insurance claim for Medical service by Osteopathic Physicians and Surgeons. This action is another step toward the goal to which we are entitled.

This department urges all its members who have had claims refused to write the Department of Labor and Industry for application blanks and file your claims in the regular manner, regardless of how small the claim.

The opinion reads as follows: Defendants deny their liability for the charges in this case because they allege the services of an Osteopathic physician are not medical, surgical and hospital services within the meaning of the said Section 4 of Part II of

the Compensation Law. We not agreed with this contentio.

The practice of Osteopathy is recognized in this state and there is created by law a State Board of Osteopathic Registration and Examination with power to license persons to treat diseases of the human body by the system, method or science of Osteopathy. Persons licensed under this statute have just as much right to practice their profession as physicians and surgeons under the medical act, dentists, or lawyers under their respective laws. We believe that the legislature in passing said section 4, Part II of the Workmen's Compensation Law providing for medical, surgical and hospital services and medicines to injured employees did not intend to limit such services to only practitioners licensed to practice under the act for registration in medicine it would have been a very easy matter to have said so. THE TERM "MEDICAL" IS SUFFICIENTLY BROAD TO INCLUDE PRACTITIONERS OF OSTEOPATHY, which is a system recognized by law for the treating of diseases of the human body. The science of treating diseases of the human body has developed in many directions, and while one body of practitioners may be interested in confining such practice to their system or method, the law recognizes no such monopoly. We have no hesitation in saying that the service of an Osteopathic physician is medical service within the meaning of this section of the Law. See Towers vs. Gilders and Levin, 101 Conn. 169, Atl. 366, involving a construction of the Connecticut statute, which is similar to our own, cited by Commissioner Jacobs in the case of Marsden vs. Ora E. Williams and Pennsylvania Surety Company, decided November 27, 1929, No. 2301.

The award of the Deputy commissioner denying the Petitioner's claim for compensation is reversed and Petitioner's claim for \$148.00 is allowed, which the defendants are hereby directed to pay.

Dated and entered at Lansing, Michigan, this Fourth day of December, A. D. 1929.

Department of Labor and Industry, Samuel H Rhoads, Commissioner, Isabel Larill, Commissioner, Theo Jacobs, Commissioner.

The philanthropic lady was visiting a school. To test the brightness of a group of rather poor pupils she questioned:

"Children, which is the greatest of all virtues?"

No one answered.

"Think a little. What is it I am doing when I give up time and pleasure to come and talk with you for your own good?"

A grimy fist went up.

"Well, what am I doing, little boy?"

"Please, ma'm, buttin' in!" was the reply.

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

THE LOG BOOK

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PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 7

MARCH 15, 1930

Number 15

O. B. Comments

During the past few years there has been a continuous flow of letters and inquiries into my office on various subjects and disturbances, practically all of which can be classified under Obstetrics. I have always answered these gladly and am willing to make comment on all that I possibly can, but it has reached a condition lately that makes it impossible to keep up with my correspondence, private practice, and teaching. At the request of a few of the osteopathic practitioners, I will endeavor to make a few comments on various subjects of obstetrics and will write an article on the topics most frequently referred to in the various letters I have received. These articles will appear in the regular issues of the Log Book under the heading of "O. B. Comments."

I want to thank the Log Book editors for the space they have so kindly allotted me for the publishing of these comments as they will appear from time to time and for the additional space of these preliminary remarks.
(Continued on page 3)

A Wonderful Gift

Some of you have heard of the original slides that Dr. Wm. Smith used in his lecture on Osteopathy in the early days. These slides are still intact and thru the generosity of Mrs. George Still they are now the property of Dr. H. V. Halladay. These slides were in possession of Dr. Smith's son, Cuspert, whom some of you remember, and were purchased from him by Dr. George Still.

The collection consists of about 100 slides, many of which are views of the "Old Doctor" with some of the early students studying and demonstrating technic. There are also several views of the first school and early graduates and faculty members. The value of this collection of slides cannot be estimated, from a historic standpoint. Dr. Halladay says that he will see that they are placed in the proper hands when he is through with them.

The classes that have seen them consider it a great privilege to be taken back to the early days of our science. One feature of special interest consists of several views of a parade staged when the first osteopathic law was passed in the State of Iowa. The collection should be seen by every member of the profession.

Program of the Iowa State Osteopathic Association

Annual Meeting to be Held at the Ft. Des Moines Hotel,
Des Moines, Iowa, May 13, 14, 15, 1930.

TUESDAY, MAY 13

- 7:30 A. M.—Surgery at Des Moines General Hospital.
9:00—Opening of Meeting at Ft. Des Moines Hotel
Music—Still College Band.
Invocation.
Address of Welcome.
Response.
Music, Still College Band.
Announcements.
10:00—Diseases of the Arteries...Dr. C. W. Johnson, Des Moines.
11:30—Dr. Charlotte McCuskey, Council Bluffs. Representing the O. W. N. A.
12:00—Luncheon.....Dr. C. M. Proctor, Ames, Presiding.
1:30—The Heart.....Dr. A. D. Becker, Kirksville, Mo.
3:00—The Lymphatic Pump...Dr. L. L. Wade, Winterset, Iowa.
3:30—The Heart (Cont.).....Dr. A. D. Becker, Kirksville, Mo.
7:00—Trustees Meeting.....Ft. Des Moines Hotel.
8:00—Concert.....Ft. Des Moines Hotel—
Still College Band, Orchestra, Quartette and Soloists

WEDNESDAY, MAY 14

- 7:30 A. M.—Surgery at Des Moines General Hospital.
9:00—The Cervical Region.....Dr. H. V. Halladay, Des Moines.
(Ft. Des Moines Hotel)
10:00—Business Meeting.
12:00—Luncheon.....Dr. McTigue, Emmetsburg, Iowa
1:30—A. O. A. Representative, Dr. C. N. Clark.
1:45—Lumbar and Sacro-Iliac.....Dr. R. N. McBain, Chicago.
3:15—Dr. James E. Gray, Newton, Iowa.
3:45—Dr. R. N. McBain, (Cont')
6:30—Banquet.....Ft. Des Moines Hotel.

THURSDAY, MAY 15

- 7:30 A. M.—Surgery at Des Moines General Hospital.
9:00—The Dorsal Spine and Ribs.....
.....Dr. Yale Castlio, Kansas City, Mo.
10:30—Osteopathy in Honolulu.....Dr. Charlotte McCuskey.
11:00—Dr. Yale Castlio, (Cont.)
12:00—Luncheon—Dr. J. K. Johnson, Jefferson, Presiding.
1:30—Spinal Abnormalities.....Dr. J. P. Schwartz, Des Moines.
2:00—The Care of Athletes.....Dr. J. K. Johnson, Jr. Jefferson.
.....Dr. H. V. Halladay, Des Moines.
3:00—Osteopathic Care of the Feet.....
.....Dr. C. I. Groff, Mason City.

Look over this program and you will agree that every item on it fits with the others to make it one of the best programs in the history of the organization. Notice the luncheons, presided over by some member of the Association, so that you may get together and talk over those things that take a little extra time. We want to call your attention to the concert to be put on by the Still College Entertainers on Tuesday evening. Don't miss this. Dr. Halladay is famous as a bandmaster and will have some surprises for you.

We are indebted to Dr. Della Caldwell for this early copy of the program and she informs us that the program will go thru as published and for you to make your plans accordingly. Come and spend the three full days with us.

DR. H. J. MARSHALL, Local Chairman.

Care of Athletes

Those who are interested in the care of athletes will be glad to know that a section is to be organized at the coming national convention in Philadelphia and that several have already designated their intention to get behind this movement and make it the most interesting of the various subdivisions of the work of the A. O. A.

Members of the profession that have not been doing work of this kind have been missing a great field for osteopathic work that cannot be done by any other class of physicians. It offers our greatest field in which to show better results than obtained by other than osteopathic methods. These phases and many others will be taken up at the preliminary meeting in Philadelphia. Dr. E. A. Ward of Saginaw, Mich., has been collecting data relative to this work and being national chairman of the Bureau of Industrial and Institutional Service, is getting this work started in a most efficient manner. All interested along this line should write Dr. Ward and indicate their intention of helping to put this across.

Watch for later announcements relative to more definite plans on this line of work.

Visitor at College

The College was honored recently by the visit of Dr. D. E. Hannan of Perry, Ia. The Doctor is chairman of the State Board of examiners.

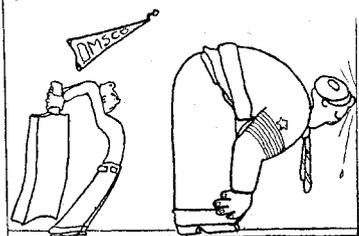
During the morning's visit, the Doctor addressed several classes on different matters which were astonishing, yet amusing to every one of the members. Important matters were taken up which will prove to be of benefit to every student who had the opportunity of hearing the Doctor.

Every one, when the hardest examination comes, should not act on a quick impulse, but should reason the matter out before committing himself, when later he may realize that he was entirely wrong.

Dr. Hannan received a mighty applause from the different audiences he addressed and all hope to have the opportunity of hearing him in the assembly again in the near future.

Father is glad that he has finished working his son's way through college.

FRATERNITY NOTES



ATLAS CLUB

Our practical work, given every other Monday night by some prominent physician of Des Moines, is going fine this semester. This work was much neglected last semester and was a great loss. Feb. 24, Dr. J. P. Schwartz gave a very interesting lecture and demonstration on physical examination. His lecture will long be remembered for the value it will bring to all of us. March 10 Dr. Byron Cash gave a lecture on Laboratory Diagnosis. Dr. Cash's lecture was on urinary finding of different diseases. The Doctor has promised to return at a later date and give a lecture on Blood Chemistry. We will all look forward to the time of his return.

A Valentine Dance was held at the house on Feb. 14. This was the first dance we have held this semester. We were entertained by that famous recording orchestra "Shawver's Collegians". Everyone claims this as the best dance we have held this year. We hope the famous band will return soon. The big feature of the evening was a piano solo by Harold McDonald. Harold thinks a lot of our new Grand Piano.

We hope for a speedy recovery of Bro. Paul Wynn, who was operated March 6 at the General Hospital by Dr. J. P. Schwartz.

The members of the Atlas Club wish to extend their deepest sympathy to Carl Routzahn in his hours of sorrow.

Toothless Timothy, alias (Alan Nelson) is among our midst, stuttering, stammering, and a smile that no girl could resist.

Notice!!!! Major Seagrave, alias Don Hughes, will take off daily at 8 a. m. hoping to set a new record for the Des Moines blue cops to shoot at!

We are pleased to announce that we have a second "Arthur the Great" among us in Pledge Wendal Kessler.

Bro. Basore still contends that "twenty mule team" is better for the skin than "Life Buoy".

This has been quite a year for new fads. Bro. Ward started wearing glasses and now many pairs of glasses are being worn. Bros. Miken and Campbell have started a new fad, but it is not being followed by such a great number.

We all hope the week-end trips to Ft. Dodge will end so Pledge Robert Forbes will remove his "Charley Chaplin" mustache.

Who bought the "reed oil" for Dr. Harry Skinner's clarinet.

Bro. Monger is looking for a

prospective buyer for his two famous cars.

Bundle washing wanted by Kay Davis & Co.—cheaper rates on Saturday.

The Club is now in the process of spring house cleaning. Many of the boys are complaining because they can't find their things.

IOTA TAU SIGMA

Another month nearer summer vacation finds the boys seeking outdoor recreation during their spare moments. We find it much more difficult to concentrate on the books during the "Spring Fever" period, but due to the fact that there are but eleven more weeks of school, we realize it is very important to spend much time studying.

It was our pleasure of having Dr. M. E. Bachman give us one of his most interesting health talks on Feb. 24. Following his lecture, he gave us some of the finer points in technique. We consider it a great opportunity to listen to Dr. Bachman and hope to have him as our guest again soon.

The nice spring weather apparently makes the boys want to get out and shine up their cars. Out "automobile row" looks like a lot of new cars lately, with the exception of Bro. Wigals' Ford. He had the misfortune of hitting a trolley car the other day, but says in a few days he'll have it running again and able to carry its customary passengers to school.

We had a beautiful bonfire the other day, although the smoke may have bothered the neighbors a little, the looks of the lawn was greatly improved by burning the dead leaves and grass.

Now, that the Pan-Hellenic Council has voted on having Inter-Frat baseball games, our batteries are getting into shape. Up-to-date, Pledges Hall and Happel look like the best of the pitchers, Pledge Happel having semi-pro experience, should be a great aid to the I. T. S. team.

Pledge Cooper has been confined to the house with a bad cold, but is much improved now and will soon be in school.

We extend our deepest sympathy to Bro. Carl Routzahn, who was called home March 10 by the death of his sister in Dayton, Ohio.

Word has been received from Bro. Lyman A. Lydic, class of May, 1924, formerly practicing in Dayton, Ohio, has taking over a hospital at Virginia Beach, Va. Dr. Lydic sold his practice to Bro. Karl Gephart, class of May, 1926. We wish both Doctors great success in their future achievements.

PHI SIGMA GAMMA

The Valentine Dance Feb. 14 turned out a huge success. The Rythmasters orchestra surely kept all of us going. Everyone is looking forward to the next dance, which we hope will be soon.

The monthly Pan-Hell meeting

was held at P. S. G. House on Wednesday, Feb. 19. Plans for spring athletic contests were discussed. An added interest in way of a track meet has been added to the course this spring. This will be a Pan-Hell Track Meet.

The boys are practicing golf putting in preparation for the tournament. Some of the others have sent for their clubs, tennis racquets, spiked track shoes, etc., to be prepared for a break in the weather.

Is it time yet for Spring Fever? If it isn't, then my diagnosis of the ailments of some of the fellows may be termed "All Wet." Bro. Allen is "King of Dreamers" but then, maybe it's just a bad habit.

Methinks there are some very enthused boys in the house now that Pledgeship is over. Several expressed thoughts as desiring to do it all over again. And of course, in such cases we always find it paying to oblige.

Bro. Stoike is not given much to springing surprises, but oh! how he did astonish us on a certain balmy Friday nite!

Bro. Schwartz has been sporting a sorority pin since Xmas. Now that he has his frat pin, we wonder how long he'll be able to retain it.

Grau! You know Frank Shaffer? Did you ever hear of Francke's Disease? It's a good one—look it up.

One thing we can say for Doc Stewart is that his wife makes an excellent brand of candy. Schwartz' girl friend also rates very high in this respect. (Ed. Note: I speak with authority—Red and Maurice are my roommates).

To Alumni—We would greatly appreciate any word, personal, professionally, practical, — or otherwise—anything just to let us know how you are progressing.

From France

Dr. Albert Guy of Paris, France, has written a very fine article on "The effect of Lesions of the Spine on Sterility" which appears in the Paris Journal of Medicine, February 13. Dr. Guy is to be congratulated on the well written article and also on being able to get it before the French physicians in such an able manner. The article introduces the subject by mention of the research work being done in the institute in California, and then, after a discussion of the principles of osteopathy, he takes up six cases in his practice that have been treated successfully. Dr. Guy has done a great thing for Osteopathy on the continent by getting into the Paris Journal.

Stude—You know, I like math when it isn't over my head.
Naturalist—Yeah? That's the way I feel about pigeons.

An Anatomists Advice

We take pleasure in giving to all, the poem written in French by Dr. Guy, taken from Dr. Halladay's saying.

Below is the French quotation of it and the English translation of the French script.

An Anatomist's Advice

If sometimes care, with its fine needle,
Traces on your brow the outline of a furrow;
If your look hardens and your brow knits,
Eighteen muscles toil immediately in answer

But when a smile brightens up your face,
Four muscles bring into play all this beautiful work.
Spare then your features and be happy
Under the charming enchantment of your joyous looks.

Conseil d'Anatomiste

Si parfois le souci, de son fin-aiguillon,
Trace sur votre front l'esquisse d'un sillon;
Si le regard durcit et le sourcil se fronce,
Dix-huit muscles peinent aussitot en reponse.

Mais lorsque le sourire eclaire le visage
Quatre muscles en jeu font tout ce bel ouvrage
Epargnez donc vos traits, et faites des Heureux
Sous le charme enchanteur de vos regards joyeux.

Albert E. Guy, D. O.

Iowa Board

We take pleasure in making the following announcement of the Osteopathic physicians who were successful in passing the Iowa Board.

The Osteopathic physicians who were successful in writing the examination held recently under The Iowa State Board of Osteopathic Examiners are as follows:

Dr. Grace Marian Abolt, Dr. Everett Vester Chance, Dr. Hugh Crawford, Dr. John Alfred Kline, Dr. Edmund John Kirlin, Dr. Andrew G. Shook, Dr. Alice Ruth Paulsen, Dr. Jack Frances Steckler, Dr. George Henry Millenbaugh, Dr. Delmar R. Steninger, Dr. Robert Raymond Landry, Dr. Percy E. Walley, Dr. Thomas I. Moffett and Dr. J. Hayward Friend.

Thought this would be of interest to have printed in the Log Book.

DR. SHERMAN OPP,

Secretary, Iowa State Board
Osteopathic Examiners.

We extend our thanks to Dr. Opp, secretary of the Iowa board, for informing us about the results of the Iowa Examining Board.

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

Post-Graduate Work and Surgery

We take pleasure in announcing in the near future the Osteopathic profession will have two more Osteopathic surgeons in their ranks. The surgeon of today is in demand, especially the Osteopathic surgeon.

Dr. Ray McFarlane and James Schaeffer are now taking their advanced work at the Des Moines General Hospital, where they have finished their year internship. Along with the advanced surgery at the hospital they are taking their post-graduate work at Des Moines Still College of Osteopathy. Dr. Schaeffer and McFarlane graduated from Still College in the mid-year class of 1929, and have been very active in the work at the hospital. These two physicians have one of the best opportunities to get surgery and get it right because of the opportunity of working under Dr. J. P. Schwartz, surgeon in chief at the Des Moines General. Dr. Schwartz is considered among the most outstanding surgeons in the Midwest today, and anyone having the privilege to associate with him or work under him will get the best that science has to offer.

It is with great pleasure that we make this announcement and congratulate the Doctors upon their work, and wish them the most success that is attainable in their chosen profession.

From the Field

February 25, 1930

Dr. F. B. McTigue, Editor,
Iowa Osteopathic Bulletin,
Emmetsburg, Iowa.

Dear Doctor McTigue:

I have your letter under date of February 22d and am pleased to give you what information I have in my files relative to our being permitted to use for our patients State and County public Hospitals.

I want to commend you as the Editor of our Bulletin for your vigilance in ferreting out these matters which pertain to our very existence, and giving them to the profession which your bulletin represents. I should have sent this to you without your having to ask for it, but have been extremely busy of late, and will try and do better next time. You know it is not my disposi-

tion to keep from the profession matters of this kind.

Assuring you of my continued cooperation, I am,

Cordially yours,
DR. D. E. HANNAN.

The Opinions:

"The question having been raised by various County Hospitals and Medical Societies, I am writing to request an opinion as to whether or not the trustees of a county public hospital (as provided for under Chapter 269 of the Iowa code) have the power to exclude Osteopaths and Chiropractors from the hospital.

"One of the medical societies has just raised the question again and has cited an opinion from your office under date of June 26, 1928, relating to Osteopathy: Indigent persons, as applied to section 2181 of the law providing for commitment to the State University Hospital. The question was raised as to whether that interpretation would apply to Section 5364."

In reply we would say that we do not believe that the legislature, when they incorporated section 5364 in the chapter pertaining to public hospitals intended to discriminate against any recognized branch of Medical service and that the hospital should therefore permit Osteopaths and Chiropractors to have the same recognition in County Public Hospitals as is given to Doctors practicing a regular course of Medicine.

Trusting this answers your inquiry, I am,

Yours very truly,

(signed) GERALD O. BLAKE,
Assistant Attorney General
GOB:EC.

It is with much regret that we make the following announcement in regard to the sudden death of Dr. Clyde Conn of Ironwood, Michigan, within the last few weeks. Dr. Conn was one of the leading osteopaths in the locality. Success had made its appearance after hard work of introducing the profession, when his sudden death occurred.

Word has been received that his equipment and practice are for sale, and a wonderful opportunity for a recent graduate to locate, because osteopathy is well introduced, through the untiring efforts of Dr. Conn.

Anyone interested may write Mrs. Conn at either: 118 South Mansfield St., Ironwood, Michigan, or at 1165 Prospect Ave., Toledo, Ohio.

We extend our sympathy to Mrs. Conn in the time of her bereavement.

He Writes

We are indebted to Dr. R. Platt, Jr., of Houston, Texas, for an excellent article by him that appeared in the Houston Gargoyle of March 2. Good work, Reg. More of you in the field should get into these local booster publications.

O. B. Comments

(Continued from page 1)
marks announcing the addition of an Obstetrical column to our college paper.

Some Causative Factors of Abortions

The exact causes of abortions in the various case histories I have received are not always easily found, so following I will mention a few that may give a clew or a suggestion that may be helpful in determining the disturbing factor, or factors. The following classifications I have arbitrarily chosen for convenience of tabulating some of the etiological factors.

Ova, or sperm. It has been proven through various experiments on humans as well as animals that the question is not always sterility, but lowered fertility that leaves a childless home, and if pregnancy does eventually occur it often terminates in a few months. A sperm or ova of low vitality may be the result of depleted, run down physical conditions, various chronic diseases, overwork, lack of fresh air, lack of sunshine, lack of proper sleep, vocational toxemias, as fumes, chemicals, X-rays, etc., alcoholism, excessive use of tobacco, sexual excesses, some contraceptives, marked differences in ages, demineralization of the body, anemia, dietary deficiencies, and indiscrepancies.

Fetal. Improper developments, teratologic disturbances, diseases of the fetal body, or its appendages, as diseases of the Chorion, amnion, cord complications.

Uterus. Cervical erosions and lacerations, hypertrophic, hypotrophic and infected conditions; glandular hypertrophy and polypoid growths, tumors, apoplectic uteri, infantile uteri; uterine deformities.

Pelvis. Ovarion Dysfunctions and tumors, salpingitis, malposition of uterus, adhesions of uterus, tumors or new growths, cystitis, and pelvic inflammations, trophic disturbances and faulty innervation from osseous or osteopathic lesions.

Body (maternal) diseases of a highly toxic nature, sudden changes in body temperature, interference with aeration of blood as cardiac and pulmonary diseases, nephritic diseases, anemias, depleted constitution, depleting diseases, starvation, diseases of alimentary tract interfering with assimilation, overwork, body deformities and lack of compensation or organic hypotrophy, endocrine disturbances.

Trauma. Direct; blows, acts of violence, examinations, etc., and mechanical stimulating influences; indirect: lifting, falls, injuries and mechanical stimulating forces of a contributory nature.

Drugs and chemicals. Medication direct as a criminal or therapeutic measure, indirect as a therapeutic measure in treating constitutional disturbances independent of the gravid uterus;

accidental: gases; fumes (turpentine, carbon monoxide, and the like), and vocational chemical poisoning.

Abstract. Fright, worry, anger, grief, disappointments, and the like.

With a careful check over of the points mentioned under the various topics, one can readily realize the list of disturbances a growing ovum faces, and a causative factor to the arrest of pregnancy found. So in conclusion will say that the correction of the causative influences of abortion will be the prophylactic and curative treatment of recurrent abortions.

—Robert B. Bachman, D. O.

Special Assembly

Still College band opened the assembly with "The National Emblem", which was followed by the popular number, "I'll Always Be in Love With You".

Dr. H. V. Halladay then introduced Dr. McCaughan of Indiana, who is Inspector of Osteopathic Colleges and a member of the Board Trustees of the National American Osteopathic Association.

Dr. McCaughan commented on the band and Dr. Halladay's able leadership, and stated it was the most outstanding band in the osteopathic profession.

The Doctor praised the school from every angle, its different departments, and faculty. The Doctor said: "When a student leaves D. M. S. C. O. he can make a success if he will but apply himself."

The Doctor stressed the importance of the National A. O. A., which insures a uniform standard of education of all the osteopathic schools, and puts them on an identical basis. It acts as a guide and strengthens Osteopathy. Every student is expected to become a member when he graduates. The benefits derived from it are unlimited.

Students come to school on a faith and leave with a science with which one can reason out problems from every angle. Their faith is justified on the results they obtain, see and receive from practioners in the field.

The outstanding osteopaths feel sorry for the Medics in many cases, for they are helpless, whereas an Osteopath can do many things. The principle of Osteopathy is the same as in early years, with the addition of new ideas. Correct all maladjustment, and function will become normal. We cannot cure everything, but let us remember that Osteopathy is yet in the embryonic stage.

Some of the students must be impractical and scientific so that the research work can be carried on. It would not do for all of them to be practical. The advancement must be carried on, proving future results.

Hearty applause followed the splendid address. New ideas were carried away by many. The band closed assembly with a lively tune.

Marriage of Interest



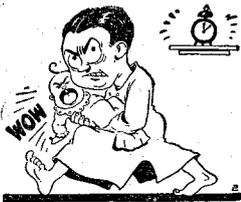
The marriage of Mrs. Jane Clark Marlow and Dr. Joseph D. Flasco, both of Akron, was solemnized at the Universalist church in Akron on Saturday, January 11, 1930, at 8:30 p. m. The bride is the daughter of Mr. and Mrs. J. B. Clark of 402 Mulberry street, Marietta. She is a graduate of the local high school and of the Marietta Commercial College and was stenographer in the foreign department of the Safe-Cabinet Company. She is now stenographer in the foreign department of the Philadelphia Rubber Works Company of Akron, with which company she has been connected for the past five years.

Dr. Flasco is the son of Mrs. Mary Flasco of 556 Elma street, Akron. He attended Akron high school and university and is a graduate of the Still College of Osteopathy at Des Moines, Iowa. He is now practicing his profession in Akron.

Dr. and Mrs. Flasco were attended by Mr. and Mrs. Paul Gerard of Akron, and following the ceremony a wedding supper was served at the Gerard home. Dr. and Mrs. Flasco took a brief honeymoon trip in the East and they are now at home at 729 Bell Street, Akron. On Sunday, February 2, Mr. and Mrs. Ralph Pipes (Olga Clark) of Hudson, near Cleveland, entertained with a dinner honoring the bride and groom. Mrs. Flasco and Mrs. Pipes are sisters.

Dr. Flasco attended college with a number of Marietta men, and both he and his bride have many friends here who will hasten to send their congratulations and best wishes.

Births

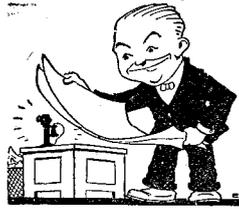


We take great pleasure in announcing the birth of a boy, David Edward, to Dr. and Mrs. J. E. Weimer of Marietta, O., on St. Valentine's Day. Many remember Dr. Weimer, and especially by the name "Gussie". Everyone extends their congratulations to the Doctor and Mrs. Weimer.

Visitor (at fraternity)—You boys must have a wonderful time here all together?

Brother—Yes, just like a big, congenial poor farm!

Assembly



The assembly of February 28 opened with a new march and overture which proved to be delightful to all.

Dr. C. W. Johnson introduced the speaker for the occasion. Mr. Foster was present at the laying of the first cornerstone for the first Still College building which was erected on Locust street. At this memorable time Mr. Foster gave the principal address of the occasion. Many years have passed since then, and now Mr. Foster returns to address a new generation of Osteopaths. Harmony is the one great principle in success of a science and if there is such in existence the Osteopathic profession has it. It furthers strength and future for any science with unlimited advancement.

Mr. Foster, formerly an insurance man and believer in the evolution of healing, at the time of the first Still College building, the people of Des Moines were congratulated upon having the wonderful scientific school established here. An ardent and firm believer in Osteopathy, the wonderful results shown and the science which proves cure where others have failed miserably. Mr. Foster made the statement that he believes that medicine has killed more than it has cured by unwise use and overuse of drugs.

His view of the College is pleasing—it is one of the greatest, if not the greatest, in the country today, with its enormous clinic and other privileges unattainable in many schools. Success depends upon the individual because the institution is perfected to the best that can be obtained.

Patriotism breeds loyalty—loyalty means success—and the Osteopathic profession has it to the nth degree.

The devotions of every one's efforts to their work will spell success to anyone who later practices it. Several interesting examples were cited in regard to early American history, which success was made possible by harmony between a memorable group of men.

Every one must work and set forth an effort to be good citizens and obey all laws, major and minor. The advancement of the world is beyond realization to anyone, the rapidity of the day is beyond words. Mr. Foster congratulated every one of the student body on being in such a wonderful institution of learning and once again emphasized that success was due to honesty and harmony existing between everyone — with the science

built on the right basis and a straight course.

In closing, Mr. Foster congratulated Dr. Halladay and the band upon their wonderful accomplishments in the musical field. A hearty applause broke forth to show the appreciation of the student body. The morning was immensely interesting to everyone because of the history of Des Moines Still College being related by one who was present and a firm believer in the Osteopathic profession.

The morning closed in the usual manner, with the band playing a splendid new march as everyone was ready to leave the assembly hall in good spirits and eager for the next Friday morning to arrive.

Woman Osteopath Dies In West

Dr. Jenette Hubbard Bolles, 66 years old, said to be the first woman in the United States to practice osteopathy, died Sunday at her home, 1457 Ogden street, Denver Colorado, after a four-months' illness of heart disease.

Dr. Bolles was a member of one of the first graduating classes of the American School of Osteopathy at Kirksville, Mo., in later years known as the A. T. Still College of Osteopathy.

She came to Denver thirty-four years ago, and until her illness followed her profession here.

Frequently she contributed articles to the journals and publications of her profession.

She served the Woman's National Osteopathic association as national secretary.

Dr. Bolles was an ardent worker for the Parent-Teacher association and a member of the Denver Women's Press club.

She was born at Lawrence, Kan., Sept. 12, 1863. She is survived by two daughters, Mrs. Helen Johnson and Dr. Esther Starks, both of Denver. Funeral services will be held at the Olinger mortuary at 10:30 a. m. Wednesday. Burial will be in Fairmount cemetery.

Visitor at College

Mr. L. P. Hickey, new manager of the Des Moines branch of the Metropolitan Life Insurance Co., paid us a visit March 3rd. Larry P. St. Amant, who hails from Mr. Hickey's former town, River Rouge, Mich., conducted Mr. Hickey thru the college.

Mr. Hickey was keenly interested in Dr. Halladay's dissection class, and expressed words of admiration at the thoroughness of Dr. Halladay's instruction and at the practiced application thereof in the dissection room. And in his own words, exclaimed: "The Osteopaths know their Anatomy."

She—Why did they arrest that blind man?

He—The cop saw him blush when a co-ed passed by.

From Pawtucket, R. I.

Dr. E. R. Lamb has sent us a copy of the Clinic published in Baltimore, in which an article appears discussing lesions between the Atlas and Axis. It contains more osteopathy than some articles we have read appearing in our own journals. Just another proof that the Medics are gradually turning to osteopathic methods.

Assembly

The assembly of February 21 was under the direction of Dr. Halladay, who opened the assembly, with his now famous Still College Band, playing The Stars and Stripes Forever, and Songs of the Nation, both of which were well received.

Dr. Halladay introduced Mr. Kendree, representing Phillips Oil Co., who entertained the student body with several numbers on the bagpipes, which were enjoyed by everyone present. Following these numbers, Mr. Kendree played a clever number on the piano, in regards to the Phillips Oil Co. He then congratulated the band for their accomplishments and stated that the college should be proud of such an organization, because of their wonderful accomplishments in the musical field, as well as being the outstanding Osteopathic physicians of today. Mr. Kendree, attired in a Scotch uniform, explained the difference between the many uniforms designating the company which each man belongs to. This was indeed interesting to everyone, for few know the significance of the Scottish uniform. In concluding this part of the program the visitor played and sang the famous Scotch song, "Roaming in the Gloaming". This feature received a mighty applause from everyone and all appreciated hearing this wonderful song as rendered by so talented a man.

Everyone is eagerly awaiting the time when Mr. Kendree can return and give us another morning of enjoyable entertainment. The band closed the assembly in the usual manner, with a spirited march which all enjoyed as a send-off for the noon hour.

Practice For Sale

We are notified that Dr. Chas. F. Frazer of Escondido, California, wishes to sell his practice and equipment. The Doctor wishes to retire after practicing for 30 years. His practice is entirely all cash basis, and a good opportunity for some recent graduate. Anyone interested write the Doctor at Box 543, Escondido, California.

Surgeon (addressing students at a hospital)—"The muscle of the patient's left leg has contracted till it is much shorter than the right leg; therefore, he limps. Now what would you do in such circumstances?"

Student—"Limp, too."

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 7

APRIL 15, 1930

Number 16

Our State Convention

Dr. Caldwell has prepared a splendid program for our state convention, which is to be held at the Hotel Fort Des Moines, May 13, 14, 15th. I think Dr. Caldwell had in mind that our national convention was to be held so far from us this year and that many in Iowa would be unable to attend because of the distance. Therefore, she has prepared a regular National program for Iowa.

Dr. Halladay has a big surprise for you Tuesday evening, May 13th. You know Dr. Halladay has the reputation of having one of the finest bands in Des Moines, and if you have not had the pleasure of hearing Still College band, make arrangements to be at the Hotel Fort Des Moines Tuesday evening at eight o'clock. This entertainment is open to the public, so invite your friends to attend with you.

Each noon there will be an Osteopathic luncheon served at the hotel. Some of the doctors in the state will be in charge, and you can have the privilege of discussing any problem you wish, at this time. In fact, it will be a regular round-table luncheon.

Wednesday evening we will have our regular annual banquet and it is just going to be a big family dinner, where we can get together, meet our friends, and chat over old times.

—Dr. H. J. MARSHALL.

O. B. Comments

By ROBT. B. BACHMAN

A few letters on file in my office asked various questions as to frequency, causes, and treatment for sterility. I will in the following article mention a few facts and make some remarks about a condition that is more extensive and of more vital importance than a person on first thought often appreciates. The following figures may give a little idea of existing conditions in some of the English-speaking countries.

The percentages given may be only an indefinite conclusion, as it is not always the case that a childless home is the result of sterility on the part of the husband or wife. Simpson of Edinburgh quotes 10 per cent; Sharp places it at 16 per cent; Duncan, in quoting from the Scottish register of births, holds it 15 per cent. England gives about the same. A study of the towns shows a percentage rang-

(Continued on page 3)

The Trustees Entertain

Plans have been completed and invitations issued to the local O. W. N. A. to meet at the college building the evening of April 15th as guests of the college. The local group meets each month in a social session usually preceded by a dinner. This month the following program will be offered:

Welcome—Dr. C. W. Johnson
Response—Dr. Mary Golden
Invictus—King
American Legions—Skaggs
Hallelujah—Youmans
Still College Band
—Still College Concert Band.
The State Convention—Dr. H. J. Marshall.
New Colonial—Hall
Pagan Love Song—Brown
Some of These Days—
—Brooks
Sempre Fidelis—Sousa
—Still College Concert Band.
Illustrated Lecture—Dr. H. V. Halladay.

Refreshments.

Convention Tour

Dr. H. V. Halladay will leave soon for San Antonio, Texas, where he will address the Osteopathic Association of Texas. The state convention will be held on April 23, 24, 25. Dr. Halladay's main address will be on the Osteopathic Care of Athletes and its wonderful success thruout the country.

Dr. Halladay has advanced this side line of Osteopathy to the nth degree. He is in great demand all over the country for his knowledge and splendid work in the athletic field.

The Doctor has advanced Des Moines Still College to one of the best, if not the best school in the understanding and practical application of Osteopathy as an aid to athletes.

Every upper classman gets his experience along this line by working with all the high school athletes in all sports, besides special work at the nationally known Drake Relays. Every upper classman is always in demand by the large university at the relays, who praise them to the utmost for their wonderful work.

Pennsylvania Board

The Pennsylvania Board of Osteopathy will be held June 9, 10, 11, 12, 1930 at Philadelphia. Anyone interested, write Dr. M. S. House, 20 S. Thirteenth St., Harrisburg, Pa.

Assembly

The assembly of March 12th was opened in the usual manner by the band playing a new and peppy march.

Dr. Halladay then turned the program over to Dr. C. W. Johnson, who introduced Dr. Gaddis, editor of the A.O.A. It is indeed a pleasure to have such a distinguished man of the profession as our guest.

Dr. Gaddis first of all congratulated the band and praised it and said he wished they could play at the National Convention in Philadelphia. The band means harmony and rythm which is especially adapted in Osteopathic schools, because of the harmony and rythm in Osteopathy. The Doctor stressed the fact that there should be more students in our colleges, because Osteopathy is making wonderful advancements and causing much disturbance in the medical profession. If Dr. Fishbein continues with his lectures he will break the medical societies hold on the remainder of the human race that Osteopathy has not already converted. Osteopathy is now welcomed by all broad-minded individuals, along with many medical brethren.

The Doctor also suggested an Alumni Day to get all the different classmates in the localities together and have a reunion—return to their home towns and deliver lectures to the High School students and endeavor to convince them to take up Osteopathy. Work with these students and get them interested. Have them visit the nearest college, send them literature and impressive case histories to cite exam-

(Continued on page 4)

Internships Announced

The following internships have been announced to serve the year of July 1930 to July, 1931, at the Detroit Osteopathic Hospital. The following are the men who were appointed to the positions: Mr. L. M. Monger, Des Moines Still College; Mr. Frank W. Paul, Kirksville; Mr. Norman D. Weir, Des Moines Still College; Mr. Harry E. Skinner, Des Moines Still College; and Dr. George Gray of Kirksville.

We congratulate these men for their advancement and appointment to this position. We are especially pleased to announce the Des Moines Still College appointments, because they are three of the outstanding men of the college, and we look for great progress from them in regards to the osteopathic field.

Special Assembly

The band opened the assembly in honor of Dr. Charles Still, son of the Old Doctor. Dr. Still has been an earnest worker through all the years of Osteopathy, since its birth.

Dr. Halladay turned the program over to Dr. J. P. Schwartz, Dean of Des Moines Still College. Dr. Schwartz announced that new by-laws and other school matters would be delayed until some time in the near future for discussion.

Dr. Halladay introduced Dr. Charles Still, oldest son of the originator of Osteopathy, Dr. A. T. Still. To start the morning off in the proper procedure, the Doctor told several interesting stories which created an uproar among the student body. The address of the morning concerned the history and early pioneering in the early days of the new science. In the olden days Dr. Still and his sons were spoken of as the "lightning bone setters" and caused a great deal of excitement wherever they would go to introduce the new healing art. Dr. Still was a prominent physician and surgeon in Kansas, and during this time he lost faith in the medical sci-

(Continued on page 3)

Athletic Program at Philadelphia

Dr. E. A. Ward of Saginaw, Mich., has just reported that he has his part of the program completed. Those of you who are interested in the care of athletes should make it a point to reserve your time from 9 a. m. to 12 m. on July 8th, in order that you may hear the following:

"Charley Horse", Dr. H. V. Halladay, Des Moines.

"Glass Arms", Dr. R. Peckham, Chicago.

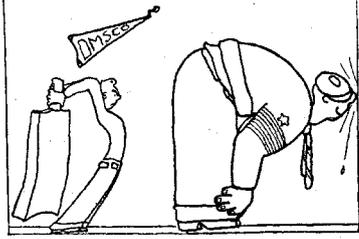
"The Knee", Dr. J. O'Connor, Toronto.

More letters are coming in to Dr. Ward in regard to this new section which will be launched at the coming convention and it looks like it will be a full-grown child howling for rights before the first bell rings.

As soon as you arrive in Philadelphia, find out where this section is to be held. It is just a little early to tell you at this writing, but you can rest assured that these three speakers will be on the job and time will be given over for the complete organization of the most promising of our specialties.

Be ready to stick in your nickle's worth, if you are called.

FRATERNITY NOTES



ATLAS CLUB

With the arrival of spring, the yard has received a thoro raking and many other procedures which are common to see with the arrival of such wonderful weather.

Word was received from Dr. L. C. Nichol森, who is now practicing at Northwood, Iowa. From all reports, Ole is doing fine. Keep up the good work, "Ole".

We would be pleased to hear from the rest of the Brothers in the field, to let us know how everything is progressing.

Bill Rose, alias Elmer Kane, is now limbering up his pitching arm for the inter-fraternity base ball games that will soon be under way. From the looks of things, Rose is going to make it plenty tough for the opposing teams.

A big polo player has made his appearance around the house lately with a gorgeous new polo shirt. We wonder if he is going to display his ability before the King this summer?

Whoopee Taylor is now better known as the Big Fertilizer Magnet from St. Paul. What makes the grass grow greener, Taylor?

We take great pleasure in announcing the pledging of Joseph Devine of Des Moines.

IOTA TAU SIGMA

It hardly seems possible, but there is but one more issue of The Log Book before we leave our studies for a three-months' vacation. It is quite evident that every one will welcome May 29 with a smile.

Bros. Herrick, Cudden and Murray motored to Chicago the last week in March. On their return, they reported having a fine time.

A very pleasant dance was held at the house April 4. Music was furnished by Shops Piazza orchestra. Every one apparently had a wonderful time and are looking forward to the next big dance. Perhaps one of the things which made the function very pleasant was the warm evening and the beautiful moon.

Dr. E. S. Winslow of Waterville, Maine, has been the guest of Bro. Leslie Spaulding for the past ten days. Dr. Winslow was a welcome visitor and we hope he can visit us again in the very near future.

Word has been received from Bro. Hovis, class of May, 1928, who is practicing in Detroit, Mich. We have also heard from Bro. Belf, who is also practicing in Detroit. We extend our best wishes to both Doctors and want

them to know that we appreciate their dropping us a line now and then.

Bro. Delmar Steninger, class of January, 1930, was a weekend guest, and we hope that he can come and see us often. Best of luck from us all, "Stenny".

One of the most unusual Golf Tournaments is to be held at the Waveland golf course next week, the contestants, Bros. Belden and Hewlett are to play Bros. Routzahn and Koch for the championship of "World's Worst Golfers". Every golfer in the house is hiding his golf balls, as things look now, this quartette will use plenty of them.

Bro. Wigal decided that he needed but one car this spring, so he sold his "Sport Touring" and is driving his roadster.

Bro. Peterson entertained a friend from Ames over the weekend. It seems that he receives a lot of mail from that town—it may possibly be a "boy friend".

Bro. Red Lang has solved the problem why two "red heads" can't get along. But try and get it out of him. Maybe Bro. Judd Koch knows something about it, too, he's also quiet.

We take great pleasure in announcing the pledging of John Agnew.

PHI SIGMA GAMMA

Phi Sigma Gamma takes great pleasure in announcing the pledging of R. D. Bennett and Donald Olson, both of this city. H. S. Cloyed, Blakesburg, Iowa, and Welling McDaniels of Worthington, Ohio.

"Hm-m-m Boy!" says Red—"there's only seven more weeks of school, and then it's Ohio—and Home Sweet Home!"

Frank Shaffer demonstrates his "leadership among men" in piloting the P. S. G.'s through another successful dance, Friday night, March 21. Jay Stivenson lent his aid in skillfully putting the "Punch" in the party—not literally but in the way of a delicious, non-intoxicating beverage. Keep your ears open for the date of next dance, which will be "bigger and better".

We hear that Scat will specialize in colonics. As to his success or failure, we can only say that he should succeed as "practice makes perfect".

Walt Madson is in the spotlight now. The "Garage Mystery" is solved.

Who said that the Frosh were innocent of ability! Doc Naylor proves to us the erroneousness of this misunderstanding.

Evidence reveals to us a very startling disclosure. Mysterious and incredulous as it may seem, we must accept the fact of the presence of royal German heritage in our midst. Outside of referring the reader to Br. Armbrust, further information is impossible.

M. J. Schwartz, "The Eminent" surely has a varied number of talents, but when he begins washing clothes, pushing baby carriages, and playing the nurse-maid—well, what would you think?

The "Three Musquitos" from

the "Attic" display their ability in "Landscape Gardening" They sure do know their science in decorating trees and various other things??? If you have doubts as to who this trio is—Reeves, Toepfer and Grau.

"Daddy" Fritz Hecker spent a quiet week-end visiting with his father, down for a week-end business trip from Milwaukee. Where, Oh where, is "Tiny" Stoike? A search high and low failed to reveal him on a certain entrancing Sunday eve. Someone said she had blue hair—or was it red cheeks?

One man is very conspicuous by his absence. We regret the loss of Dick—the "Book Store Bandit". He's gone to a place of peace and quiet. His wife came all the way from Ohio to take him in hand.

SIGMA CHI OMEGA

Since the last issue of The Log Book we have held two very interesting meetings. On Feb. 26 we had the pleasure of listening to a lecture by Dr. Brock, D. D. S., who is in charge of the dental work at Polyclinic hospital. He exhibited numerous slides and X-Ray pictures of dental pathology, giving the history and the symptoms of each case.

It was also pointed out how oral focal infection is often the primary lesion of a general systemic condition.

Equally interesting was the meeting March 10. On this occasion we were privileged to have with us Dr. H. V. Halladay, who gave an illustrated talk on the early happenings around the town of Kirksville, Mo., showing the first school, the "Old Doctor" and his associates. We are certainly glad to have had this opportunity, as many of the slides are the only pictures now in existence.

We are now looking forward to our annual picnic, and by all indications, this year's affair should be a big success, as enthusiasm runs high.

SIGMA SIGMA PHI

The national honorary fraternity of Osteopathy, Beta Chapter of Des Moines, takes pleasure in announcing the initiating of the following men:—Robert Homan, Frank Shaffer, Walter Madsen, George Purdie, and Earl W. Hewlet.

Following the initiation a splendid banquet was held at Chink Ying Lows Chop Suey restaurant.

Location of Seniors

The following is the locations of the graduating class of January, 1930:

Dr. Grace Abolt, practicing in Des Moines, Iowa, in Southern Surety Building.

Dr. Richard Rhode, interning at Des Moines General Hospital.

Dr. J. Steckler, practicing at Emmetsburg, Iowa.

Dr. Percy Walley, practicing at Algona, Iowa.

Dr. Harry Johnson, interning at Wichita, Kansas.



Around Our Merry Campus

An Advertising Man's Nightmare

Eventually, why not now, you'll drink milk from contented cows with a skin you love to touch. Not a coffin a carload reach for a little fairy in your home that hasn't scratched yet, and see a whale of a difference in the Gold Dust twins, when you see America first and Fisher body made out of Campbell's soup with 57 varieties of Old Dutch Cleanser, because it floats, comes out like a ribbon, lies flat on your brush, gets it for the hair of women who cares, say it with flowers while you're riding in a cloud you can't go wrong in the Ozarks, there's a reason, for when it rains it pours—Elmhurst York Hi.

From the Field

West Virginia Osteopathic Society

The West Virginia Osteopathic Society will hold its annual meeting at Huntington, West Va., Monday and Tuesday, June 16 and 17, 1930.

On Wednesday and Thursday, June 18 and 19, the State Board will hold its semi-annual examination at Huntington. This arrangement is made to give the applicants an opportunity to meet the Osteopaths practicing in the state and secure information regarding likely locations.

The speakers for the state meeting have not been announced, but it is customary to have some of the best talent of the country at these meetings.

Monongahela Valley Osteopathic Society

The Monongahela Valley Osteopathic Society held its regular monthly meeting in Clarksburg, March 13, 1930. The attendance approached perfection, as only two members failed to answer the roll call.

The program was as follows:
1. Differentiate slipped biceps tendon and bursitis. What is your treatment? What other shoulder conditions do you encounter?

2. Demonstrate your technique for adjusting a slipped semi-lunar cartilage.

3. Where do you usually find the lesion in acute torticollis? Show method of adjustment.

4. Give treatment for brachial neuritis. Sciatic neuritis.

5. Ho do you treat a badly sprained ankle?

6. What is your conception of the osteopathic spinal lesion?

(Continued on page 4)

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

Osteopathy An Aid To Athletes

The part played by osteopathy in keeping athletes physically fit has received comparatively little publicity. The fact is, however, that some of the most prominent teams and individual athletes have for many years employed osteopathic physicians to safeguard their health and keep them in the best possible condition.

Every year more osteopathic physicians are being engaged as physicians to athletic clubs and teams, while the emergency calls on members of the profession for osteopathic first aid steadily increase in number.

The Osteopathic Magazine prints the following by Dr. Thomas B. Powell, who has had wide experience in athletic work.

"Nothing slows a man up in the line so effectually as lesions in the lower spinal area. On the track nothing is so potent in 'cutting the wind' as a lesion in the upper dorsal area."

Not only does osteopathy put the men back in the game quickly, but it corrects those conditions which may lead to graver consequences later on. Many players suffer from slight sprains and twists, which, dismissed lightly at the time, show in their work later, perhaps in some diseased condition which might well have been avoided if osteopathy had been employed in time.

The gross injury, the fracture and the dislocation are usually taken care of at the time and the permanent damage does not as a rule come from these. It is the minor injuries expected to disappear without any special treatment which keep the men out of the game and often result in grave pathology later.

To compile a complete list of baseball and football team that are under constant osteopathic care would be a long task. Included in the list would be such well known teams as the St. Louis Cardinals in baseball and the Notre Dame team in football.

Gene Tunney had osteopathic attention every day during the time he was training for the bout with Jack Dempsey which made Tunney heavyweight champion of the world.

From Gene Tunney's own story of "How Osteopathy Helped Me Win", published some time ago, we select the following paragraph: "The success of every man in any endeavor of life is due in main to himself, but al-

ways there are factors and humans who are vital cogs in the machine that lifted him upward to the heights."

After receiving an injury from a fall while working in a Hollywood movie, Tunney consulted several physicians, each one giving some different diagnosis of the condition, but agreeing on one thing—that he was out of the prize ring, probably forever.

"Right now I want to say," says Gene, that if it had not been for the osteopathic physicians and surgeon, it is likely that I never would have fought Jack Dempsey that September, and it is a positive certainty that I would not have been heavyweight champion of the world."

O. B. Comments

(Continued from page 1)

ing from 8 to 17. Eden, in a report of cases studied since 1890, quotes a 10 per cent sterility in 675 marriages. Giles in 1919 differentiated between the working class and the leisure class, claiming a sterility of 10 per cent for the former and 16 per cent for the latter.

We have a few interesting reports given in the United States. While it is true that the research work may be more or less limited because the tedious work is done by individuals on their own resources, yet it would vary very little if a report were given on the entire registration district of the United States.

Hickner of New York states 10 per cent. Macumber of Boston quotes 12 per cent. The woman's club of Massachusetts gives as a result of their survey 13 per cent.

The report from one thousand questionnaires in the military draft of 1918 of registrants who were married two years or more showed childless homes in 18 per cent. A larger series would have to be reviewed, however, to give an acceptable figure.

The Harvard class questionnaire of the secretaries for the 25 year class showed 478 answered about marriage and children; of these there were 64 childless homes, or 13 per cent.

In quoting from my personal records, I find childless homes in 9.1 per cent of 2,007 marriages. I do not quote these figures as a representative percentage, because of my specialty.

Three points must be borne in mind in reviewing these figures. First, birth control, second a true sterility, and third a lowered fertility. A careful study of a childless home oftentimes reveals a lowered fertility and not a true sterility. To explain more clearly lowered fertility and sterility I will refer to an article in the Journal of Experimental Zoology of 1918-1919 by Dr. Helen King. In experiments on rats fed on an average diet of humans on standardized and calculated diet, for a generation, complete, yet low in one element, the following was noted: On the first mating, 65 per cent were productive, and 35 per cent were

not. Remated again and again, the average fertility was 82 per cent. In these experiments a fact was established previously unknown, that sterile matings of moderately reduced fertility, if remated with one of a high fertility, it would prove fertile to both partners.

The following report of 117 fruitless marriages may be of value in determining the disturbing factor, so will mention a few of the more important points. Pregnancy occurred in 69 of the 117 couples. Information on some of the remaining 48 couples is limited, dropped from sight or discontinued treatment, and 28 were absolutely hopeless.

There were 11 males with dead sperms or none at all. Of the women I considered 19 hopeless from a pathological condition of the pelvis. Only in one instance did I find both the husband and wife hopeless. Of the 69 pregnancies, 15 conceived after pelvic operations. Of the remaining 48, three had undergone operations that should have bettered their conditions, as the operation itself should not render them sterile. Yet they were not fruitful up to the time they dropped from observation. Here is a point of unusual interest. Of the 16 cervical dilations and curettement that were performed, only two conceived as a direct result of the operation.

Of the 69 pregnancies, nine aborted and three were premature. Of the nine that aborted, two conceived again and went to term. Two did not conceive again up until they dropped from observation. Of the remaining five, I have no history.

In looking over these cases we can draw the following conclusions: There were 28 hopeless, 20 couples as far as known relatively sterile, and 69 pregnancies.

The question then is not one of sterility entirely, as about two-thirds of these cases proved successful to correction of abnormal conditions, whether of a neurotic, physical, domestic, vocational or climatic nature.

In diagnosing the cause, a careful microscopic examination should be made, first, of an uncontaminated specimen. Noting mucus, starch bodies, hyaline bodies or casts, blood or evidences of inflammatory changes in the seminal vesicles, types of sperms numbers, duration of mobility, that will give an index of duration of life and vitality. This will give one the results of a chemical reaction that so often have been found to be antagonistic. These results noted, one can now proceed in determining the causative factor of the abnormal party and pathological disturbances deeper seated in the genital tract.

(To Be Continued)

Irrespective of what our future may be, today is a portion of eternity over which we have control.

Special Assembly

(Continued from page 1)

ence because it failed to give results in so many cases. Due to this, the Doctor started studying and attempted working with the spine and accomplished many wonderful things. The new treatment spread like wild fire, and in a short time the church of which Dr. Still was a member read him out because they thought he was trying to imitate the healings of the divine. After such a crushing blow the family moved to Missouri, and after a struggle to exist and advance his science of healing, the Doctor finally convinced the people of his new method of healing. After another struggle, the charter for the first school was granted, with Dr. William Smith as an instructor. Dr. Smith was a member of the Royal College of Surgeons, in Edinburgh, Scotland.

The first class of the new college of healing consisted of eleven students eager for the new science of healing. The classes gradually increased until today there are Osteopathic colleges located all over the country and producing the most efficient physicians of the healing science. Recognition is granted everywhere now since the results of the science of healing have convinced everyone of the value of Osteopathy.

It was indeed a pleasure to have Dr. Charles Still with us, and we feel very much honored that he spared several hours of his valuable time to be with us. The history of the science was given by one who actually knows its origin along with the fight for its existence. A mighty applause followed Dr. Still's interesting address. Everyone is anxiously waiting for the Doctor to return in the near future and continue with the wonderful history.

Dr. Halladay again took charge of the morning's program, and concluded the assembly with several popular pieces and a pleasing march.

Assembly

The school band opened the assembly of March 21 with a splendid march which was well received by the student body. The second number, "Crenoline Days", featured the baritone section of the band. This selection is an old favorite of everyone.

The program was then turned over to Dr. Spring, who introduced Mr. Harlan, who first congratulated the school upon its progress since the early years when first it started and then gave a very fine talk on "The Indian". One of the interesting things he told was that there are only two distinct tribes of Indians, but that they speak many languages. Mr. Harlan then gave the history of the Indians in the state of Iowa. The occupation of early racial prac-

(Continued on page 4)

From the Field

(Continued from page 2)

7. What lesion do you usually find in lumbago? Give treatment.

8. What is your treatment for spinal curvature?

The next meeting will be held April 10th in Fairmont.

West Virginia

The next meeting of the West Virginia State Board of Osteopathy will be held at the offices of Dr. John H. Robinett, First National Bank Bldg., Huntington, W. V., June 18, 19, 1930.

Applicants will be examined in the following subjects: Chemistry and Medical Jurisprudence, anatomy and embryology, physiology, Histology and Pathology, Diagnosis (Physical and Laboratory), Bacteriology and Hygiene, Obstetrics and Gynecology, Surgery, Principles and Practice of Osteopathy.

Applications should be filed with the Board at least one week prior to date of examination.

Applicants for reciprocity must have engaged in practice for at least one year in the state in which license was granted by examination; and they must have met legal requirements equal to the requirements in force in West Virginia at the time of such license.

Application blanks may be secured by writing the Secretary, Guy E. Morris, D. O., 541-542 Empire Bank Building Clarksburg, West Virginia.

P. S.—The West Virginia Osteopathic Society will hold its annual meeting on Monday and Tuesday, June 16 and 17, preceding the meeting of the State Board. This will give applicants an opportunity to meet practically all the osteopathic physicians of the state and discuss possible locations with them.

Dr. J. F. Steckler, Osteopathic physician, of Des Moines, has purchased my practice and will take possession April 15. He will be in the office with me after April 7, where I will be pleased to have him meet my former patients.

Dr. Steckler comes well recommended and has had hospital and office experience in Des Moines in general and obstetrical practice. In conjunction with osteopathy he will use the Hanovia quartz light or ultra-violet treatment and the diathermy that I installed some time ago that has given excellent results.

I am leaving for Fort Dodge April 15. I am grateful for the practice I have enjoyed, and I trust Dr. Steckler will be well received.—Dr. F. B. McTigue, Emmetsburg, Iowa.

Assembly

(Continued from page 1)

ples. Also address the young girls and arouse their interest for there is a great demand for more women physicians.

Organize the physicians in your community and you will get results from every angle—such as the Osteopaths did in

California. Results and advancement is all that is necessary to convince any individual—everyone try! The statistics from California show the results to be very gratifying. In the osteopathic units the statistics show 50% less deaths than the Medical unit, and less period of illness. This proved to be the supreme test and also the superiority which exists everywhere.

Osteopathy is being taught in the most scientific way and is producing competent physicians who achieve marvelous results. Every one stand pat on every case and give them the best in the science of healing.

Dr. Gaddis was well received by the student body, all of whom appreciated his excellent address and anxiously await an opportunity of hearing him again in the near future.

The band offered several more splendid numbers and the assembly closed in the usual manner.

Assembly

(Continued From Page 3)

tice was tapping maple trees for sugar. The selected areas which naturally produce the most were always on ground which was claimed. Indians never talk very much but when asked questions, they generally point.

Mr. Harlan stated that it is very interesting to pry into the Indian language and to find out the meaning of their words. "Young Bear" an alert young Indian, is an associate of Mr. Harlan's. This talk proved to be especially interesting to all because of Mr. Harlan's interest in languages and also his being known as a State Curious.

The band then offered Jud Koch's arrangement of a new school song, the student body joining in with the words. The playing of new songs will be a weekly feature so that a new school song can be selected.

The band dismissed assembly with the playing of "The Stars and Stripes Forever".

O. B. Assistants

The following men were appointed to Obstetrical assistants by the Board of Trustees of Des Moines Still College, for the coming year: Harold Meyer and Stanley Pettit, both of the Junior A class; Paul Wynn was appointed at the beginning of the second semester and has been very active throughout the year. The two new assistants are showing a great deal of interest and will prove to be valuable men in the work of Obstetrics.

Missouri State Board

The Missouri State Board will hold its next examination at Kirksville, on May 22, 23, 24, 1930. All interested, write Dr. E. D. Holme, 235-236 Bartlett Bldg., St. Joseph, Mo.

Deaths

Mrs. Rolla Hook

It is with much regret that we make the announcement of the death of Mrs. Rolla Hook, wife of Dr. Hook, who died suddenly at her home in Logan, Iowa, on March 28, 1930. Mrs. Hook is survived by a daughter, her mother, and the Doctor.

The members of the Osteopathic Association extend their sincere sympathy to Dr. Hook and family.

Dr. Russell Gladioux

It is with a great deal of regret that we make announcement of the death of Dr. Russell Gladioux of Grand Rapids, Mich. The Doctor died on March 24th from pneumonia. The funeral services were held at Toledo, O.

Dr. Gladioux was a member of the class of 1926, and word of his death will cause much regret to the members of the college at that time.

The members of the college and osteopathic profession extend their most sincere sympathy to the surviving members of the family.

The Oscillatory Movements of the Sacrum

This description is applied to the movements at the sacro-iliac joint, in an old medical text book, "The Science and Art of Midwifery", owned by Dr. W. A. Cate, a Homeopathic physician, whose son is a student at Des Moines Still College.

The following quotation is taken from this text, copyrighted in 1881, written by William Thompson Lusk, A. M., M. D., who was a professor of Obstetrics in Bellevue Hospital Medical College:

"Zagless first pointed out that in spite of the close union at the sacro-iliac articulation, a certain degree of mobility between the sacrum and the iliac bones existed. Thus, in defecation, when the body is thrown forward, the promontory is tilted toward the symphysis, and the inferior extremity of the sacrum is thrown backward, thereby enlarging the outlet of the pelvis. Matthews Duncan describes similar movements, only exaggerated in extent, during pregnancy, and points out how they practically contribute to facilitate labor."

The author continues, in practically the same clear and concise words as those used by Dr. H. V. Halladay in his lectures here, describing the sacro-iliac movements during labor.

To quote further: "Luscha has shown that in place of an intervening plate of cartilage, section demonstrates the existence of a true synovial membrane, limiting a narrow but well-defined joint cavity."

Luscha's and Duncan's are names familiar to all Anatomists and Obstetricians. Zaglass' is more obscure, but—it is interesting to note that some of the "old timers" besides A. T. Still,

took their eyes off the pestil, and their noses from the mortar long enough to observe human beings.

We might also suggest that our "modern" medical brethren would do well to reread the writings of their earlier investigators, before awarding palms for new discoveries. But—perhaps they have—?

H. D. C.

Visitor at the College

Waiving political affairs for an afternoon in favor of a second interest which has engaged his attention for several years, Daniel W. Hoan, socialist mayor of Milwaukee, visited Des Moines Still College on March 17.

With Mrs. Hoan, the mayor was in Des Moines in the interests of a political party which he hopes to establish in the United States within the two years. It will be a combination of the Socialist party and the Labor Unions and will correspond to the Labor party in England.

With Maurice J. Schwartz, Harold Withrow and Carl Blech, all of Milwaukee, Mr. and Mrs. Hoan came to the college where Mrs. Hoan was given a treatment by Dr. L. L. Facto. Meanwhile, the men took the mayor on a tour of inspection.

An Osteopathic enthusiast for a number of years, Mr Hoan was shown the classrooms, dissecting room, the treatment rooms, the clinic, and the laboratories. He was introduced to President C. W. Johnson and Dr. H. V. Halladay.

Neither Mayor nor Mrs. Hoan knew that a college of Osteopathy was located in Des Moines, but during a visit earlier in the day with the Milwaukee students Mrs. Hoan was asked to come down for a treatment instead of merely going to her room to rest before an appointment with her hairdresser. Delighted that she could get such a treatment here, she made the trip to the college for her appointment, thereby missing her other engagement with the beauty shop.

Upon their departure, both expressed the pleasure derived from the visit to the college. They declared they were glad to see three Milwaukee men in the work and invited them to their home when they return to Wisconsin.

From the Field

A splendid opening for recent graduates at Columbus, Nebraska. Columbus is the county seat town of 8,000 in the best part of the state. A real opportunity for a new physician. Anyone interested, write Dr. A. E. Vallier in the Friedhof Building, Columbus, Nebraska.

Golf is not only a sport but also a test of character. If you can play 18 holes of golf and still retain your religion intact, you are above normal. Try this out sometime if you have never golfed.

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 7

MAY 15, 1930

Number 17

Band Entertains I. O. A.

On the evening of May 13th, the Des Moines Still College Band played a concert at the Hoyt Sherman Place in honor of the Iowa Osteopathic Association. The state convention was just under way and many attended the concert, and on departing, praised the band very highly. Dr. Halladay was congratulated upon his success in developing such a splendid organization. The doctor stated the fact that every seventh student in the entire college was an accomplished musician. It is indeed an exception to find such a comparison in any other college in the country.

The program opened with the march entitled "Gloria" followed by the "American Legion Overture" and the concluding number of the first series was entitled "Some of These Days". The next feature of the evening's program was the Still College Quartette, composed of Millard Hydeman, H. E. Skinner, William Bankes and J. R. Forbes, who accompanied them upon the Baldwin Grand. Several pleasing numbers were offered by the quartette.

The next feature was "The Desert Song" played by Joe De-

(Continued on page 3)

Addresses Science Club

Dr. C. W. Johnson, president of Des Moines Still College of Osteopathy, addressed the Science Club of Drake University along with the pre-medical students. The meeting was in charge of Prof. Rider, one of the members of the club. All members of the science department of the University were present, as well as the students taking pre-med work.

Dr. Johnson addressed the group on the science, basic principles, fundamental and physiological factors of Osteopathy. A number of the pre-medical students have inquired as to the matriculation for the fall term, and this is a convincing factor that the evening was a success in every way.

Dr. Johnson received many compliments upon his address and the anatomical demonstration he gave along with the principles of the Osteopathic profession. This is one more boosting factor for the college, and there is no one more capable than Dr. Johnson to address such an outstanding group of men upon a scientific subject.

Program

* * *

DR. H. V. HALLADAY, *Master of Ceremonies*

* * *

March—"Gloria"	Hall
Overture—"American Legions"	Skaggs
"Some of These Days"	Brooks
Still College Quartette.....	Selected
"Desert Song"	Romberg
<i>Banjo Soloist—JOE DEVINE</i>	
"La Golindrina"	Serradel
"Beautiful Lady"	Caryll
<i>Trumpet Soloist—H. C. TOEPFER</i>	
Whistling Solo	Frances Halladay
<i>Evelyn Daniels—ACCOMPANIST</i>	
Mr. L. A. Nowlin, President of May, 1930, Class.	
"Roses of Picardy"	Wood
<i>Trombone Soloist—BOB FORBES</i>	
"The Waterfall"	Stable
<i>Xylophone Soloist—JUD KOCH</i>	
"The Bull in the China Shop"	Holmes
Still College Quartette	Selected
"Forget Me Not"	Macbeth
"Home, Sweet Home"	Lampe
"Hallelujah"	Youmans

Iowa Board

The Iowa State Board of Osteopathic Examiners will hold the next State Examination on June 2, 3 and 4 at the State Capitol building, Des Moines, Ia.

Any one wishing to write the Examination, write the Secretary Dr. Sherman Opp, Creston, Iowa. This should be done as soon as possible.

Briardale Report

"Briardale Monger reports that everything is well in the grocery world and that this year's convention, held at Hotel Ft. Des Moines, was bigger and better than ever.

"Squeaky" Skinner also relates that he will continue his lectures and demonstrations on discords for some time.

Corporate Board Meets

The members of Des Moines Still College Corporation Board met the evening of May 15 and the election of officers were as follows: Dr. C. W. Johnson, president; Mrs. K. M. Robinson, secretary; Dr. R. B. Bachman, treasurer.

The following trustees were elected for the coming year:—Dr. J. P. Schwartz, Dr. Bertha Crum, Dr. R. B. Bachman, Dr. H. V. Halladay, and Dr. J. M. Woods.

Many important matters were considered, results of which will be published in the next issue.

Revenge is sweet only after our disposition has become soured.—Uncle Philander.

Iowa State Convention

The Iowa State Convention, held May 13-15, was indeed a success in every way. The attendance fell below the expectations but many legitimate explanations were given which cleared all doubts in the minds of the committees in charge.

Many interesting addresses were given by the physicians on the program and the interest shown by all who attended was gratifying, not only to the guest on the program, but to the members of the state committee.

Dr. H. J. Marshall is to be congratulated upon his work as chairman of the group which arranged the procedures of the convention. It was indeed faultless and everyone is hoping for another as successful in 1931, but with a larger attendance.

The following figures represent the physicians who registered during the convention—eighty-eight were listed in attending, with nineteen guests present. Although the attendance was small, the progressive attitude taken by all was convincing enough to cause one to overlook the small gathering.

During the business meeting Wednesday, May 14, the following men were elected for the coming year: president, Dr. J. K. Johnson of Jefferson was re-elected; vice-president, Dr. R. R. Pearson of Muscatine; and Dr. C. N. Stryker of Sioux City was re-elected to serve at Secretary and Treasurer.

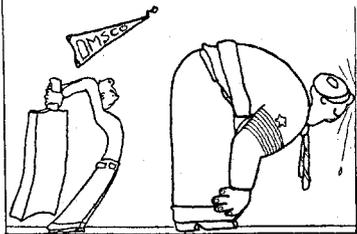
A luncheon was held each noon in the Oak Room of the Fort Des Moines Hotel with the following men presiding: Dr. L. L. Facto, Dr. P. L. Park and J. K. Johnson, Jr. The banquet was held the evening of May 14, six-thirty o'clock at the Hotel Fort Des Moines.

The meeting was adjourned at four o'clock on Thursday, May 15, until the next annual state convention.

Briefs of Convention

Displays at the state convention were few but the quality made up for the small number. The following companies were represented in a splendid manner and much interest was shown by all attending: Standard Chemical Co. displayed many instruments; McManis Table Co. of Kirksville; Chartext Tooth Paste an antiseptic and germicidal solution; and the American X-Ray Co. diathermy and sun-lamps.

FRATERNITY NOTES



ATLAS CLUB

With the school year of 1930 drawing close to the end, many things of interest are keeping the boys well occupied.

Our spring dance was a splendid success because of the many things of interest that happened. The dance started at two a. m. Saturday, May 10, and was stopped by request at three-fifteen a. m. Cars were assembled and everyone went for a ride and returned to the house about five o'clock and the dancing was continued until six o'clock. Following the dance, a two course breakfast was served at the Coterie Tea Room. Then everyone departed expressing the wonderful time they had enjoyed. The music was furnished by Wray's Collegians.

Dr. Warthman, a member of the class of '27, was present at the dance. The doctor is here to attend the State convention.

We hope many of the doctors will pay us a visit at the house while they are here for the convention.

Our semi-annual banquet will be held on May 15, at Younkers Tearoom, at six o'clock. This will be the last banquet of the year and also for the following members: Myron Monger, Donald Hughes, E. L. Faus, Alan Nelson, Norman Weir, Norman Welch, Harry Skinner, C. H. Fedson, Duward Wire, and L. A. Utterback. We regret in losing the above mentioned men, but are glad they are going out into the field to practice, and wish to extend to them our thanks for the things they have done for the Atlas club. We feel they will do just as much for the community in which they locate.

Dr. B. J. Jones of Cedar Rapids, dropped in to see us for a short time on May 4th. We are always glad to see the alumni, and to hear from them.

Our spring tournaments between the fraternities are about over. The base ball games were of much interest and everyone had a good time. At times it didn't look like we would have enough men out to play a game but by borrowing a player or two, we would find a team. We didn't win the cup but nevertheless we had a very good time. The golf games are not all played yet. They will be finished by the middle of the month.

We learned last week that Ed Schwartzbaugh of Dayton, Ohio was formerly a resident of Missouri.

We are pleased to announce the appointment of the following

men to the Detroit Osteopathic Hospital: Myron Monger, Norman Weir, and H. E. Skinner.

IOTA TAU SIGMA

At last the final lap of the school year has arrived, May, which is undoubtedly the busiest month for us, was welcomed by everyone, including Seniors, although all of them hate to leave the gang.

We are giving a banquet May 16 at Younkers Tearoom, to be followed by a dance at the house honoring the Seniors. The men graduating and entering the field, are: Bros. Cudden, Herick, Kinter, Lang, Morrow, Nowlin, Quartel, and Wigal. We express our hearty congratulation and wish these men great success in the future.

We were honored by a visit from Bro. Russ Morgan of St. Ansgar, over the week-end of the Drake Relays. Bro. Morgan stated that he is very anxious for school to begin and to be back with the boys.

Inter-fraternity base ball and golf are right in full swing now, and for the first few days of the tournaments, there were some pretty lame backs and arms around the house, but now all have been hardened for the occasion. We have won our share and hope to do better.

We have been fortunate thus far this spring regarding sickness, having had very little, if any, in the house since last winter, but every one is suffering with "spring fever".

Bros. Cook, Johnson, Obenaur, Hewlette and Belden, have decided to remain in Des Moines this summer, finishing their dissection and to get in a few treatments. They should all be A-1 students next fall, and show us home-loving boys up.

We take great pleasure in announcing the pledging of Mr. Dunham of Columbus, Ohio, and Mr. Whetstein of Wellman, Ia.

PHI SIGMA GAMMA

Another year rolls by, and again we bid a sad farewell to our outgoing seniors. At the stag banquet, Wednesday, May 14 these men told how glad they were to complete their work and how anxious they were to get located. Our hopes for success are extended to: O. O. Taylor, M. V. Westberg, F. K. Smith, and J. E. Cochran.

The dance, Friday, May 16, last dance of the year, will be, we all feel sure, the best yet. When our readers see this they can rest assured that it has been a huge success.

Bro. Ripley is surely "The Busy Man." We scarce see him at all, but his countenance is only the more restful to the eyes when we do. If he is as occupied five years from now as he is now, his way is paved.

A maid in distress—Schwartz to the rescue—oh! what chivalry! See Stoddard for details.

F. Shaffer should go in for position of "match maker." He is

so popular with the fair sex that when you want a date—just ask him, state specifications, and she's yours. He gets you, though, either coming or going, for something or other.

Chuck Stolke says that working overtime has been keeping him out late these nights. Somehow his excuses don't seem to ring true.

If some of these busy housewives could have seen Bros. Madison and Poundstone come home after a Saturday night's bargain shopping, I'm about certain they would have been hired.

Daddy Hecker takes to nightly cold baths. I know of one, however, that was entirely involuntary.

Bro. Naylor started in on his new job as house manager with club swinging. I'm afraid he'll need two clubs before he's through.

Dr. Groff of Mason City visited us. Glad to see you, Doc.

This being the last issue, here's wishing everyone a successful summer.

See you at the Convention.

Assembly

The assembly of March 7th was opened by the band playing the favorite march, "Emblem of Freedom", and the famous piece, "Pilgrims' Chorus" from Tannhauser. These two numbers received a mighty applause from the student body.

The rest of the morning's program was then turned over to Dr. Facto, who introduced Mr. Fenton, organizer of the American Institute of Business, who introduced his male quartet to the school. The quartet offered several splendid numbers, and were accompanied by Mr. Noble at the piano. Mr. Noble plays the piccolo in the Des Moines Still College band. As a feature of the morning the quartet dedicated "Singing in the Bath Tub" to Dr. Halladay, Robert Herrick and J. R. Forbes, all members of the band. We wonder why. Rather a dirty trick—Eh, what?

Mr. Fenton congratulated Dr. Halladay upon the progress of the band and stressed the fact that it is one of the outstanding bands in the city of Des Moines.

Hearty applause finally called the quartet back, and they sang as an encore, "Darktown Strutters' Ball." Following this number another member gave a reading which was enjoyed by all. A mighty applause was offered to show the appreciation of the student body for the fine talent that was offered on the morning's program. The assembly was then closed by the band playing a snappy march as everyone departed from the assembly hall.

Christianity is the spirit and quality of life breathed into people from fellowship with Jesus.—Harry Emerson Fosdick.

Assembly

The band opened the assembly on March 28 with a march—"From Tropic to Tropic". A new school song was then introduced being played first by the band and then sung by a trio composed of Mike Cronan, Bankes and Hydeman, accompanied by Dr. H. V. Halladay.

Dr. Halladay then turned the program over to Mrs. Innes, who is better known to the student body as "Sergeant" Innes. The program was carried out very cleverly as a Spring Rodeo featuring "Eat 'em Alive" Skinner in "Barber Shop Tonic"—but Skinner failed to appear, due to flat feet and housemaid's knee.

Slim Hydeman gave a vocal number which proved popular with the school teachers of the west. The solo, "Afternoon Rises", received a hearty applause. As his second number, Mr. Hydeman sang "Oh, Sweet Mystery of Life".

The next event of the Rodeo was fancy riding, bucking, etc., featuring "Jud Kock" on the xylophone. The next part of this feature offered the combination of Stewart and Koch.

Robert Forbes and Don Arrington then played a trombone duet. They were accompanied by "Sergeant" Innes, who gave herself away as to another one of her talents. After a hearty applause, Fedson, Dahl, Arrington and Forbes played an instrumental encore of many of the old favorites.

The next and supreme act featured Joe Devine on the banjo. This was followed by Fred Stuart, Devine and Friend, offering "St. Joe's Infirmary".

A tap dance by Friend ended the Rodeo.

Everyone voted the Spring Rodeo a huge success.

Assembly, May 9

The assembly opened with a new band number, "Gloria" which received the usual healthy applause.

Mr. Eden, from the Junior Chamber of Commerce, gave an announcement concerning the Junior Chamber of Commerce Grand Opening at Riverview Park on Saturday night, May 10.

The second number by the band was an \$11 number played especially for Dr. Beveridge.

Dr. Gordon then introduced the speaker of the morning, Professor Galloway, of Des Moines College of Pharmacy, who presented a very interesting and educational lecture on vitamins. During the course of the talk he brought out facts concerning the discovery of vitamins and gave quite completely their history up to the present time. This lecture was very much appreciated by all present.

The meeting was closed in the usual order with a number by the band.

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

The Editor's Farewell

The final logging has been made and the school year is rapidly drawing to a close. It is with regret that the journey is about to end and that the publication must be turned over to the new editor. It has been a pleasure to record the activities of the college and profession for the physicians, our students and friends of the science.

Turning the logging over to the new editor, Robert Homan, who will record its journey for another year, I do so knowing that he will direct his energies and thoughts to furthering a better paper, finer school and profession.

So with this issue I bid a farewell to all who have helped and who have been so kind in aiding, especially the faculty advisor, Dr. H. V. Halladay, who gave his time and advice.

I now turn the voyage over to the new editor and bid him God speed and success.

L. A. UTTERBACK.

Addresses Convention

Dr. H. V. Halladay addressed the state convention May 14th, on the subject of "The Cervical Region". The doctor reviewed the anatomical structures of the region so as to assure the importance of the area. The cervical area was stressed as to its importance to the Osteopathic science. The sympathetic system was also taken up and facts were stated that treatment in this area would be all that is necessary in the treatment if it should be considered that way. Other important factors of the cervical region were emphatically brought forth, such as the distribution and course of six of the twelve cranial nerves thru the area concerned.

Technic in the area was next in consideration and the care that should be taken when dealing with cervical technic. The delicate structure as well as important ones in this area should always be in the minds of every Osteopath when applying the science. Much injury can result from unskillful and crude manipulation of this region.

The doctor received a hearty applause as he concluded his address and it was indeed gratifying to see the interest taken by his hearers. The address was well received and should prove of benefit to all present, in more ways than one.

Des Moines General Hospital

The following is a report of the hospital work at Des Moines General. The work at the hospital has been heavy and this proves gratifying to those who have worked to make such an outstanding Osteopathic institution. Through the efforts of Dr. J. P. Schwartz, surgeon-in-chief, and many others Des Moines General has built a reputation which is to be envied by many.

Besides the doctors in this city, the following out-of-town physicians have had patients in Des Moines General Hospital recently:

Dr. Bates, Marengo.
Dr. Verhey, Knoxville.
Dr. Reeve, Mason City.
Dr. Groff, Mason City.
Dr. Trimble, Montezuma.
Dr. Biddison, Nevada.
Dr. Grey, Newton.
Dr. DuBois, Oskaloosa.
Dr. Chalfont, Oskaloosa.
Dr. Hannan, Perry.
Dr. Johnson, Prairie City.
Dr. Green, Sac City.
Dr. McIntosh, Tingley.
Dr. Clow, Washington.
Dr. Larabee, Webster City.
Dr. McQuirk, Audubon.
Dr. Gardner, Corning.
Dr. Devine, Forest City.
Dr. Miller, Adel.
Dr. Grinnell, Ames.
Dr. Atkinson, Boone.
Dr. Westfall, Boone.
Dr. Halebrant, Cedar Rapids.
Dr. Barton, Cedar Rapids.
Dr. Bunker, Cherokee.
Dr. Miller, College Springs.
Dr. Opp, Creston.
Dr. Phillips, Garner.
Dr. Brooker, Grinnell.
Dr. Bechly, Guthrie Center.
Dr. Morris, Indianola.
Dr. Williams, Indianola.
Dr. Gordon, Iowa Falls.
Drs. Johnson & Johnson, Jefferson.
Dr. Hart, Ida Grove.
Dr. Craft, Osceola.
Dr. Buss, Red Oak.
Dr. Moffett, Mt. Ayr.
Dr. Parks, Winterset.
Dr. Wade, Winterset.
Dr. Stillwell, Elkhart.
Dr. Gehman, Woodward.
Dr. Crumb, Ames.

Visitor At College

Dr. McManis of Kirksville, visited the college a few days ago to give the senior class further technic with his famous table. Dr. McManis introduced some very interesting pieces of technic and cleared up many facts for the present members, just before entering the field.

The attendance was indeed gratifying to the doctor, because of the interest shown, not only by the senior class but by many other lower classmen. Many are anxiously awaiting the doctor's return to acquire more of his splendid technic before entering the field.

Dr. McCaughan Writes

Des Moines Still College of Osteopathy is in many ways a delight to one interested in Osteopathic education. Medical education of any sort is difficult to obtain. Medical courses are notoriously hard work when compared to other professional courses, and the constant tendency seems to have been to make the required medical curriculum more difficult. This progress has spilled over into Osteopathic schools until today the time of our students is filled with study, recitation and such practical work as never before.

Osteopathy is fortunate in having built up a group of schools which can offer these difficult courses in a satisfactory manner and can supplement these courses with practical clinics.

One of the most satisfactory responses to good teaching in Osteopathic schools (and good teaching in our schools is rapidly becoming so common as to escape comment) is the spirit of the student everywhere apparent. By this we do not mean the "spirit" that makes a student "willing to die for dear old 'Alma Mater'". Nor do we mean the "spirit" which the "old grad" may carry back to the Thanksgiving football game. We mean on the contrary the real enthusiastic spirit, based on honest, intelligent conviction, which impels a student to spend four years of hard, unremitting toil and labor in school. Because nearly all Osteopathic students realize, long before the green of the Freshman cap has faded, that the practice of Osteopathy will never be a "soft snap" method of making a living. It takes brains and singleness of purpose to answer successfully the challenge which modern Osteopathic educational standards present to students. The teaching and the equipment have at last been provided, sometimes at great sacrifice of time, money, and labor on the part of the old guard, and it is mighty refreshing to watch the student's response.

It appears probable that, not only in Des Moines, but at all the other Osteopathic colleges, a very decided emphasis is given to the so-called Osteopathic causes of disease and methods of relief, and that this Osteopathic concept is more logically reasoned out and presented than before. It is difficult to see how a student could escape one of our Osteopathic schools without the knowledge and belief that maladjustment of structure is the principal cause of disease and that readjustment will relieve that pathology.

Osteopathy needs more practitioners (good ones) in the field more than it needs any other one thing. This does not mean that it would help to fill our schools with a poorly prepared, sub-standard group of Freshmen. That would be too great a bur-

den on the Profession. But it does mean that every student in an Osteopathic school knows, at his home, another equally well prepared who might be persuaded to take up Osteopathic education.

It is notably true that very few well prepared Freshmen fail to complete Osteopathic education with good grades. The course is hard, but the veriest beginner can instantly see the necessity of grasping every point made in classes. Failure to get today's point means failure on some puzzling case in the field, and this is apparent to every student.

If every Osteopathic student this summer will devote some time to persuading his friend at home that Osteopathy is the most desirable profession open to high school graduates of ability, our schools will show the increase next September, and we will be able to answer in a small measure the constant call for Osteopathic general practitioners and specialists all over the world. The field is not "saturated" with Osteopaths. It's scarcely more than "moistened".—Dr. R. C. McCaughan of Kokomo, Ind., Inspector of Colleges.

Band Entertains I. O. A.

(Continued from page 1)

vine on the banjo, assisted by the band. Mr. Devine composed his own part to this delightful number, which was indeed the outstanding number of the evening. From banjo solos the program changed to the trumpet section where H. C. Toepfer played several numbers, accompanied by the band. The entertainment was then continued by Miss Frances Halladay, who presented two delightful whistling numbers, accompanied by Miss Evelyn Daniels.

Following the above, Mr. L. A. Nowlin, president of the senior class presented a beautiful banner to the school for use by the band when making public appearances. Dr. C. W. Johnson, president of the college, accepted the banner on behalf of the college and made the response.

The program then was resumed with the opening number by J. R. Forbes playing a trombone solo entitled "Roses of Picardy". Following this beautiful number, Jud Koch offered "The Waterfall", a xylophone solo which was well received. The quartette made their last appearance and presented plenty of barber shop tonic which proved to be a delight to all attending. The band concluded the program by playing three pleasing numbers, as follows, "Forget Me Not", "Home, Sweet Home", as played by different nationalities, and the snappy hit "Hallelujah" from the motion picture "Hit the Deck".

Many congratulations were offered by all present and the evening was indeed a pleasant one for all.

I Like Texas

Of course the main reason is that it is warm enough down there to go without an overcoat. Well, yes, the people do have a little something to do with the state, too. Let's quickly review the trip. I left here in time to arrive at San Antonio the evening of the 24th of April. I stopped over in K. C. and visited with Dr. Peach at the Kansas City College for a brief hour, and very much enjoyed the visit at the college. My arrival in San Antonio was not well timed. It seems that they have a festival there each year called the Fiesta, and I got into the middle of a big parade the evening of arrival and just got to the hotel in time to be grabbed by Paul Peck and rushed over to the Original Mexican Restaurant, where about 100 members of the profession were drinking copiously of water while eating sparingly of genuine Mexican dishes. It was a grand and glorious feeling to be again with so many of the old gang. And all so well groomed and looking so happy. It's worth a year of your life to go down there and meet with that bunch. Some of my former A1 front-row sleepers, wide awake and doing things. That's the big kick in the teaching game, to go down in Texas and see what these kids have grown up to and done. I'm proud of them, and how!

Thursday was an experimental day with them this year. It was all clinic and a big success. Friday and Saturday over 100 were in attendance, and they stayed until the last minute. Friday noon Paul Peck took several of us to the Rotary luncheon and we had the opportunity of hearing General Buck paint perfect word pictures of the historic events of Alamo times. Friday night was banquet night, and again the appointments were perfect. Attorney General Bobbet made the principal address of the evening, and it was a delight to hear him.

Visit San Antonio. There are many points of interest. The Alamo, Breckenridge Park, Kelly Field and others. Plan to stay long enough to enjoy all that it offers, and do not hurry as I had to. Time forced me away via the air, and then Old Mother Nature stepped in and threw a heluva storm into the machinery.

I left San Antonio Saturday at 4:15 P. M., weather perfect, and with Paul Vance at the controls. Paul has the rep of being the best air pilot in the state of Texas, and that is a lot of territory. We went up to 3000 feet and enjoyed superbly the trip to Waco. It is just like sitting still and having the earth move under you. Not a cringe in a cloudful. But at Waco we struck a 40-mile wind, and the report was that hail was in the air. Paul said we could make it to Dallas O. K., and off we were. Nearing Dallas someone scooped the air out of the atmosphere and left nothing but a pocket or vacuum there.

Down we went about a mile, it seemed, but Paul turned the plane over on edge, doing what I believe is called a vertical bank, and in less time than it takes to tell it, we were safe on the ground, and then the storm broke. Such a rain—and hail, too. It spoiled the trip, for I had to take an ordinary train back to K. C. and home, and while I still say that I like Texas and want to go back, I am just a little afraid of their storms.

Dr. Louis Logan and Mary Lou proved the old saying about the friend in need, and before the train left they packed me full of Texas fried chicken and all the good things that go with it.

I suppose I should "gripe" about the return trip, but that wouldn't "hep" matters any.

VIRG.

O. B. Comments

(Continued from Last Issue)

The case histories should be taken separately. I will discuss the male condition first. Some causes of the absence of the sperm cells may be the result orchitis. X-Ray damage, tumors, cysts, injuries, undescended testicles, infections, torsion of the cord, varicocele, post operative interferences, inflammations, etc. Lowered vitality of the sperm, may be the result of physical depletion from diseases or overwork; anaemias, Toxic conditions, persistent temperatures, T. B., drugs, infections, alcoholism, tobacco, sexual excesses, continence over a period of years, atrophy of the testes, vocational influences as gases and fumes, X-Ray, growing responsibility of business interests, despondency and mental complexes, climatic conditions, confinement and long hours of work, lack of sunlight, dietary discrepancies and irregularities, demineralization of the body and osteopathic lesions.

When looking for female sterility, one must mention some conditions involving the ovaries interfering with the ovum reaching the tubes, as thickened capsule not permitting rupture of Graffin follicles, adhesions, encapsulating the ovary, cystic conditions and inflammations, faulty innervation or blood supply interfering with the maturing of the ovum, and ovarian atrophy. Pathological tubes, occlusions of lumen, abscesses, adhesions and pressure from tumor. Malpositions of the uterus, angulations of the cervix or disturbances to the endometrium permitting no obstruction from mucus or catarrhal congestions, antagonistic secretions from uterus and cervix, stenosis of cervix and infantile uteri.

The constitutional conditions lowering the vitality of the sperm are applicable also to the female in lowering the vitality of the ovum.

(To Be Continued)

Laboratory Advancement

The laboratory work previously done by the students on their clinic patients is now being done under an organized student department. Specimens of urine, sputum, feces, and smears on slides are brought to the laboratory and registered. A group of students from the Senior A and B classes take care of the samples and make out reports. Two reports are made out on each analysis, one being filed away and one given to the student who sent the specimen in for examination.

Treating room 22 has been converted into an office for the laboratory. In this room patients report to have blood taken for counting, smears, and Wasserman reaction. Collection of samples for salivary urea analysis and renal function test are made in this room. Students also receive their report from the laboratory in this office.

In about two months' time the laboratory has turned out better than five hundred reports on various analysis. These analysis have consisted of red, white and differential blood counts, sputum, fecal and urine analysis, as well as the phenolsulphonthallic renal function test, salivary urea, milk, and gastric analysis.

Assembly, May 2

The band opened the assembly of May 2 with a splendid march, under the direction of Mr. Crawford, in the absence of Dr. Halladay.

Dr. Mary Golden then took over the assembly and asked Mr. Benz to introduce Prof. Poulter of Iowa Wesleyan College at Mount Pleasant, Iowa. The professor is one of the leading physicians of the country today. He addressed the student body on the subject of high pressure obtained in the laboratories under special cautions, because of its terrific power. Mr. Poulter has obtained pressure as high as six hundred thousand pounds per square inch in his laboratory at Mount Pleasant. The details for such an endeavor were given and proved to be of much interest to the student body. Under such pressure, colors will change slightly, bacteria effecting meat and milk will be killed because of the immense pressure as mentioned above.

Another feature of the morning was glass blowing and the different things that can be done with hot glass. For further information in regard to doing tricks with glass, ask Kenny Moore, who featured the Swan Song for the student body.

The student body enjoyed as well as profited from the morning's program and every one is in hopes that Prof. Poulter may return in the near future.

The band closed the assembly with an old favorite march — "The Booster".

Assembly

The assembly of April 4th was opened by the band playing the "Booster March", followed by a request for "Hallelujah" from Hit the Deck. This offering received an appreciative applause for the syncopation which the band can really put out. And we don't mean maybe.

We had the pleasure of having Dr. Winslow of Waterville, Maine, as one of our guests during the morning's entertainment.

Dr. Halladay turned the program over to Dr. Beveridge, who introduced Dr. Cline, the speaker of the morning. Dr. Cline is an osteopathic physician practicing in the city. The Doctor's address was "How to Apply Your Science". Many case histories were given as examples, with the technique that can be employed on such cases when seen fit to do so. The general health of the patient must be taken into consideration along with the other minor complaints that the patient may make. The address carried on into further technique and cases which proved to be of much interest to every student and a great deal was derived by all. The Doctor received an enthusiastic applause which indeed showed everyone's appreciation.

Dr. Halladay closed the assembly with the band playing "Canadian Cappers", which was especially delightful to J. K. Ward's ears.

Detroit Invites 1931 Convention

Eighteen years have passed since the last A. O. A. convention was held in Detroit. At that time we had but a handful of Osteopathic physicians in Detroit and Michigan, but in spite of that, we had a record-breaking attendance.

This year, Detroit and Michigan will be represented at Philadelphia by a delegation eager to make a strong bid for the 1931 convention.

Detroit is centrally located, easily accessible to all parts of the United States and Canada by motor, rail, boat or plane. Its hotel accommodations are second to none, and its convention facilities are unsurpassed and its hospitals adequate.

Detroit is the center of the automotive and aircraft industries of the world. Here you will find innumerable places of interest, including Greenfield Village and Ford Air-port. Golf courses are available, and no less than fifty different boat trips, to say nothing of the many theaters, office buildings, and other places of interest and amusement.

Climate and weather are ideal in Detroit in July, with warm, sunshiny days and balmy nights.

BOOST FOR DETROIT FOR 1931.

MICHIGAN OSTEOPOARIC ASSOCIATION OF PHYSICIANS AND SURGEONS.

WALTER P. BRUER, D. O., Secy.-Treas.

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