### OSTEOPATHY

What it is-Fundamental Principles of the Science--How Results are Obtained.

(From the Boston Osteopath.)

teopathy is a scientific use of the body itself, by which nature, under hands, based upon the great princi- the scientific treatment peculiar to

ginia, and formerly an allopathic own mechanical principles, molecuphysician. Forty years ago, when ar activities, and metabolic processresiding and practicing in Baldwin, es, may recover from displacements Kansas, he realized the insufficency disorganizations, derangements and of the standard remedies and the normal equilibrium of form and need of a more scientific method of function in health and strength." healing. In conversation with a FUNDAMENTAL PRINCIPLES OF THE friend at that time he advanced the theory that the human body is a machine, perfectly constructed by of the new science are: a Divine builder and if kept pro- 1. "Health is natural; disease and perly adjusted capable of running death, between the time of birth its allotted time without the aid of and old age, are unnatural."

as he learned how to apply it to and forces."-Journal of Osteoany particular ailment, thus far he pathy. would discard allopathic remedies. Osteopathy regards the human Finally, after 30 years of patient body as a complicated machine study and research, in 1885 he aban- built by the Great Master Mechanic doned the whole theory of materia and so perfectly adjusted in all its medica. Continuing to systematize parts as to run its allotted period and apply his new method, in 1889 until worn out by old age. "Man he announced that at last he had is a machine with over 200 bones. perfected the system, which he You may call them braces, supports called "Osteopathy," and that a or what you please. Muscles, college would be founded to teach nerves, blood vessels, and tendons the new science. As his practice are distributed all over and through the organ to its normal exercise. increased rapidly, Dr. Still was this framework. There is an encompelled to establish an Infirmary gine and pipes run from that engine which was erected in 1895; but to all parts of the body, and from proving inadequate for the growing all parts blood is carried back to demand, it was enlarged to its the place where it started from by present ample proportions.

THE NAME OSTEOPATHY

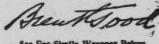
suffering,) is somewhat misleading tre and move without any obstrucas many suppose that the system tion, great or small. Disease is deals only with bone diseases and the creaking of the eccentricities of dislocations, and hence apply the any or all parts of the machinery." term "Bone Doctor" to an Osteo- Health is "the result of the harmonpath. It would be impossible, lous action of the system when all doubtless, to describe this treatment its parts are unirritated by any or its application in a single word, cause, such as increased on diminand hence Dr. Still selected the word ished flow of the fluids of the ar-"Osteopathy" as more nearly describing it, because bones are the by partial and complete dislocation then the part which is thus deframework on which the organs of of bones, muscles, tissues mem-prived of its nourishment is soon the body constructed and are used as branes, or parts of the whole sve 'levers to relieve pressure on nerves of the bones in Osteopathic mani- of disease is lack of blood supply, tructed vein cause inflammatory

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to take as sugar CARTER'S FOR HEADACHE. FOR BILIOUSNESS. FOR TORPID LIVER. FOR CONSTIPATIONS FOR SALLOW SKIR!

"In the treatment of disease Os- and renedical resources within the ples of anatomy and physiology." Osteopathic practice, apart from all The discoverer of this system of treating disease is Andrew Taylor Still, M. D., a native of West Virginia and in harmonious accord with its compound is used.

The discoverer of this system of ordinary methods of extraneous artificial, or medicinal stimulation, and are getting back their proper weight, nerve vigor, good appetite and healthy color. No long, anxious waitings and disappointments when Paine's Celery Compound is used.

The great fundamental principles

by study and experiments as fast the free circulation of vital fluids

the veins or blood tubes. Health is that condition we are in when all (from osteon, a bone, and pathos, the wheels of life are in their cen-

veins, and arteries." It is the use It is held that the chief cause pulation, rather than the treatment | from some mechanical obstrucof bone diseases, which gives pertition to natural function. There nency to the name as applied to the is some displacement, enlargement, ing such cases, the Osteopath lopractice. Technically defined, Os- obstruction or abnormality of a teopathy is "that science which bone, muscle, or ligrment, or some consists of such exact, exhaustive, unnatural pressure upon a nerve or and verifiable knowledge of the blood vessel, when this machine structure and functions of the gets out of order. Osteopathy, rehuman mechanism, anatomical, cognizing the wonderfully recuperphysiological and phychological in- ative power of nature, claims that cluding the chemistry and physics the human body is prepared for of its known elements as has made every human emergency, and has discoverabie certain organic laws in itself all the necessary power to arrest and repair the ravages of disease without the aid of any foreign substance or artificial stimulus; save pure air breathed into the lungs, and food and drink taken into the stomach forough the nat-

The object of the Osteopath, therefore, is simply to detect and remove any obstruction or abnormality in the body which interferes with the laws of nature, so that she may continue her work unmolested. This is the whole philosophy of Osteopathy in a nutshell. It claims to cure nothing

nutshell. It claims to cure nothing but only to restore the body to a normal condition and let nature effect the cure.

How Results Are Obtained.

But it may be asked, how does Osteopathy secure such results?

We must first understand something about the nervous and circulatory systems of the human mechanisms. The nerves are like a vast telegraphic system extending to all parts of the body. They pass through, over, under, and between hundreds of bones,

It's only natural that when a woman finds a remedy which cures her of nervouses and weakness, relieves her pains and aches, puts color in her cheek and vitality in her whole system, she should be anxious to let her suffering sisters know of it.

Mrs. Hannah Holmes, St. James Street, St. John, N.B., relates her experience with this remedy as follows:—"For some years I have been troubled with fluttering of the heart and dizziness, accompanied by a smothering feeling which prevented me from resting. My appetite was poor and I was much run down and debilitated.

"Since I started using Milburn's Heart and Nerve Pills, the smothering feeling has gone, my heart beat is now regular, the fluttering has disappeared, and I have been wonderfully built up through the tonic effect of the pills. I now feel stronger and better than for many years, and cannot say too much in praise of the remedy which restored my long lost health."

Paine's Celery Compound Is Now Being Used by the Wise and Prudent.

It Saves Sleepless, Nervous and Despondent Feople from Insanity.

BUILDS UP THE DEBI-LITATED AND BROKEN DOWN.

Those who are wise are now using the nost reliable of all health-building medic-

At this season there are thousands of rest-less, fretful, nervous, despondent and gloomy men and women. They find it im-possible to obtain restful and natural sleep, possible to obtain restful and natural sleep, and, as a consequence, they are almost physicial wrecks; some are desperately near the abyss of insanity. It is not safe for sufferers to trifle with their difficulties. The weakened, irritated and nervous system must be toned, strengthened and built up

There is but one reliable and honest remedy before the public that guarantees renewewed health and a long lease of life; it is Paine's Celery Compound, the prescripten of a noble physician, and strongly indorsed by his professional confreres.

death, between the time of birth the sallotted time without the aid of and old age, are unnatural."

Paine's Celery Campound is now within the reach of all classes of people, and it is a very simple matter to test its efficiency; the expense is trifling. As there are miserable initiations sold by some dealers, see that you get "PAINE'S" the kind that has she learned how to apply it to the free circulation of vital fluids.

muscles ligaments, arteries, and veins in great complexity; and being extremely sentitive they are liable to get out of order. Evidently the sensible thing to do in such an event is to find out where the wires are crossed or down and then to set them right. This the Osteopath does by stretching the contracted muscles, or reducing a slight dislocation which obstructs the nervous current, and so restores This result is accomplished by intelligent manipulation, and not by dosing the unoffending stomach with poisonous drugs.

In like manner the arteries and veins traverse the intricate network of bones, muscles, and nerves. 'The rule of the artery is absolute and universal.' 'A natural flow of blood is health, and disease is the effect of total or general disturbance of

While the nerves convey sensations to and from the brain and control the physiological functions of the body, yet they, in turn, are dependent upon the blood supply. weakened and diseased. For instauce, an obstructed artery may produce heat disease, and an obsrheumatism, dropsy, erysipelas varicose veins, or cancer. In treatcates and removes the obstruction and then stimulates the circulation, which gradually carries off the impurities arising from the disease.

#### WOMEN WILL TALK.

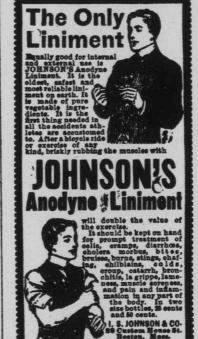
Can't Blame them for Telling each other about Milburn's Heart and Nerve



Chalk on a wooden floor or on the sidewalk a group of seven circles, each two feet across, which all but touch each other. In one circle print "New York," in another "Chicago," in a third "St. Louis," in a fourth "Boston," etc. Two feet from the circles on four sides of them draw two foot squares, each marked "Home." A player rests one leg in a home square, and the leader exclaims, "My mother says you must go to—Chicago—and to—Boston—and to—and so on." So soon as the name of a city is mentioned the player must hop on one leg to the right circle horning back imleg to the right circle, hopping back im-mediately to a home plate, in readiness for the next leap. The master of for-feits keeps count of the number of correct hops—journeys—made. If a player hops in the wrong circle or outside of the home squares, he must pay a forfeit and give way to the next player. That player is winner who first makes 50 "good" journeys—circles—not counting the hom square, of course.

A rat had taken up his abode at an oyster shop and while rambling in search of dainties chanced to get his tail be tween the open valves of an oyster, which at once closed upon it like a vise. Then the intruder lost all self command and bolted. He made straight for his hole, only to find that, although he could enter it, the oyster was too big to be pulled after him, and there he had to stay, flead next day, pulled the rat out of the hole, though not without a severe tug, and threw it to the dog. The rat showed fight, but after a brief struggle all was over. The oyster held on all the time.—

> Dot's Query. Dot and her father saw a yacht A-sailing on the sea.
> "What kind of a boat is that?" said Dot.
> "A cathoat, dear," said he.



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Newcastie, July 24.

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