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OSLER
PAMPHLET

THE CANADIAN OSTEOPATH

DEVOTED TO THE INTEREST OF
THE SCIENCE OF OSTEOPATHY

VOL. 1.

AUGUST, 1900.

No. 1

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Definition of Osteopathy

OS-TĒ-ŌP'-A-THŪ, *s.* [Gr. *osteon*=a bone, and *pathos*=suffering.]

Legal: "A system, method, or science of healing." (See statutes of the State of Missouri, Vermont, North and South Dakotas, Michigan, Iowa, Illinois, Tennessee, etc.)

Historical: Osteopathy was discovered by Dr. A. T. Still, of Baldwin, Kan., 1874. Dr. Still reasoned that "a natural flow of blood is health; and disease is the effect of local or general disturbance of blood—that to excite the nerves causes muscles to contract and compress venous flow of blood to the heart; and the bones could be used as levers to relieve pressure on nerves, veins and arteries." (*A. T. Still.*)

Technical: Osteopathy is that science which consists of such exact, exhaustive and verifiable knowledge of the structure and functions of the human mechanism, anatomical, physiological and psychological, including the chemistry and physics of its known elements, as has made discoverable certain organic laws and remedial resources, within the body itself, by which nature, under the scientific treatment peculiar to osteopathic practice, apart from all ordinary methods of extraneous, artificial, or medicinal stimulation, and in harmonious accord with its own mechanical principles, molecular activities, and metabolic processes, may recover from displacements, disorganizations, derangements, and consequent disease, and regain its normal equilibrium of form and function in health and strength. (*Mason W. Pressly, D. O.*)

OS-TĒ-Ō-PĀTH, *s.* The same as **OSTEOPATHIST** (q. v.).

OS-TĒ-Ō-PĀTH-ĪC, *a.* Of or belonging to osteopathy; as, *osteopathic treatment.*

OS-TĒ-Ō-PĀTH-ĪC-ĀL-LŪ, *adv.* In an osteopathic manner; according to the rules and principles of osteopathy.

OS-TĒ-ŌP'-A-THĪST, *s.* One who believes or practices in osteopathy.

DĪP'-LŌ-MĀTE in Osteopathy. The technical and official designation of a graduate and practitioner in osteopathy, the formal title of the graduate or practitioner being *D. O.*—*Diplomate or Doctor in Osteopathy.*

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OFFICIAL ORGAN OF THE

Dominion Institute of Osteopathy.

VOL. I.

AUGUST, 1900.

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HISTORICAL NOTE.

The basic principles of Osteopathy were first announced by Dr. Andrew T. Still, a physician of the old school, about the year 1874, and it is therefore a quarter of a century old. The discovery was the result of observation of the repeated and persistent failures of drugs in the cure of certain diseases of the human body.

After considerable experiment and research, he came to the conclusion that a large number of diseases were caused primarily by dislocations of the various parts of the bony structure of the body. He demonstrated by actual operations that these dislocations directly, or by producing a wrong alignment of the muscular attachments, caused obstruction to the flow of blood and lymph, or made a pressure on the nerves, resulting finally in lack or excess of nutrition, and derangement or total loss of function. His theory was that if the pressure on the nerves and blood vessels could be removed by restoring each part of the body to its original and normal condition that nature would resume its operation, and he proved the correctness of his reasoning by performing many wonderful cures of diseases pronounced incurable by the medical profession. The greatest success of his treatment was in the reduction of misplacements and dislocations, such as so-called hip disease, curvature of the spine, etc., and from this fact the name Osteopathy was adopted.

The word is derived from the Greek word "osteon" (bone) and "pathos" (disease of suffering).

A great many criticisms have been offered by different hypercritical members of the allopathic and homeopathic schools as to the fitness of the name; but as the word allopathy literally means "another disease," and homeopathy "the same disease," we believe the criticisms are not well founded when put on a comparative basis.

For a number of years after the announcement of his theory he encountered great opposition; but as the time passed, and the results of the work became more widely known, this opposition abated in a measure, and the science was accepted by the people, and there is no form of treatment that has ever been discovered and presented to the public that has made as many friends as that of the science of Osteopathy. And the reason for this is, that it is based on plain common sense and redeems its promises.

In course of time a school was established for the education of practitioners, from which a number graduated and made locations in different parts of the country, and by this the knowledge of the science was enlarged, although there are thousands of people still who know nothing of it.

Within the last two years laws have been enacted legalizing its practice in eight states, and it is merely a question of a short time before it will be so recognized in every state in the Union. In one or two legislatures the bills in its favor were passed by unanimous vote of the bodies, and in others the vote was practically unanimous, as the only votes against it were cast by doctors of medicine holding seats in the house or senate.

AN EXPLANATION OF OSTEO-PATHY.

Osteopathy maintains a unique and commanding position to-day before the world of science.

Unique, because no other school of medicine has ever leaped forth in unrestrained bounds and received the good will both of press and legislature; commanding, because men of scientific eminence on both sides of the globe are earnestly endeavoring to learn of its philosophy.

Such is the status of a science and system of healing which but two or three decades ago was entirely contained within the thought of a single man. Could anything more strongly appeal to mortal man as regards its efficacy than to see the universal public as well as men of learning inquiring as to the why of Osteopathic success?

The reason of all this is apparent when a thorough research is made by the intelligent mind. In the first place it must be noted that Osteopathy is the culmination of all the positive medical knowledge of the ages. True it is that Osteopathy has Therapeutical knowledge absolutely its own, nevertheless the basic principles are the same wherever cures are performed. Medical men for centuries past have been striving to discover the exact cause of disease to apply specific treatment. They have signally failed in many of their attempts, although in others success has been achieved.

At this stage Osteopathy steps into the field of medical science and occupies the field of its chaotic and unreliable factor—drugs—with the determination to improve upon past methods.

This is done with full confidence because it offers to the world a complete science to take the place of empirical practice. Giving drugs for various human ailments has been the great stumbling block of the past. Physicians have long attempted to alleviate and cure disease by drugs until they have become disgusted with the uncertainty accompanying such procedure. The Osteopath takes advantage of this fact and by his research in nature's laws has discovered that the body is a complete mechanism and contains within its tissues and forces such remedies as are essential to the cure of disease. He finds that it is not external agencies which are required by the body, other than substantial food, to prevent, alleviate and cure disorders; but that the body mechanism demands mechanical liberation of its pent-up forces and fluids; that when the chemical and dynamic forces of the body are complete then health ensues, and that disease implies physiological and psychological disturbances, dependent upon anatomical disorders. When the anatomical is correct the physiological potentates is an Osteopathic maxim. Thus it is very apparent that Osteopathic science is characterized by keeping the body tissues mechanically correct.

There is nothing mystical in the least about practical Osteopathic procedure. It means, first, the application of the mechanical principle concerned in each and every case, and, second, the care of the body hygienically. Naturally preceding the therapeutics there arises the etiology of disease.

The Cause of Disease.

In all specific treatment the cure of the affection depends directly upon the cause. Hence, the cause of the disease from the Osteopathic point of view is any force that would cause derangement of the tissues to such an extent that the pathological or perverted physiological action arises. In other words, such mechanical violence as follows the various strains, slips, falls, bruises, etc., to which all are daily subjected and which results in functional or organic changes.

Any fall or strain might occasion displacement of a bone, muscle, ligament, cartilage, etc., to such an extent that pressure or irritation is brought to bear upon nerve fibres, blood vessels, lymphatics, etc., and local or remote disorder is the effect.

The Cure of Disease.

The Osteopath, with infinite labor and patience, properly adjusts the bones, normalizes and puts the misfit muscles into their traces, reduces false pressures, stimulates, relaxes, or inhibits the mighty network of nerves that control the functions of every organ in the body. He frees the forces and currents. Nerve centres are manipulated by manual pressure, so that by stimulating or desensitizing the Osteopath controls and regulates the action of the heart, stomach, bowels, liver, pancreas, kidneys and diaphragm and other functions. By pressure on the vasometer centre which controls the calibre of the arteries, he reduces the temperature of fevers several degrees in as many minutes.

True it is that often nature is very kind to us, and *vis medicatrix naturæ* is able to meet the demand. Many times, however, nature is unable to cope with the disturbance, and the finely constructed and sensitive mechanism suffers the consequences. How utterly ridiculous, then, for the physician to prescribe an external agent with the hope of eliminating or relieving some symptom or morbid condition dependent upon the derangement;

certainly, it is much more sensible to trace the course of the disease back to the first cause and correct the etiological factor.

The Osteopathic school prides itself upon the fact that its reputation has been made purely upon merit, due to the cure of numerous cases which old school practitioners had given up as incurable. This fact is a most noteworthy one, for, if Osteopathy can handle successfully many so-called incurable diseases, it certainly will be able to treat with greater success affections of less seriousness.

Women's Diseases.

Special attention is called to the treatment which Osteopathy offers for the relief of genito-urinal diseases for both sexes. Nowhere has this method shown its superiority over others more decidedly than in the large class of ailments which afflict women alone. It is here that positive benefits are promptly shown. Grati-fying results are accomplished in a short time with the minimum of annoyance and suffering. For many years women have been trying to find relief for the hundred and one ills to which their delicate organisms are subjected, by means of the frequent use of the surgeon's knife or by means of the repulsive methods of local medication. Both methods are found unnecessary by the Osteopathic physician in the great majority of cases; for he has discovered that either displacement of pelvic bones, contraction of pelvic muscles, or derangement of the nervous system through pressure or mal-nutrition are the cause of the annoying conditions. Such conditions may be painful and profuse menstruation, ovarian trouble, tender hip bones, backache, displaced or prolapsed uterus, leucorrhœa, etc. In obstetrical cases Osteopathy claims to reduce the hours of labor from the regular physician's average of twelve hours to the Osteopathic average of three hours.

This hitherto dreaded function of motherhood has been relieved of its pain, acquired through customs of civilization, and restored to painless nature.

Diseases of the Nervous System.

The Osteopath is not confined to treating a certain class of diseases only, but treats with success all classes of diseases. Knowing as he does that the human body is a complete mechanism and that nature has endowed the body with all remedies

necessary for the prevention, alleviation and cure of every disease, provided that the ravages of disease have not progressed too far. All diseases of the spinal cord and ailments of the general nervous system, such as Locomotor Ataxia, Lateral Sclerolosis, Paralysis Agitans, Neuralgias and Paralysis of all kinds, St. Vitus dance, Neurasthenia, Nervous Prostration, Hysteria, Epilepsy, Insanity, Melancholia, Sciatica, etc., have often responded to Osteopathy even after being pronounced hopeless by medical physicians of renown.

Diseases of the Functional Organs.

Diseases of the Eye, Ear, Lungs, Heart, Stomach, Kidneys, Liver, Spleen, Intestines, etc., are caused either by structural displacement, by circulatory disturbance, or by nervous derangement. These fundamental lesions are the Osteopathic causation of all disease, therefore rendering simple and accurate the selection of the form and direction of treatment. We do not consider ourselves miracle workers, or being endowed with supernatural powers, but simply physicians, who have the natural and, consequently, the more efficient method of treatment.

OSTEOPATHY FOR CONVALESCENTS.

"Reddener of paleness, mocker at despair."

For those trying to regain a foothold after a severe illness, any treatment which will aid them in their recovery should be welcomed with a grateful feeling and a generous spirit. Recovery depends as much upon the care and treatment given during convalescence as it does upon the proper treatment at the crisis of the disease.

After the crisis is passed and there is hope of recovery many sufferers feel like giving up in the midst of their struggles because they do not have the necessary nerve force, and courage flags. If they could have some source of beneficial treatment upon which they could depend, and which would at the same time rest and stimulate also the weary nerves, brain and body, the treatment, aided by nature, would repair the damages wrought by diseased conditions.

Most strenuous efforts are generally made when a patient is in a critical condition, but after the danger is passed and the slow and tedious process of recovery

is before them, so much depends upon the nerve-force and constitution of the patient. This is often not sufficiently made note of. Most of these patients should have more assistance than is generally given them.

Osteopathic treatment comes as a refreshing breeze. There are no visions of ill-looking drugs, of surgical knives, of stinging electrical currents, and all the elements in the vocabulary of medical treatment.

If there is pain, soreness or distress in any of the organs, or generally, the Osteopath begins at the cause and with a minute knowledge of the anatomy and nervous system of the body he refreshes, stimulates and relieves the over-taxed organs.

If in any case of slow convalescence Osteopathic treatment, good air and proper food were substituted for the many uncertain modes of treatment, and they were given a good, fair trial, in ninety cases out of every hundred the results will be wonderful.

Osteopathy can do for the patient what he has not strength nor skill enough to do for himself. Knowledge is power and with it the Osteopath regulates his treatment.

As Osteopathy is based purely and firmly on natural principles he uses no other assistance than that which nature affords, and which no physician can well work without—proper food and good air. Many cases which are helped by practitioners of medicine are really due to the judicious care given and not to the medicine.

Osteopathy works in harmony with nature. Pure air is a natural condition, pure food aids nature, and Osteopathy assists the tissues of the body to assimilate these elements. The proper proportions of rest are needed and Osteopathy can materially assist in obtaining it.

It has been found in many cases that the first and most difficult step with a patient is to get him started on the road to recovery, after the danger of the disease is passed.

He needs assistance, and of the right kind. Osteopathy supplies this need. Bring the patient himself to realize the value of proper food, good air and the requisite amount of rest he requires, and the Osteopath's treatment will supply the rest.

People of this century are looking for new and simpler methods of dealing with all great questions; and the question of

life and death is paramount, especially to those to whom life is most uncertain.

Reason dominates all wise systems, and by it they will always survive. If Osteopathy can boast of natural methods as a foundation, why not give our sick over to its treatment and insure an easier and more certain method of recovery than is usually employed?

It is often difficult to get people to have Osteopathic treatment for their sick, because they seem to think that the more nerve-harassing the treatment is the greater the benefit derived from it. Osteopathy is *not* nerve-harassing. It is simple and natural. This is the reason its power is not realized by those who have always believed in blisters, opiats, strong heart or nerve stimulants, etc.

Treatment of the sick may be of different kinds. The more uncivilized the nation, the more barbarous the treatment of the sick. The Indians of the uncivilized class, serve as an example. They exorcise the Spirit of Evil from the body by beating drums and tom-toms. If the patient fails to respond to such strenuous efforts, they claim that the evil one has failed to emerge, and they give him up.

The world has become more and more enlightened and science never stands still. One of its latest acquisitions is Osteopathy. Its principles should and do appeal to all who understand them, and even to those who have but a slight knowledge.

Osteopathy claims that a healthy circulation of the blood will insure recovery from diseased conditions. In order to have such circulation it sees that all the organs are working, readjusts any incorrectly placed organs, and relieves all impediments to the circulation.

The circulation of most convalescents is sluggish; food is not thoroughly assimilated, the lungs do not work strongly, and there is general lassitude. The Osteopath goes over the body stimulating the organs to work, sending the blood with a new impetus through the arteries, expands the chest and insists on the lungs doing their work. It brings the proper fluids to the stomach for digesting the food, and stretches and strengthens the flaccid muscles which have lost their tone during illness. The result after such a treatment cannot be otherwise than beneficial. A series of such treatments will insure a feeling of well-being which the patient could not have hoped for under other conditions.

THE CANADIAN OSTEOPATH.

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A. S. BURGESS, D.O. - - - Editor

M. M. STOLZ, - - - Associate Editor

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AUGUST, 1900.

GREETING.

In presenting to the people of this vicinity the new science of healing—Osteopathy—we appreciate the fact that there must be created an Osteopathic literature of such scientific and scholarly quality as to attract the attention of present-day thinkers.

It is the aim of the publishers to make this journal a standard exponent of Osteopathic thought and information pertaining to the science and profession of Osteopathy. It will contend for Osteopathy in its true and original character, and will open its columns to all students and practitioners who have ideas that will enrich its literature, enforce its claims and establish its methods. It will bring its full quota of scholarship science and sense to the elaboration of its philosophy and principles and the vindication of its practice.

It will establish departments that will present every aspect of Osteopathic work, and will seek to maintain these in a manner that will stir thought and compel assent.

Therefore, to those who know nothing of Osteopathy and to those who would know more, to those who seek the aid of Osteopathy and to those engaged in its practice, we commend this journal for kindly consideration.

Subscribe for "THE CANADIAN OSTEOPATH."

The following are, in part, quotations from the best Osteopathic minds of today:

"Osteopathy is a system of healing which reaches both internal and external diseases by manual operations and without the use of drugs or instruments."

"Nine-tenths of the cases that come here are treated first by turning on the nerves of the excretory organs of the system, for the purpose of cleaning up the dirty houses in which the human soul dwells."

"All sickness has a cause, and, if this is known, the cure is made easier. Osteopathy works wonders in cure, because it looks at causes in a new way. It studies causes, and so can more easily change effects."

"Ninety per cent. of the people are not well. Notwithstanding the boasted progress of medicine, invalidism is as common as war. Drug-making progresses, but healing does not. There are thousands and millions who have lost all hope of health, and have been pro-

nounced incurable by the best drug doctors. Electricity is not life, as so many think; and so these are doomed to death without hope. As a last resort, they turn to osteopathy, for it is with chronic diseases that osteopathy largely deals; not because it couldn't help acute cases as well, and even better, but because the people have not learned yet to take its treatment until they 'have to.' And yet, of all these chronic cases, eighty per cent. are cured, ninety per cent. are helped, five per cent. are not affected at all, but none are injured. We challenge the world to beat this record."

"Osteopathy is manual and mechanical therapeutics; a system of treatment that secures to the recipient—however weak or helpless—the greatest physical activity, and simultaneously securing to the entire nervous system complete rest."

"Osteopaths believe that every living organism has within it, as its special gift from God, the power to manufacture and prepare all the chemicals, materials and forces needed to build and repair, together with all the machinery and apparatus required to do this work in the most perfect manner."

"Osteopathy adjusts abnormalities existing in the anatomy and leaves nature free to restore a condition of health."

In addition to our opinions we are proud to append the names of a few people who will corroborate what we say. We ask that you confirm what we say by reference to any of the following:

Senator and Mrs. J. B. Foraker, Washington, D.C.

Governor Frank S. Briggs of North Dakota.

Governor Lon. V. Stevens of Missouri.

Governor Tanner of Illinois.

Governor Shaw of Iowa.

Governor Grout of Vermont.

Ex-Governor Dillingham of Vermont.

Governor Hazen S. Pingree of Michigan.

Where May the Sick and Suffering Obtain Osteopathic Treatment?

That is the question that is asked on every side. Patients have travelled across the continent, and have come from abroad to obtain its treatment. We are glad to be able to announce The Dominion Infirmary of Osteopathy.

We have an accessible location and commodious accommodation. We invite you to come and see our Reception, Office, and Operating Rooms. It will be a pleasure to meet you and tell you of our work. It will interest you. It is so true and consistent in conception, so natural and beautiful in operation, and so efficacious and wonderful in results, that you will not wonder at its popularity. It always makes friends.

Montreal should be the natural home of Osteopathy. The history, genius, culture and spirit of the city ally the two.

We open our doors to all who are looking for new and better methods for the treatment of diseases and will be glad to meet you and greet you, whether you come for a talk or for a treatment. See cover for our location, hours, and other desired information.

Where May Osteopathy Be Learned?

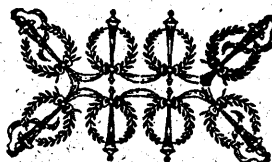
Hundreds of men and women, young and old, have been making enquiries about the course of study leading up to Osteopathy, and the demands for trained operators and practitioners are so great and urgent, that we have arranged to establish a college for this purpose, and are glad to formally announce to the public and to everyone who may be seeking a profession, the founding of The Dominion College of Osteopathy. We shall have the very best equipment of material and of men. Only teachers of education, experience and recognized merit will be employed, and this applies both to the sciences in general and especially to the science of Osteopathy; and all our teachers will be able to give their personal attention and instruction to individual students.

We have the facilities to teach Osteopathy according to the best methods known to the science. We do not have, and shall never have, any affiliation with medicine. Osteopathy, as taught by us, is pure and unadulterated. Our Faculty is composed of those who, in addition to thorough academic, collegiate and university training, have added the most thorough equipment in Osteopathic education.

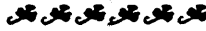
It is the aim of the trustees and faculty

to make this a college in reality as well as in name, and its plan of organization is such as to realize, as far as possible, this intention. It is not composed of two or three men who secure a long list of practitioners, each of whom come in once or twice a week, delivers a lecture of an hour, and is gone again, with no further interest in or care for the work until the time of his next appointment comes around. On the contrary, the full time and energy of every member of the faculty belongs to the school, and in all of the fundamental departments, the whole time of the instructor or professor in charge is devoted to his department; and even those operators in the Infirmary who deliver the clinical lectures are expected to make the former work supplemental to the latter.

In this way careful and systematic study is encouraged, teacher and student are brought into direct contact, subjects not understood are explained, doubtful points made clear, and the knowledge gained is exact and systematic. In this way is laid a solid and lasting foundation for subsequent study in the practical work of the course. The distinctive college methods of lecture, didactic instruction and quiz are adopted and supplemented by demonstrations and clinical methods calculated to be most effective.



THE
Dominion College of Osteopathy.



Founded to teach the science and art of Osteopathy, according to the best methods known to the profession. It shall conform to the highest standard of equipment and culture, and provide the best training and accommodation for its students.

The studies embraced in its curriculum, in their manifold aspects, relate to Biology, Chemistry, Histology, Anatomy, Physiology, Psychology, Pathology, Symptomology and Diagnosis, or the study and mastery of the known principles and activities of Life in the human body; of its elements and minute parts; of its forms, structures and organs; of its powers and functions, and of the intricate relations of mind and body; of the cause and courses of disease, the symptoms by which these may be recognized, and the ascertainment of the exact nature and extent of their development and consequences. The cure of disease will be shown as best accomplished without medicine, by Osteopathy. This will include a full and complete scientific training in Philosophy, the Principles and the Practice of Osteopathy, accompanied by a clinical demonstration of its methods and efficiency in actual and varied cases.

All our teachers will be specialists in their departments, and, by college and professional training, will be able not only to expound the theory in the class rooms, but to apply it practically in the operating rooms.

We deem it indispensable to an Osteopathic teacher that he has proved himself to be a successful operator. All the above studies are taught in a manner peculiarly adapted to our system, as Osteopathy in its entire conception and operation is unique and original.

We have all necessary equipment of laboratories and material for demonstration. Our facilities are the very best. The dates for matriculation of students are September 1, 1900, and February 1, 1901.

No better opportunity for a profession can be offered. Ten thousand practicing Osteopaths could be located in Canada alone, and yet there is little supply for the pressing demand. We will furnish the address of practicing Osteopaths who will confirm our statements as to its professional standing and remuneration.

Women are received on equal terms with men. The minimum of qualification is a good common education and average natural ability, while all college or university training will be useful.

We will be glad to correspond with any who may be interested, and will give full information as to the time, terms and course of study. Address

THE DOMINION INSTITUTE OF OSTEOPATHY,

MONTREAL, CAN.