

FROM THE ARCHIVES

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Simplicity of Osteopathy

Osteopathy is as simple as the human organism, and that is as simple as the universe, for in the human organism are embraced all the physical, mental and spiritual laws of the universe.

To perfectly understand the human organism then, it would be necessary to possess an infinite mind. Conscious of this, I have always been amazed at the self-satisfied attitude of the average physician, of his tendency to ride hobbies, and to assume that a part is the whole.

We are always looking for panaceas, for something or some treatment that will be a cure-all, when if we would stop and think for a minute we would know there never could be one.

The germ theory as the cause of all disease was just failing as I began to practice. About this time various forms of mental treatment were getting under way. Then came the X-Ray and various forms of electricity. Then the coal tar derivatives for pain and fever, and a thousand other drugs, all of which are poison. The endocrines and other biological products followed. Alkalinity, acidosis, the allergies, and what not.

All these and many more have their place in therapy, but we are prone to forget that the body must cure itself. That is the osteopathic idea, and in that there is a simplicity.

We should aid the body in every spiritual, mental, biological and physiological way possible, but there is no doubt in my mind that the structural aspect is of prime importance. We cannot say "Seek ye first mechanical adjustment and all things else shall be added," but if we get mechanical adjustment, it is surprising how the whole picture is simplified.

As osteopaths I feel that it is our duty to humanity to develop this phase of therapy, there is no doubt that if we compare our diagnosis and therapy to that of the M.D.'s, our methods are much more simple in a large majority of cases, for there is a mechanical factor in almost every case that is over-looked by them, and we may be sure if these mechanical factors are removed, the patient will do better than he did before. This gives us an edge to start with, it also often simplifies the situation so much that very little or nothing else needs to be done.

I might recite any number of cases where cervical adjustment has cured insanity;

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lower cervical adjustment cured goitre; upper thoracic adjustment has cured heart trouble; treatment of the parathyroids and liver has raised the calcium content of the blood so much that it has improved atrophic arthritis, etc., but I might give a wrong impression. Every case is

different, and most cases have many complications, all of which should be removed.

The principle of osteopathy is simple, as all great truths are simple. Its application is not. It requires infinite pains. "As ye labor, so shall ye reap." ■