

Yours Truly
F. J. Feidler D.C.

THE
HOUSEHOLD OSTEOPATH

WRITTEN FOR THE SICK PEOPLE

BY

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Author of "Osteopathy, Just how it is done."

Author of "Osteopathic first aids to the Sick."

Author of "The Household Osteopath."

Member Washington Osteopathic Association

Member American Association of Physicians
and Surgeons

Member American Electric Medical Society

A plainly-worded, practical treatise on
the cause, symptoms, prevention and cure
of diseases, by Osteopathic treatments.

Every treatment is shown by half-tone
photo illustrations.

30 ILLUSTRATIONS

BROADWAY PUBLISHING COMPANY
835 BROADWAY : NEW YORK

PRICE \$1.50

FOR SALE BY THE AUTHOR

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SEATTLE, - - WASH.

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PREFACE.

The author has studiously avoided all scientific terms and technical phrases, none but the simplest and plainest language being used, so that anyone with ordinary intelligence, can understand, and apply the treatments given for the most common ailments that afflict humanity, frequently curing excruciating, acute pains,—often saving life, long before a physician could be called.

Although some diseases require the readjustment of some bony misplacement, necessitating the services of an expert osteopath, by far the greatest amount of suffering is caused by contracted muscles pressing upon nerves and blood vessels.

The relaxing, stretching and softening of these muscles, sometimes alone, is sufficient to cure the pain; to this is added stimulation and inhibition of nerves which quickly restore normal activity to the diseased parts.

To explain all this would require a book several times as large as this, therefore the author contents himself by simply giving the treatments, which if carefully, regularly and persistently practiced will cure the diseases quicker and cheaper than by any other method, and frequently avoid a dangerous surgical operation.

Treatments for bony misplacements and ailments in which an amateur might do the patient an injury are not given.

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All curable diseases, and many so-called incurable diseases can be cured by this common sense method; will cure in fact any case not beyond human aid. No bad habits—opium, liquor, etc.—can be started by these treatments.

It is applicable to the tenderest infant, mature man, or tottering grandsire alike, all thoroughly enjoy the glow producing, invigorating, rejuvenating and strengthening manipulations, if carefully applied.

To cover all emergencies the treatments are given fuller than a regular osteopath would give, but no harm can possibly occur from the complete treatments as instructed.

This system of healing is simple, effective, cheap, and the means of cure is always at hand.

FEIDLER'S LAW.

Treatment of sensitive areas will affect the disease.

Treatments applied to sensitive areas nearest to the spine are more effective than at more distant points.

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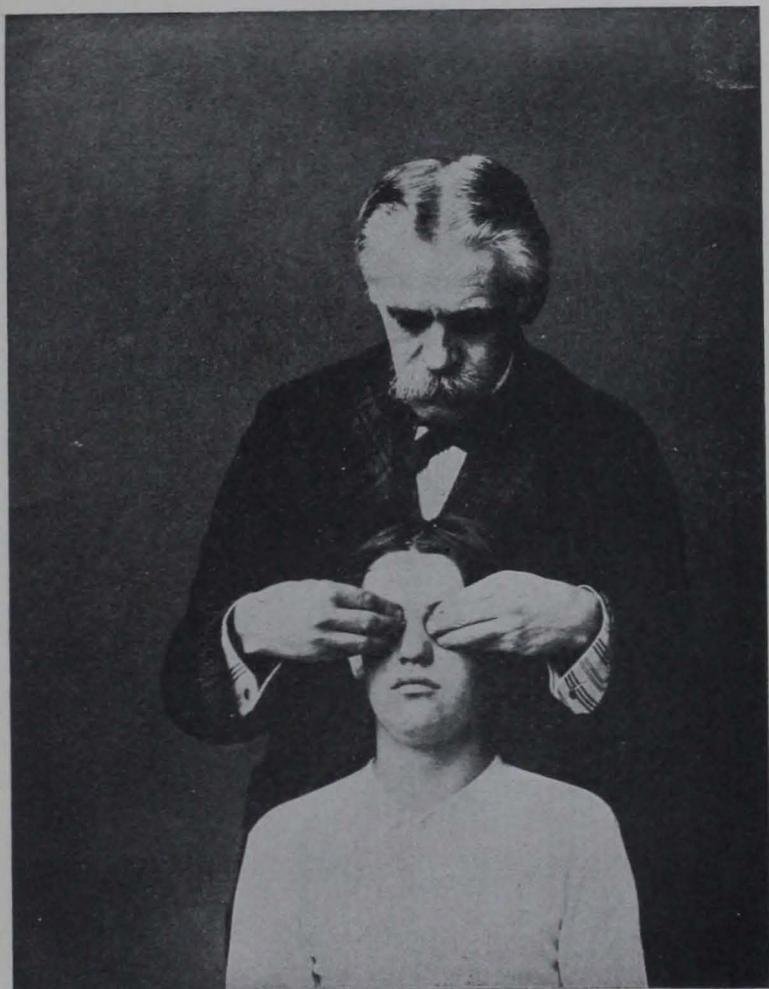


FIGURE 1.
VIBRATING THE EYES.

With the patient's eyes closed place all the fingers of each hand around each eye-ball; then with a gentle pressure use the ball of the eye to treat the blood vessels and nerves behind the eye. Tilt the eyes from side to side and vibrate them. Treat for a few seconds at a time, and repeat four or five times.

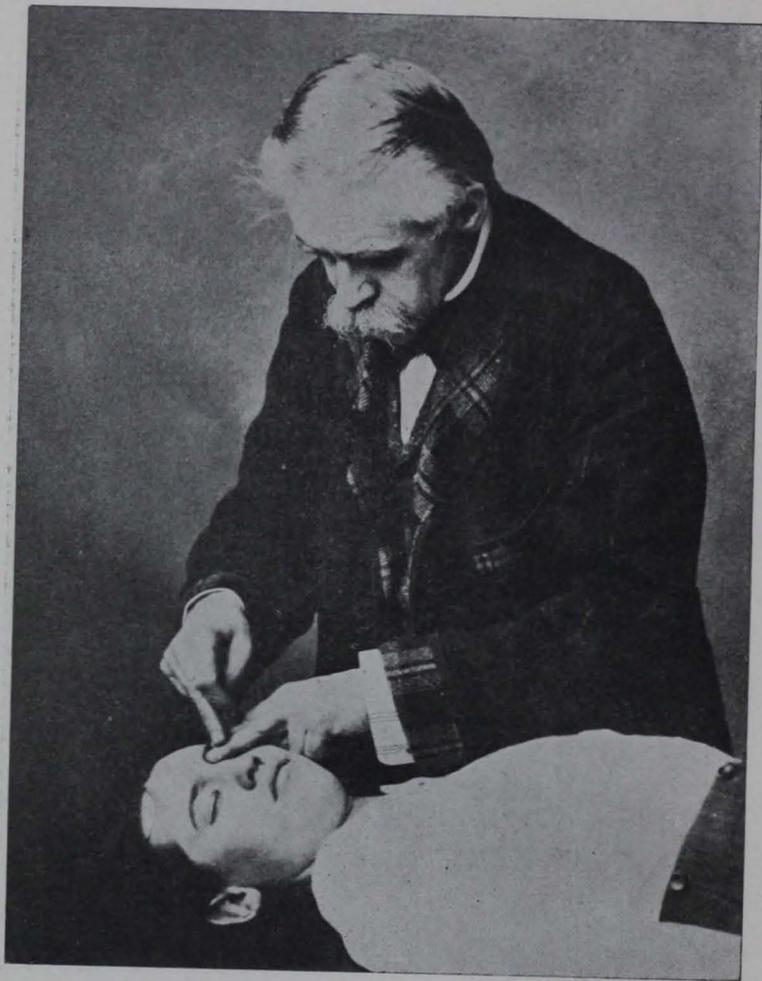


FIGURE 2.
JARRING THE EYES.

With the patient's eyes closed, place two fingers firmly upon the eye and tap gently with a finger of the other hand. Repeat several times.

GENERAL INSTRUCTIONS.

The patients must use no drugs nor stimulants while taking these treatments.

It is not desirable to treat upon the bare skin, as in massage, therefore the patient should be thinly dressed.

It is important that during treatment the patient should be limp, and relax all muscular tension, otherwise the treatments will be somewhat painful and less effective.

Never treat hard enough to cause the patient severe pain, a little sensitiveness, and an occasional, momentary, sharp twinge cannot be avoided.

Begin the treatment lightly, increasing the force as the patient is able to bear it.

Pregnant women and during the menstrual time, should not be treated below the lowest ribs, neither front nor back.

Most of the diseases of the body are effectively reached by treatment of the spine.

Instructions regarding diet, baths, breathing and exercise must be rigidly followed.

Steady pressure inhibits, rapid movements stimulates, nerve action.

Give special attention to the treatment of all sensitive areas.

GENERAL TREATMENT.

PREVENTION OF CONTAGIOUS DISEASES.

Germs are scavengers, and can only live in diseased tissue. If the body is in perfect health, the germs of contagious diseases cannot find a suitable tissue in the body to live in. Therefore it is only necessary to be in perfect health to be able to resist contagion.

Should any infectious disease appear in the neighborhood, promptly treat the children as follows:

Give a general spinal treatment, fig. 37; back of the neck, fig. 13; under the ear, fig. 12; under the jaws, fig. 19; sides and front of the neck, fig. 20; depress the first rib, fig. 26; raise the collar bone, fig. 27; raise all the other ribs, fig. 47; lift the shoulder blades, fig. 43; knead the abdomen, fig. 53; under the right ribs, fig. 55; under the left ribs, fig. 57; spring the upper spine, fig. 44; rotate the legs, fig. 77; swing the back, fig. 46; and finish with the spinal tonic, fig. 51. Treat every other day. Eat nothing for twenty-four hours, and liquid food for several days afterwards. Drink water copiously. Practice deep breathing. Give particular attention that the bowels and kidneys are active. Clean and fumigate the house.

Keep away from all places where contagious diseases exist. And remember that the so-called "mild" cases are the ones most "catching."

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FIGURE 3.
CLASSIC TREATMENT FOR HEADACHES.

While pressing firmly with one hand on each side of the spine, about an inch from the middle line, and close up to the skull, make counter pressure on the temples with the other hand. Hold firmly for two minutes, rest a minute and repeat two or three times.

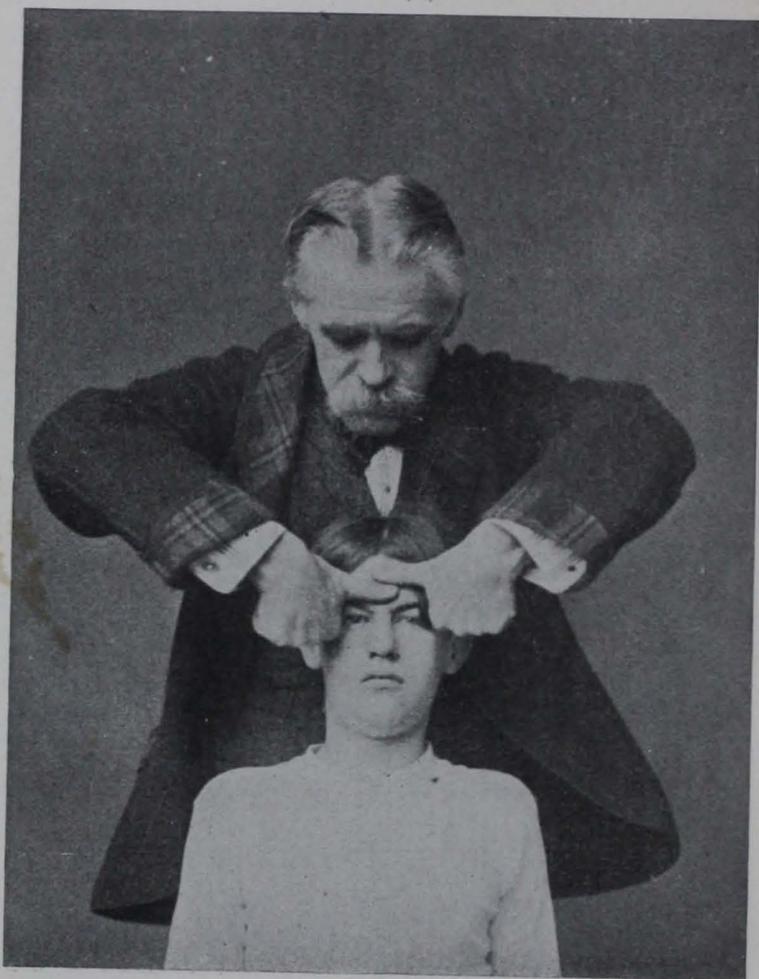


FIGURE 4.
CLEARING THE HEAD AND NOSE.

Press firmly with the thumbs upon the forehead, between the eyebrows, for a minute, then rest a moment and repeat four or five times. A variation, giving the same effect, may be used, by pressing hard with the open hand upon the forehead in the same way.

DISEASES OF THE HEAD.

DIZZINESS, VERTIGO.

Dizziness is a symptom of some other disease of the body, which must be located and cured to prevent recurrence. Following treatment will cure most cases of dizziness. Avoid excessive reading or other use of the eyes, particularly in a poor light. Stop immoderate use of liquors, tobacco, tea or coffee. Let diet be greatly reduced and be of plain, nutritious variety. Take a thousand, extra long, full breaths daily. Give a general spinal treatment, fig. 37; with particular attention between the shoulder blades, fig. 31, where indicated by upper hand; soften the tissues of the neck, fig. 13, particularly at the base of the skull; raise the collar bone, fig. 27; and depress the first rib, fig. 26; give a thorough abdominal treatment, fig. 53; treat the liver, fig. 55; and the spleen, fig. 57, and finish with the spinal tonic, fig. 51. Treat three times each week.

INSOMNIA.

SLEEPLESSNESS, SOMNAMBULISM, DREAMS, CATAPLEPSY, NIGHTMARE.

These troubles are frequently caused by some other disease, of the heart, kidney, etc., which must be cured to prevent recurrence. Give the same treatment as for headaches, with particular attention to the back of the neck, close up to the skull, spring the jaws against resistance, fig. 11; and fig. 23. Avoid late meals. A cracker may be eaten just before retiring. Bowels and kidneys must be kept active.

Treat every other day.
Take a hot foot bath before retiring.
Take plenty of exercise in the open air.

FAINTING.

This is a sign of some other disease which must be cured to prevent recurrence.

To restore consciousness, lay patient flat on his back, the head lower than the body, slap the face sharply, sprinkle cold water on the face, and give the hair a quick pull.

Loosen all tight clothing about the neck or body and give plenty of fresh air. If this be not effectual, restore the circulation to the brain by a thorough stretching of the spinal muscles between the shoulder blades, fig. 31, given with a quick motion.

Stretch and soften the tissues all along the back of the neck, fig. 13; inhibit the superior cervical ganglion, fig. 15; and finish with treatment, fig. 50.

This should restore any ordinary case of fainting. Should it not do so, send for an Osteopath at once, it may not be a case of fainting at all, but something more serious.

HEADACHE.

There are many causes for chronic headache; eye strain, constipation, female diseases, indigestion, etc.; and these diseases must be cured before a permanent cure of the headache can be made.

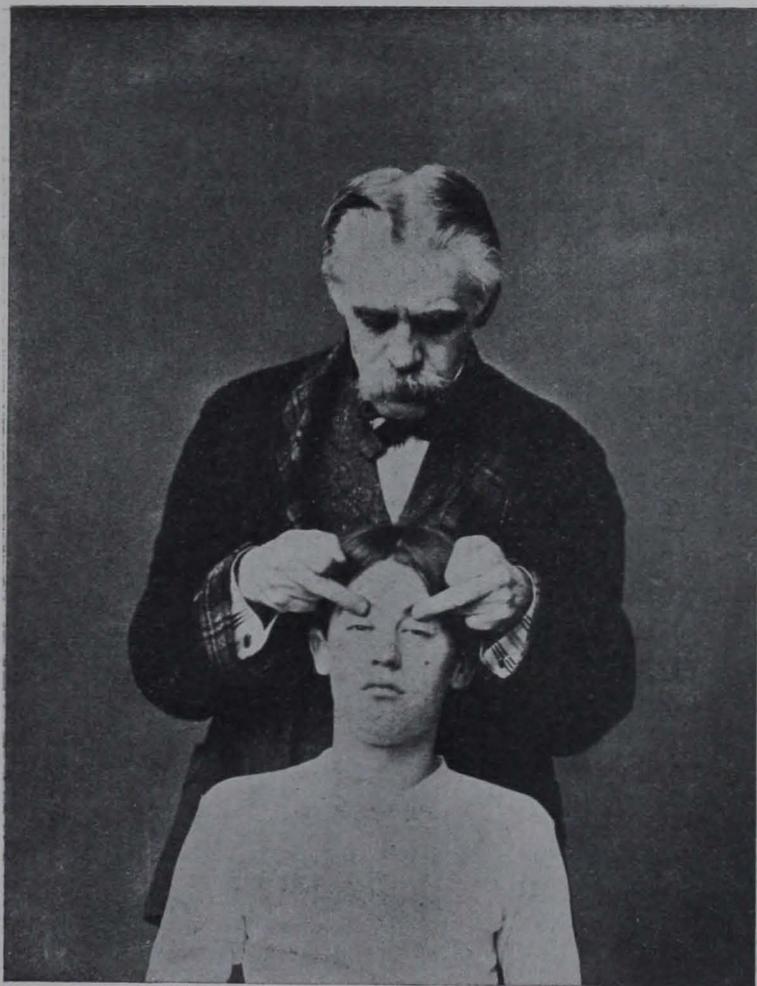


FIGURE 5.
TREATING THE SUPRA ORBITAL NOTCHES.

With a finger of each hand press firmly on the two notches, which may be felt where indicated in the illustration, hold firmly for a minute, and repeat three or four times. Steady pressure will inhibit. A vibratory motion will stimulate.

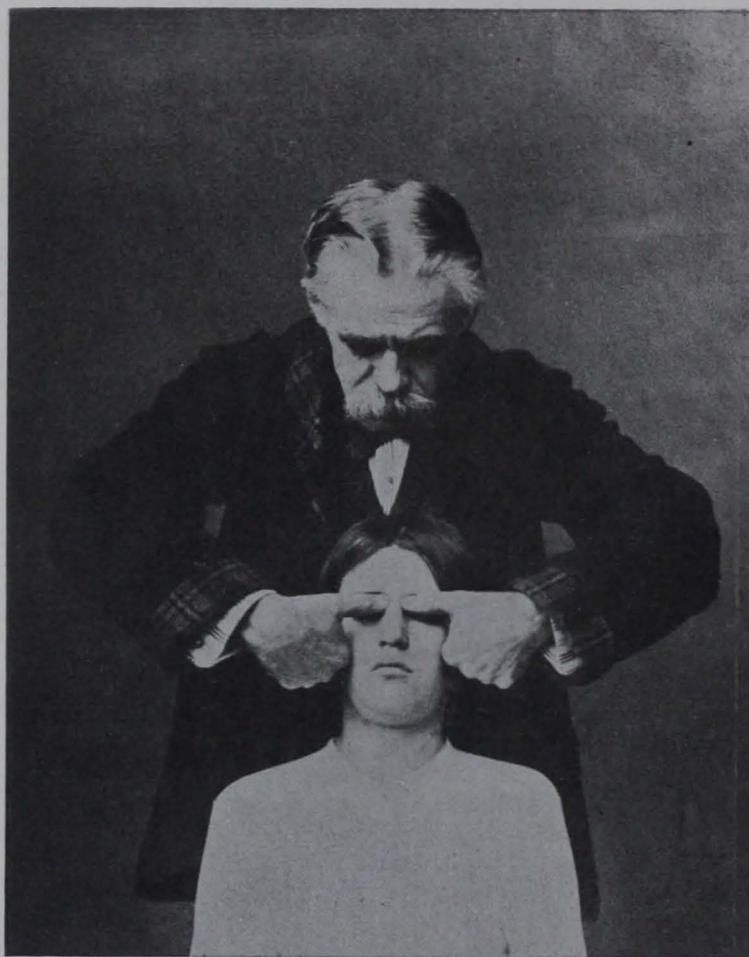


FIGURE 6.
TREATING THE NOSE.

With the thumb of each hand on each side of the nose, begin at the inner corner of the eyes, press firmly and with a circular motion creep down the sides of the nose, without allowing the thumbs to slip on the skin. Repeat five or six times.

An acute attack is usually due to a congestion of the blood vessels in the head, caused by muscular contractions in the neck, from a cold, or otherwise.

The following treatment will usually give relief in a few minutes.

Thoroughly relax the spinal muscles between the shoulder blades, fig. 31; back of the neck, fig. 13, particularly close up to the skull; under the ear, fig. 12; and jaws, fig. 19; inhibit the superior cervical ganglion, fig. 15; inhibit the supra orbital notches, fig. 5; treat the temples and forehead, fig. 7; free the circulation to the head, fig. 78; inhibit by a steady pressure for two minutes, where indicated by the fingers of the upper hand in fig. 32; give a slow, deep kneading of the abdomen, fig. 53; and finish with the classical treatment, fig. 3.

If there are hot or tender spots on the head, give treatment, fig. 8. Have the feet hot to the knees. Outdoor life with the head protected from extreme heat of the sun is very beneficial.

HYSTERIA.

This is generally the result of some other disease, female diseases frequently are the cause, and these must be cured. Remove patient from unwelcome surroundings.

During the attack, all sympathizing friends must be dismissed from the room. Dash some cold water on the face. Firmly press on the ovaries in the lower part of the abdomen, close to the hip, on both sides, and hold firmly for a minute or two.

Give a quick general spinal treatment, fig. 37; particularly between the shoulder blades, and back of the neck, fig. 13. Inhibit the superior cervical ganglion, fig. 15; give a slow, deep, kneading of the abdomen, fig. 53; and stretch the neck, fig. 24.

A firm show of authority must be exercised over the patient. In children a threat, of an operation for instance, may abort the attack. The patient should lead a quiet regular life. Sympathy must be withheld. Use moral suasion with positiveness, never vacillating. Provide the patient with some light, pleasant, and interesting occupation, and treat to build up general health.

CONVULSIONS, ECLAMPSIA, FITS.

These are only symptoms, the result of some other disease, which must be cured.

Be sure that the bowels are in good condition, restrict the diet to one-half the quantity, and let it be of very simple and easily digestible kind. Particular attention must be given to prevent overloading the stomach, or eating unripe fruit, so frequent with children.

During the spasm, give the inhibiting treatment, fig. 15; press firmly on each side of, and close to, the spine, between the upper part of the shoulder blades, for two minutes. In same manner press firmly on both sides of the spine indicated by both hands, fig. 32, holding firmly for two minutes. In same manner press firmly on both sides of spine indicated by lower hand, fig. 33, holding firmly for two minutes.

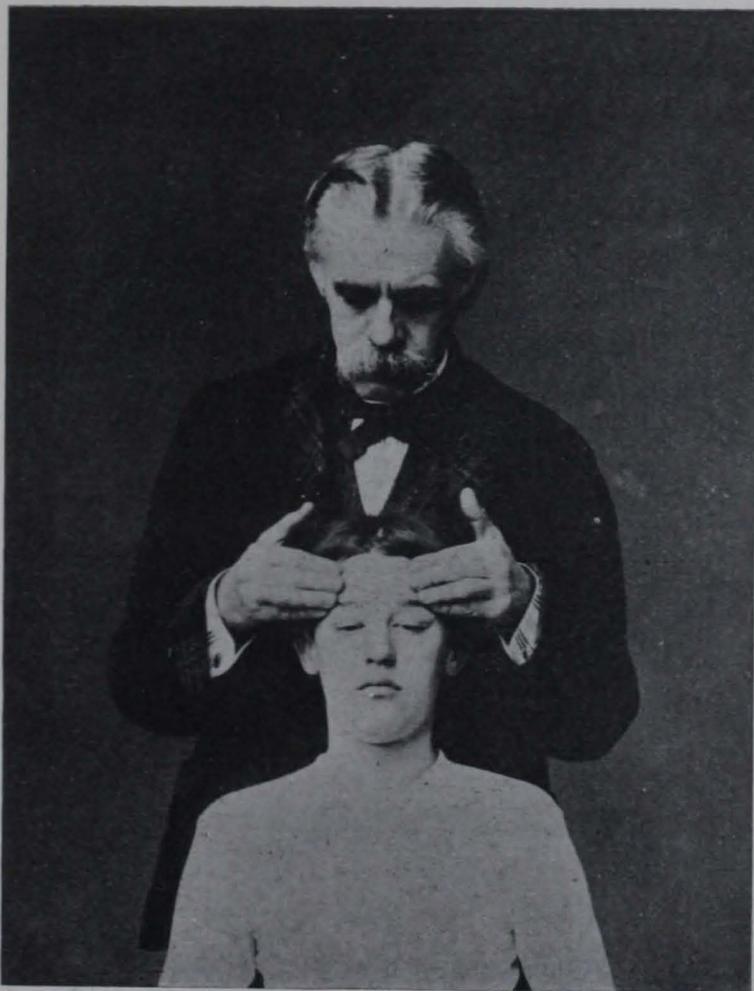


FIGURE 7.
TREATING THE TEMPLES.

Begin at the middle of the forehead, with a firm, steady pressure of the fingers, work with a circular, creeping motion over the forehead and temples to the ear. Repeat six times.

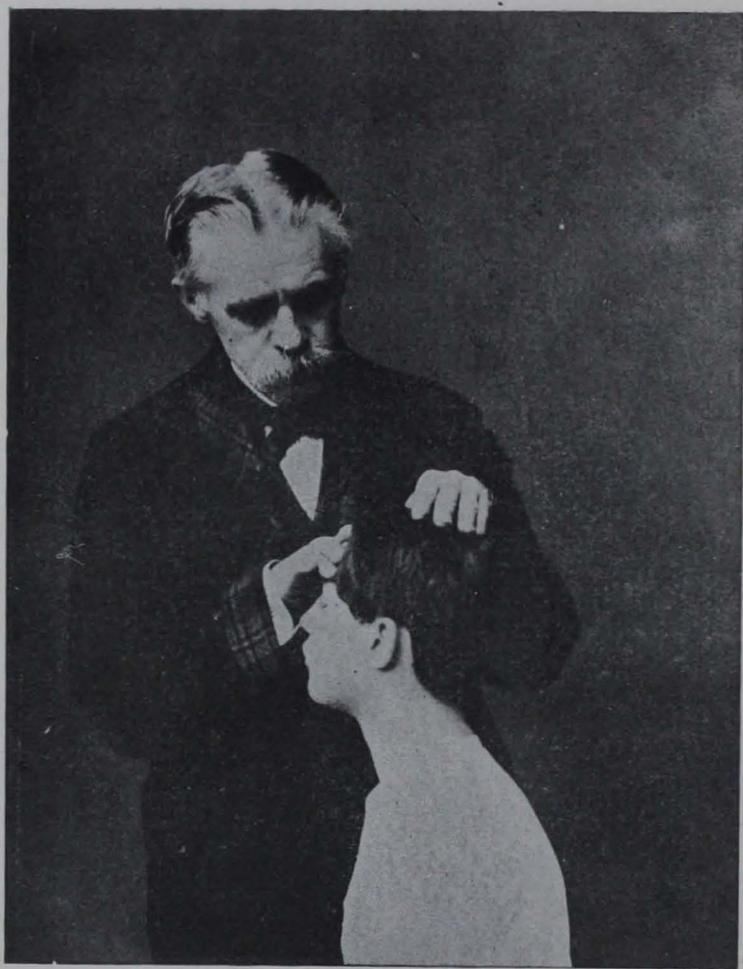


FIGURE 8.
TREATING TENDER SPOTS ON THE HEAD.

Place the hand on the tender spot, then with a circular motion, without letting the hand slip on the skin, work the deep tissues until a good circulation is established in the engorged blood vessels. A gradually increasing pressure should be used, as the patient can bear it.

Give deep, slow and thorough kneading of the abdomen, fig. 53. Above treatment should relieve the convulsion, but the cause of the disease must be sought and cured to prevent recurrence. This may be constipation, indigestion, overfeeding, worms, a weakened condition of the system, or some brain affection.

FEVERS.

GENERAL REMARKS.

During fever, the fluid constituents of the body are profoundly lessened. Bulk and fluidity of the blood is diminished. The thickened blood is sluggish and has difficulty in traversing through the capillaries and consequently is dammed back upon the heart, which must work faster, and it becomes weaker from the increased strain.

The thickened lymph does not circulate properly, and the foul products of metabolism are not carried away, nature is trying to eliminate this debris by burning it up, therefore the fever.

The leucocytes of the blood are less active in the thickened blood, giving the pathogenic germs a clear field to multiply with frightful rapidity and greatly increase their toxins. These germs are of different kinds, making different toxins, and therefore different diseases. Sometimes one kind of a germ overwhelms the system, at other times it is another kind.

When fever first begins no one can tell what it will terminate in, measles, scarlet fever, grippe, typhoid, smallpox or something else.

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If normal circulation is soon restored the major disease will be aborted and health is restored.

HIGH TEMPERATURE IN FEVERS.

To reduce too high temperature in fevers, thoroughly stretch and soften the muscles between the shoulder blades, fig. 31; back of the neck, fig. 13; and strongly inhibit the upper cervical center, fig. 15; inhibit both sides of the spine where indicated by both hands, fig. 32; slowly and deeply knead the abdomen thoroughly, fig. 53; raise all the ribs, fig. 47; and stretch the neck, fig. 24.

This treatment, usually will reduce the temperature one or two degrees in 30 to 60 minutes.

Should the treatment fail at the expiration of an hour, immerse the patient in a bath of 90 degrees, then add cold water rapidly until the temperature is reduced to 80 degrees. After immersing for five minutes, dry quickly, and put to bed. Should the patient remain livid looking, or collapsed for sometime after the bath, apply heat to the feet and legs, and a little brandy in warm water should be given him to drink. Or, with a patient sitting on a stool in a tub, sponge his spine with water at 90 degrees, to which cold water is being added until it is reduced to 80 degrees, when it should be poured on the spine from a jug or can for five to ten minutes, then dry the patient quickly, and put



FIGURE 9.
FOR NOSE BLEEDING.

Place the thumbs on the upper lip, just beneath the nose, and the fingers at the angle of the jaws, upon a notch that is found there. Hold with a firm steady pressure for three or four minutes. Repeat, for a longer time, if the first trial is not sufficient.



FIGURE 10.
TREATING THE NOSE AGAINST RESISTANCE.

Place your thumbs on each side of the patient's nose, at the inner corners of the eyes, and the fingers beneath the chin. Have the patient slowly open the mouth, wide, against the resistance you offer. Do not allow the thumbs to move.

For a variation, while the mouth is being opened, the thumbs are allowed to slide down along the sides of the nose, the thumb pressure and resistance being maintained. Repeat three or four times.

him to bed. Or, fill a syphon water bag with water at 90 degrees and spray a stream upon the patient's back, gradually adding cold water into the bag. For persons of robust constitution, the spray should be allowed to fall from a height of two or three feet. It is important that the spray be used for a short time only, from one to three minutes being sufficient. Or, apply the wet sheet pack. A sheet is wrung out of water having a temperature of 80 or 85 degrees, is then wrapped around the patient's nude body and allowed to remain from two to five minutes. If the patient is feeble, vigorous friction must follow this application.

FEVERS.

GENERAL TREATMENT.

At the first sign of fever put the patient to bed to be quiet as possible, giving the heart less to do. See that the hands and feet are kept warm. Empty the bowels with a rectal enema of warm water, and repeat in four hours.

Give no food whatever for twenty-four or forty-eight hours; during fever food will not digest, but ferments, and is that much additional burden to overcome. Give a glass of water every half hour while awake. Give a general spinal treatment, fig. 37, with particular attention between the upper part of the shoulder blades; treat the back of the neck, fig. 13; sides and front of the neck, fig. 20; stretch the neck, fig. 24; raise the collar bone, fig. 27; depress the first rib, fig. 26;

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raise all the other ribs, fig. 47; depress the ribs, fig. 48; lift the shoulder blades, fig. 43; spring upper spine, fig. 44; slowly knead the entire abdomen, fig. 53; also for the liver, fig. 55; and for the spleen, fig. 57; and finish with the spinal tonic, fig. 51. Treat two or three times the first day.

If the patient does not perspire within an hour after treatment, give the treatment for perspiration, once the first day. A temperature of 102 or 103 degrees should not be interfered with unless rising too rapidly, or remaining for more than six hours, in which case it can be reduced.

The above treatment, if taken in time, is sufficient to break up any grippe, or simple fever, the first day.

ERUPTIVE FEVERS.

Put the patient to bed, notify the Board of Health, and isolate the patient from other children. The sick-room should be partially darkened, and the bed placed so that the child's eyes do not face the light and the patient is not in the draught. All hangings, carpets and furniture, not absolutely necessary, should be removed from the room.

A bed sheet, saturated with nine parts water to one part carbolic acid, tacked over the door, assists in preventing the spreading of the disease.

Give a general spinal treatment, fig. 37; particularly between the shoulder blades, fig. 31; stretch the muscles back of the neck, fig. 13.

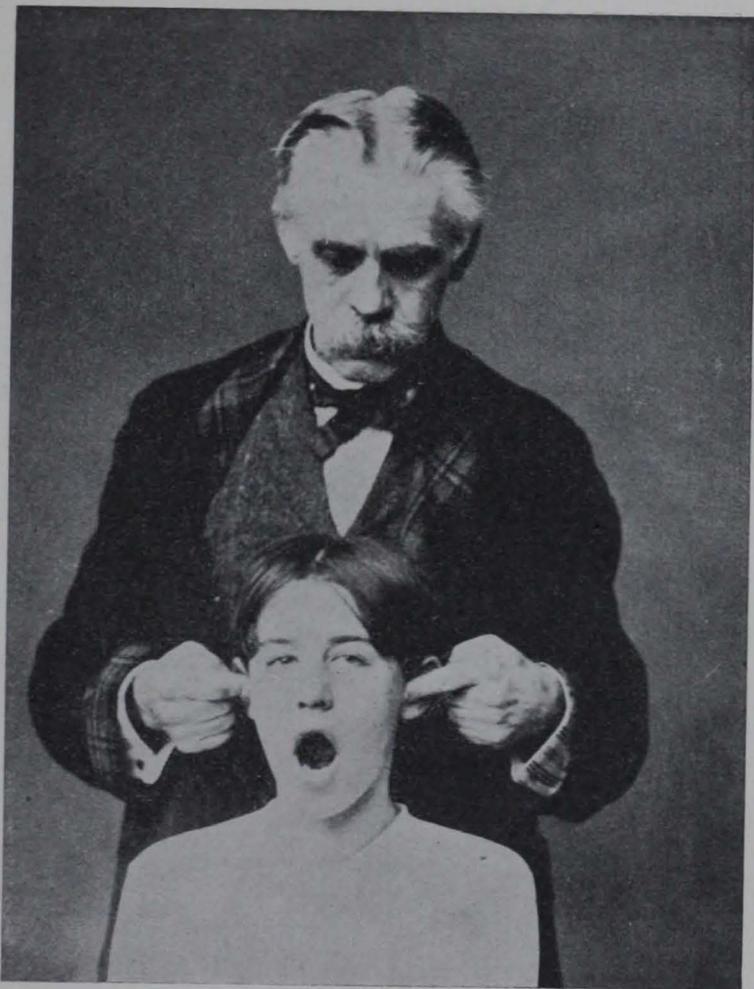


FIGURE II.
SPRINGING THE JAWS.

Place a finger in front of each ear where the jaw hinges, press firmly while the patient slowly opens and shuts the mouth. Repeat several times. Sometimes this treatment is painful, therefore use no more pressure than the patient can bear.

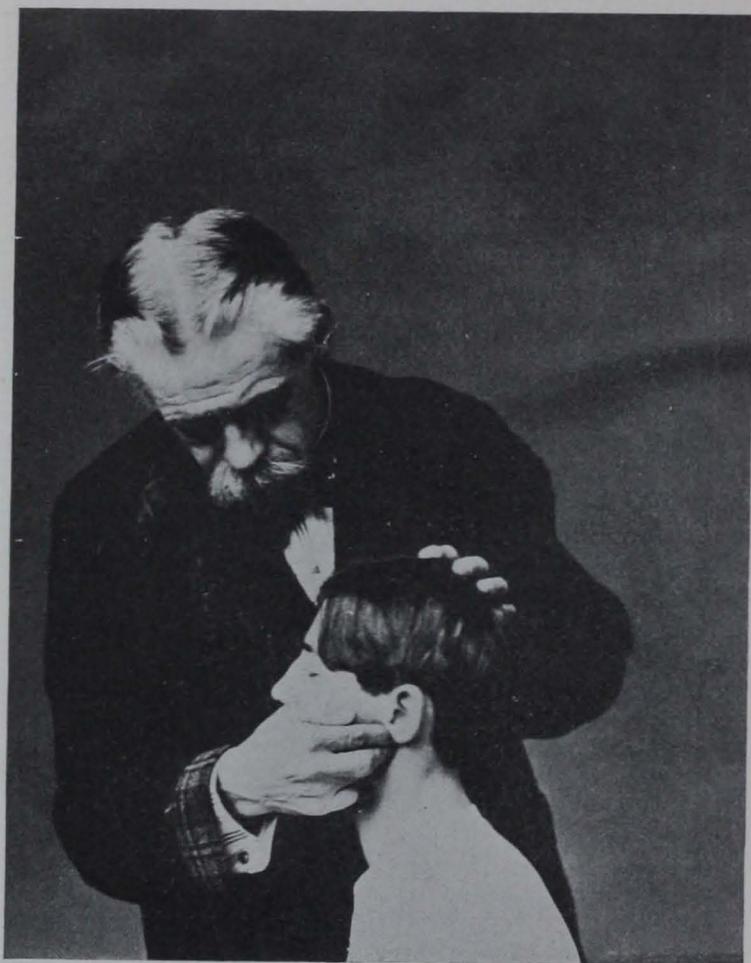


FIGURE 12.
TREATING THE FIFTH CRANIAL NERVE.

With gentle pressure work the muscles beneath, and close up to, the ear, drawing them downward. Increase the pressure as the patient is able to bear it. Treat two minutes.

particularly just beneath the skull; work beneath the ear, fig. 12; under the jaws, fig. 19; on the sides and front of the neck, fig. 20; and deep in the armpits, fig. 29; treat between the eyebrows, quick motion, fig. 5; treat the nose, fig. 6; open jaws against resistance, fig. 11; also fig. 10 and fig. 23; raise the collar bone, fig. 27; depress the first rib, fig. 26; raise all the other ribs, fig. 47; also depress them, fig. 48. Give the chest treatment, fig. 80.

Knead the abdomen thoroughly, fig. 53; treat the liver, fig. 55; and the spleen, fig. 57; and finish with the spinal tonic, fig. 51. Take measures to prevent biting (a cork between the teeth will do), and insert a wet, warm finger into the child's mouth and gently stroke the roof of the mouth and tonsils. Watch carefully that the bowels and kidneys are working freely. A slight diarrhoea should not be checked. At the first sign of stoppage of the urine give the treatment for suppressed urination.

Keep the patient clean by frequent tepid sponging, which will also allay the itching.

The eyelids should be washed, four times daily, with water as hot as can be borne. The nose and throat should be cleansed with one part listerine to three parts water. Older children should gargle the throat, every three hours, with the listerine solution.

Give water to drink copiously. Give no food for twenty-four hours, and very little afterwards, and that little should be liquid or nearly liquid, (during fever the bowels cannot digest food), after the temperature subsides additions may,

gradually, be made to the diet until the full feeding of health is resumed.

The patient should remain in bed until the scales are entirely gone, anointing with cocoa butter will prevent the scales from flying about. The scales should be carefully gathered and burnt.

After convalescence the room should be disinfected, and the child not allowed to go out of doors for at least ten days in measles, or three weeks in scarlet fever.

SCARLET FEVER.

The onset of scarlet fever is abrupt, usually beginning suddenly with vomiting, diarrhoea, nausea, headache, sore throat, feeling chilly, although the face is flushed, and the temperature up to 103 or 104 degrees. These symptoms vary in different subjects.

The distinctive symptom of scarlet fever is the breaking out of the rash in twenty-four hours. This rash is typical, a scarlet flush, or pin point eruption, resembling the shell of a freshly boiled lobster, which usually begins on the neck or cheek, and should spread over the entire body in two days. If the finger nail is drawn over the rash, a characteristic white line will remain for a few seconds. The tongue is also distinctive, being covered with a white fur, with white red tip and borders, and is commonly known as the "strawberry tongue."

If there is nausea, pain in swallowing, and high fever, there will likely be scarlet fever or a rash of some other kind; and the patient should

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FIGURE 13.
GENERAL NECK TREATMENT.

With the patient on his back place one hand on his forehead, while with the fingers of the other hand close to the spine, near the base of the skull, pressing firmly, you draw the deep muscles upward toward you, at the same time with the other hand you turn the head away from you.

Never let the fingers slip over the skin. Repeat an inch lower on the spine until the level of the shoulder blades is reached. The treatment should be continued longer where there are tender spots.

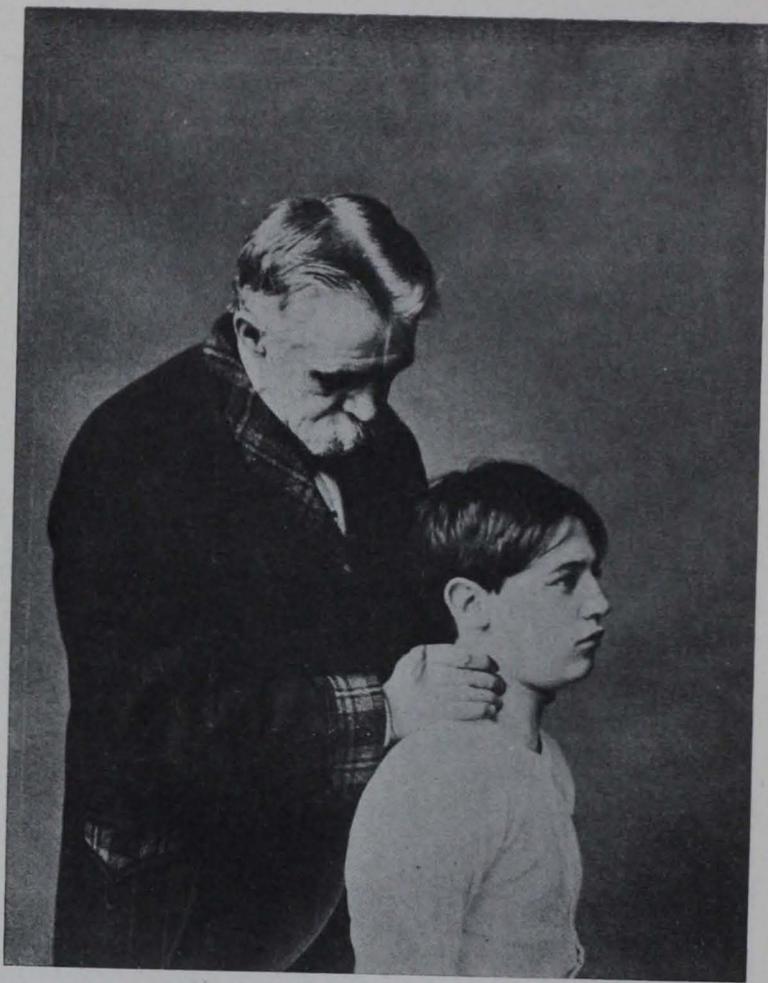


FIGURE 14.
INHIBITING THE PHRÉNIC NERVE.

With the fingers press against the front of the spine in the middle of the neck, using considerable pressure, which must be maintained for two minutes.

be promptly isolated, the physician sent for, and treatment given for general fever.

As soon as the rash appears, or sooner, notify the Board of Health, and give the treatment for eruptive fevers.

MEASLES, RUBEOLA.

Measles approach gradually, for four days before the eruption appears, there is lassitude, irritability, cough, pain in the back and limbs, headache, loss of appetite, thirst, catarrhal irritation to nose and throat, watery eyes and fever. Sometimes the patient feels chilly, wants more clothing or keeps near the fire.

The tonsils are swollen and become covered with the dark red, slightly elevated spots, a day before the eruption breaks out on the skin. Drowsiness is a marked symptom; the child may sleep the greater part of one or two days before the rash appears, waking only to ask for a drink, or something, and then drouses off again. There is no danger in this condition, unless there is some brain disease.

The eruption should appear on the fourth day, and first shows itself around the ears, and then spreads over the face, neck, body and limbs, in portions of the skin preserving the normal appearance. After about two days the rash gradually fades in the order of its appearance, to be followed by the flaking off of the bran-like scales.

Fever begins from the very first, and the temperature is the highest,—103 to 104 degrees,—the day after the rash appears. After that it

declines as the rash fades.

The pulse increases and declines with the temperature. At the first symptoms of fever give the treatment for general fever.

When the rash appears, or sooner, notify the Board of Health, isolate the patient, and give the treatment for eruptive fevers.

GERMAN MEASLES. Rubella.

German Measles differ from true measles by the rash appearing almost simultaneously with fever and other premonitory symptoms, and the absence of the watery eyes, catarrh and cough.

It is distinguished from Scarlet Fever by the absence of vomiting, absence of the "strawberry tongue," by the more elevated rash, which often occurs in patches with well defined margins, and the enlarged lymphatic glands under ears, jaws and armpits.

Treat the same as measles.

CHICKENPOX. Varicella.

For several days before the eruption the child may have mild headache, a little chilliness, loss of appetite, perhaps nausea and a moderate fever—100 to 102 degrees.

The rash appears irregularly scattered over the body, being most abundant on the back, and least upon the face, except a few on the forehead and temples. The eruption resembles water blisters.

A peculiar feature of chickenpox is that the eruption comes out in successive crops—when one set is about maturing another set are just

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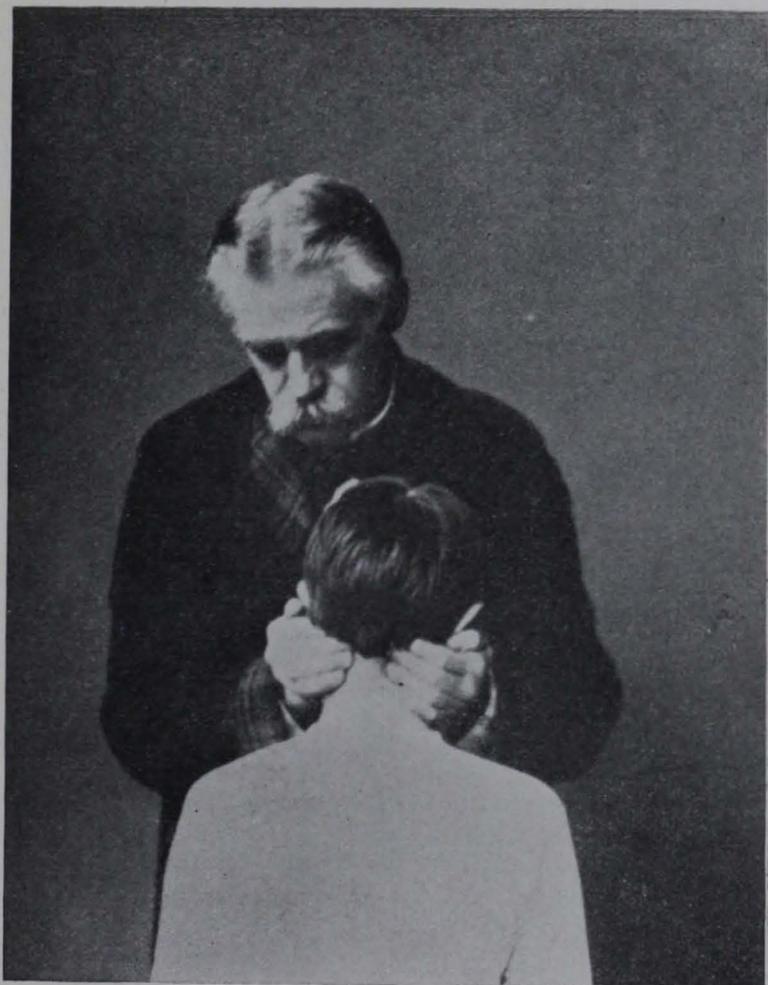


FIGURE 15.
INHIBITING THE SUPERIOR CERVICAL GANGLION.
With the fingers on the side of the upper part of the neck,
an inch below the skull, and a half inch on each side of the
spine, press firmly for three minutes.



FIGURE 16.
INHIBITING THE INFERIOR CERVICAL GANGLION.
With the patient lying face downward, and head hanging over
the edge of the table, press firmly for two minutes at lower part
of the neck, close to the spine.

beginning, and this may be repeated three or four times.

There is very little fever, the highest being at the beginning of the eruption.

Give the treatment for eruptive fevers.

ERYSIPELAS. St. Anthony's Fire.

The most common seat of this disease is the face, although any other part of the body may be attacked. The cause is a specific germ which finds entrance into the body, generally through a wound, scratch or some irritation to the skin.

A severe chill always precedes the onset of the dermatitis. This is followed by high fever and sometimes delirium. In a few hours the inflamed patch is formed into shape and becomes twice as large in twenty-four hours. The affected spot is three to four degrees hotter than in other parts of the body, and is raised above the surface of adjacent skin, the edges being sharply defined.

The inflammation spreads slowly in all directions, and may include the entire face and head, the swelling often rendering the patient quite unrecognizable.

While the disease is not considered dangerous as long as it is confined to the outer skin, it becomes much more serious and dangerous if it attacks raw mucous membranes, as in the throat or vagina, which may lead to serious complications.

The disease is communicative under favorable conditions, therefore isolate the patient, ob-

serve the most rigid care for strict cleanliness of food, water, air and clothing, and surroundings. Paint the inflamed part with iodine. Paint the surrounding borders of healthy skin with colodion.

Empty the bowels with a warm enema.

Give a general spinal treatment, fig. 37, also fig. 38. Treat between the shoulder blades, fig. 31; for the kidneys, fig. 32; back of the neck, fig. 13; close to the skull, under the ear, fig. 12; under the jaws, fig. 19; along side and front of the neck, fig. 20; depress the first rib, fig. 26; lift the shoulder blade, fig. 43; raise all the other ribs, fig. 47; raise the collar bone, fig. 27; knead the stomach, fig. 24; shake the liver, fig. 55; and the spleen, fig. 57; treat the arm pits, fig. 29; spring the entire spine, fig. 44; swing the spine, fig. 46; and finish with the spinal tonic, fig. 51.

If the inflammation is on the face or head give extra attention to all the above neck and rib treatments, to which add opening and closing the jaws against resistance, fig. 10, fig. 11, and fig. 23; and stretch the neck, fig. 24.

If the inflammation is on the hands or arms, knead the muscles of the whole arm thoroughly and particularly manipulate, twist and stretch the joints of the unaffected fingers, wrist, elbow. Treat the armpits, fig. 29 and Brachial Plexus, fig. 30; as well as the general treatment given above.

If the inflammation is in the foot or leg, knead the muscles of the whole leg thoroughly, particularly under the knees, fig. 68; groin, fig. 69; and stretch, twist and thoroughly work the un-

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FIGURE 17.
TREATMENT FOR WHOOPING COUGH.

With the patient on his back gently stretch and soften the deep tissues under the jaws, drawing them towards the chin. When loose enough the hyoid bone, which holds the tongue up, can be felt, and should be drawn forward as much as possible, several times. This can be easier done by drawing on one side at a time.

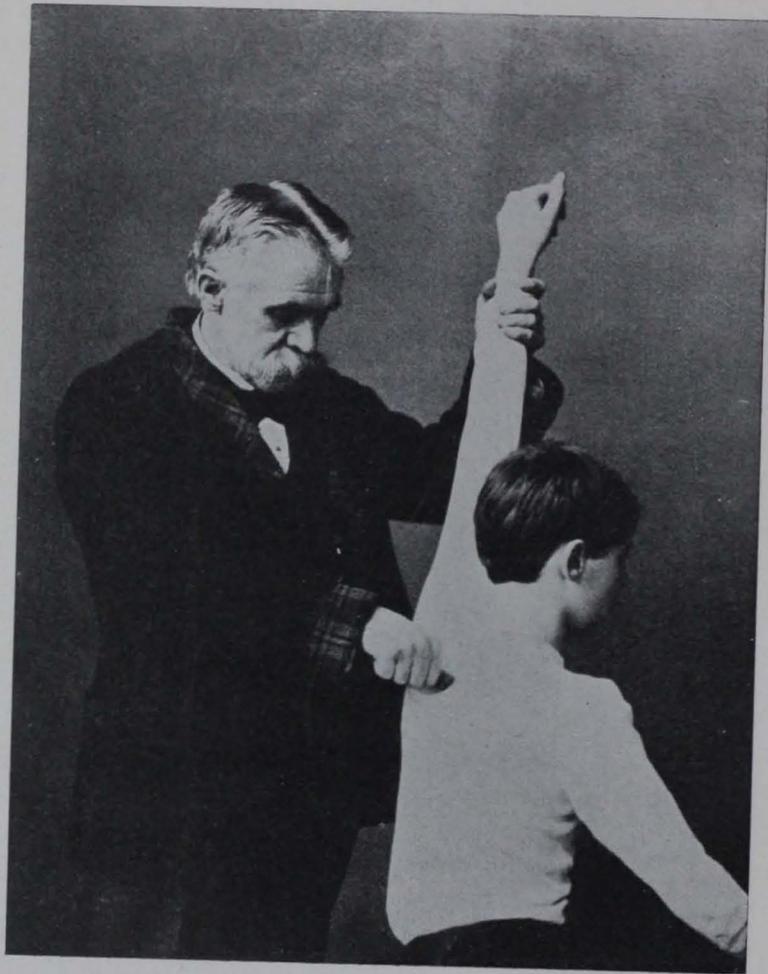


FIGURE 18.
TREATMENT FOR NAUSEA AND VOMITING.
With the thumb press hard between the ribs on the left side, about an inch from the spine, near the upper part of the shoulder blade, while the patient's left arm is raised above the head and lowered with a backward motion. Repeat the same treatment with the thumb pressing between the next two lower ribs only.

affected toes, ankle, knee and hipjoint; rotate the legs, fig. 77; knead the lower part of the abdomen, lifting upwards towards the navel, fig. 61; also give the general treatment above. Drink plenty of water. Food should be generous but of an easily digestible kind. Be sure that the kidneys are active. Recovery is always slow, the patient being weak for several weeks. Drunkards seldom recover.

CEREBRO-SPINAL MENINGITIS.

Spotted Fever.

This is a malignant epidemic fever, occurring most frequently in the winter months, and seems to specially attack the young. Bad hygiene, exposure and fatigue weakens the body, thus offering less resistance to the attack of a special micro-organism which quickly overwhelms the system with its poison, resulting in pressure upon the brain and spinal cord from the exudation of lymph and effusion of blood serum. The ordinary form begins abruptly with a chill, severe headache, nausea, vomiting, dizziness and great weakness. In a few hours the muscles of the back and neck become rigid and contracted until a backward bow occurs. The surface of the body becomes exceedingly sensitive. There are various cramps, twitching of the lips and eyelids, and finally convulsions and delirium. There is some impairment to the sight, hearing, smell and taste.

Temperature and pulse are variable. Eruptions and blotches appear on the skin.

38 THE HOUSEHOLD OSTEOPATH

After four to six days the patient either passes to a stupor before death, or the symptoms slowly subside and patient slowly recovers. In the severe form, there is great and rapid depression followed by death in a few hours. More than fifty per cent. of cases are fatal.

Send for an osteopath at once.

At the first onset press firmly and hold for two minutes on each side of the spine between the shoulder blades, fig. 31; give the classical headache treatment, fig. 3; inhibit the inferior cervical ganglion, fig. 16; inhibit the superior cervical ganglion, fig. 15; press and hold firmly for two minutes where indicated by both hands, fig. 32; give a deep, slow kneading of the entire abdomen, fig. 53. Repeat all the above several times. After a half hour rest give a general spinal treatment, fig. 37; particularly between the shoulder blades, fig. 31; back of the entire neck fig. 13. This neck treatment must be persisted in for not less than 15 minutes at a time. Treat under the ear, fig. 12; under the jaws, fig. 19; along sides and front of neck, fig. 20; raise the collar bone, fig. 27; depress the first rib, fig. 26; raise all the other ribs, fig. 47; lift the shoulder blades, fig. 43; knead under the armpits, fig. 29; shake the spleen, fig. 57; shake the liver, fig. 55; swing the spine, fig. 46; and finish with the spinal tonic, fig. 51.

Give the entire treatment several times each day. Apply cold to the head, and heat to feet and legs. If there is vomiting give the treatment for nausea and vomiting. See that the bowels and kidneys are active, induce free urin-

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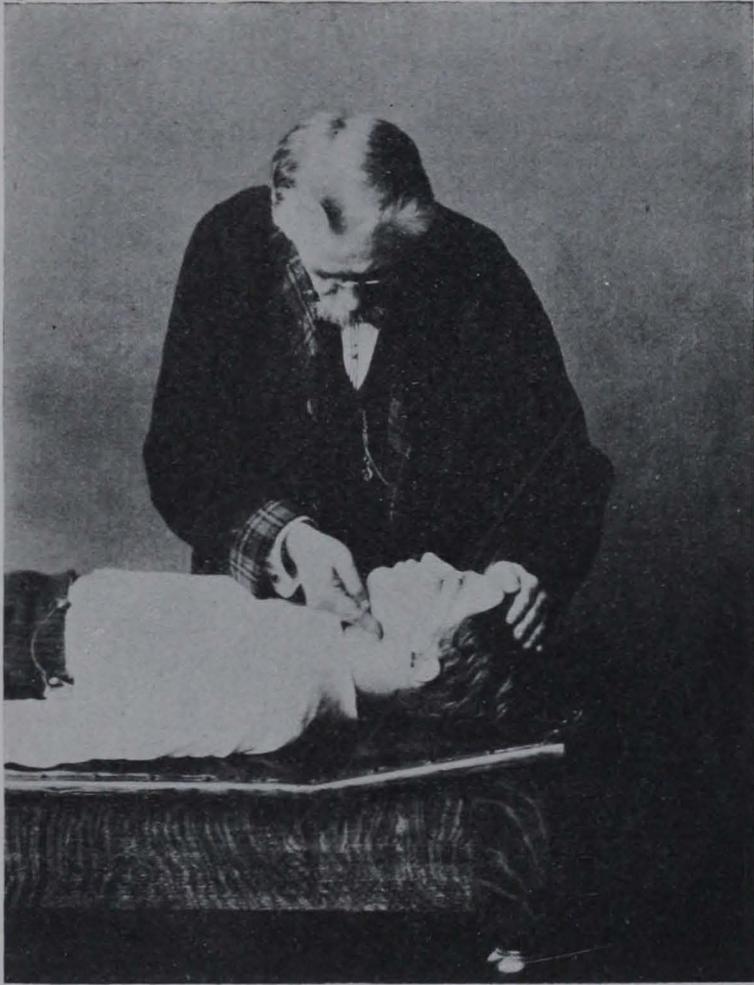


FIGURE 19.
TREATMENT FOR THE TONSILS.

Begin very gently, increasing the pressure as the patient can bear it, and loosen the deep muscles under the angle of the jaws, by stretching with a downward motion. Continue for several minutes until the impediment to the blood circulation and the lymphatic congestion is removed.

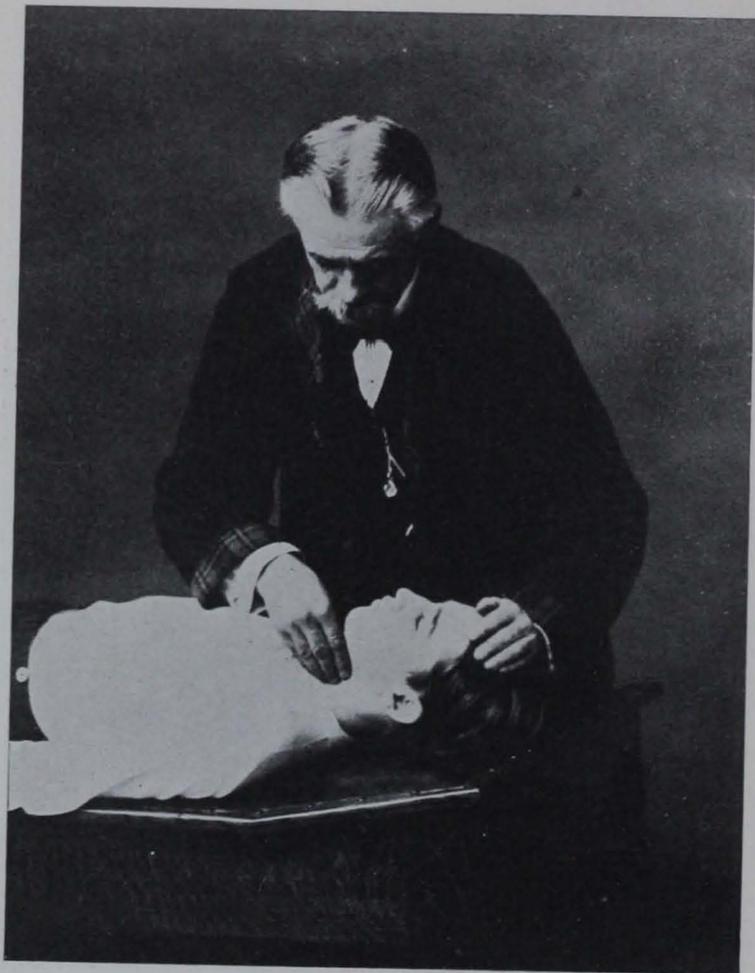


FIGURE 20.
TREATING THE TRACHAE.

Gently stretch and loosen the tissues close up, on both sides, the full length of, the wind pipe, and as deeply as possible under the collar bone. Move the windpipe from side to side to separate the cartilages and make them pliable.

ation and perspiration. Drink plenty of water. Eat nothing for two days, and then begin with liquids.

Exclude all visitors noises and light from the room.

LA GRIPPE. Influenza.

La Grippe is ushered in with a chill, followed by a rapid pulse, nausea, vomiting and a rise in temperature, though this seldom gets high. Sometimes there is earache and frequently the bronchial tubes and lungs become affected. A stubborn cough is common as well as severe chest pains. But the chief characteristic is the general depression and extreme weakness, and the invariable spinal nervous disturbances that remain for months after the disease is apparently cured. Treat same as for general fevers.

WHOOPIING COUGH. Pertussis.

There can be no mistake as to the paroxysmal whooping cough, the short, jerky expirations with no inspiration, continued so long that the child may get almost purple in the face. After a few seconds the cough stops with the inspiration "whoop" or crow.

Isolate the child from other children. If the stomach is overloaded, vomiting should be induced by tickling the throat with the finger. Bowels should be relieved with a warm water enema.

Stretch the spinal muscles between the upper part of the shoulder blades, fig. 31; the back of the neck, fig. 13; beneath the ear, fig. 12; beneath the jaws, fig. 16; the sides and front of the neck, along the windpipe, fig. 20; spring the jaws against resistance, fig. 23. Give particular attention to working the hyoid bone and drawing it forward, fig. 25; stretch the larynx, fig. 25; stretch the neck, fig. 24; depress the first rib, fig. 26; raise the collar bone, fig. 27; raise all the other ribs, fig. 47; spread the ribs, fig. 28; inhibit the phrenic nerve, fig. 14; and knead the abdomen, fig. 53. Treat twice each day.

Eat nothing the first day and very little at a time afterward. Drink as little as possible. See that bowels and kidneys are active. Have the feet and legs warm, and avoid all possibility of taking cold. Steamy atmosphere from boiling water to which some carbolic acid has been added is soothing.

MUMPS. Parotitis.

Symptoms. For several days there may be headache, restlessness, loss of appetite, pain on motion of the jaws, slight rise of temperature,—sometimes, in very young children, convulsions,—and the swelling of the glands on the side of the face, beneath the jaw, near the ear.

Thoroughly stretch the spinal muscles between the upper half of the shoulder-blades, fig. 31; and along the back of the neck, fig. 13. Also gently, but thoroughly, under the ear, fig. 12; and under the jaw, fig. 19; raise the collar bone, fig. 27 and treat the armpits, fig. 29.

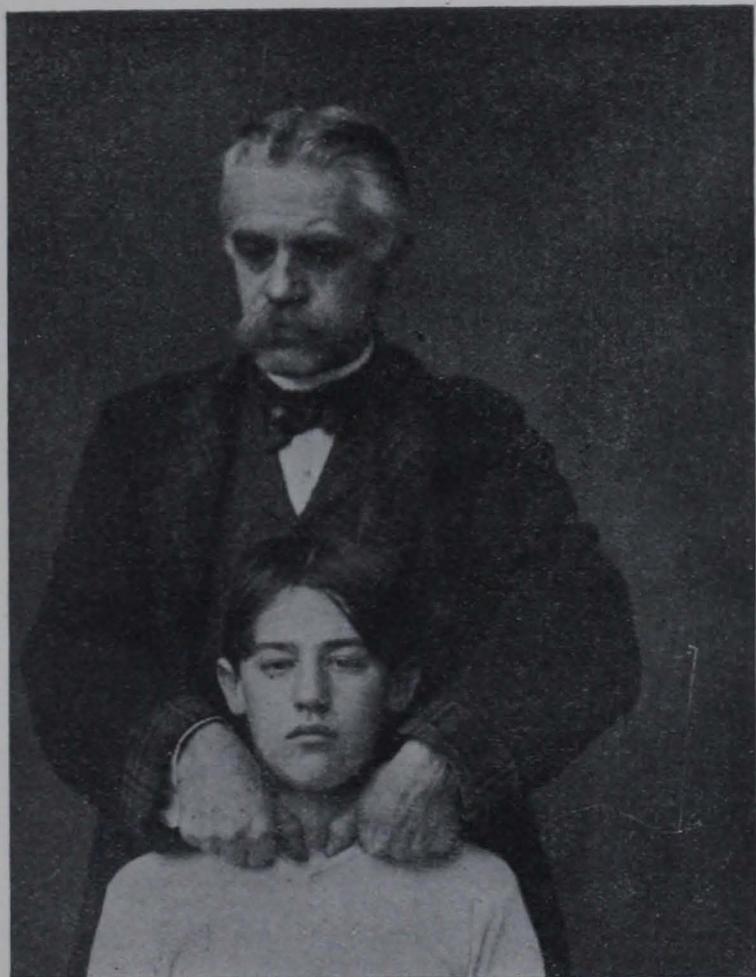


FIGURE 21.
INHIBITING THE VAGUS NERVE.

At the junction of the collar bone and breast bone, and under the muscle that goes from the side of the skull to the collar bone, press upward against the collar bone firmly and steadily for a minute.

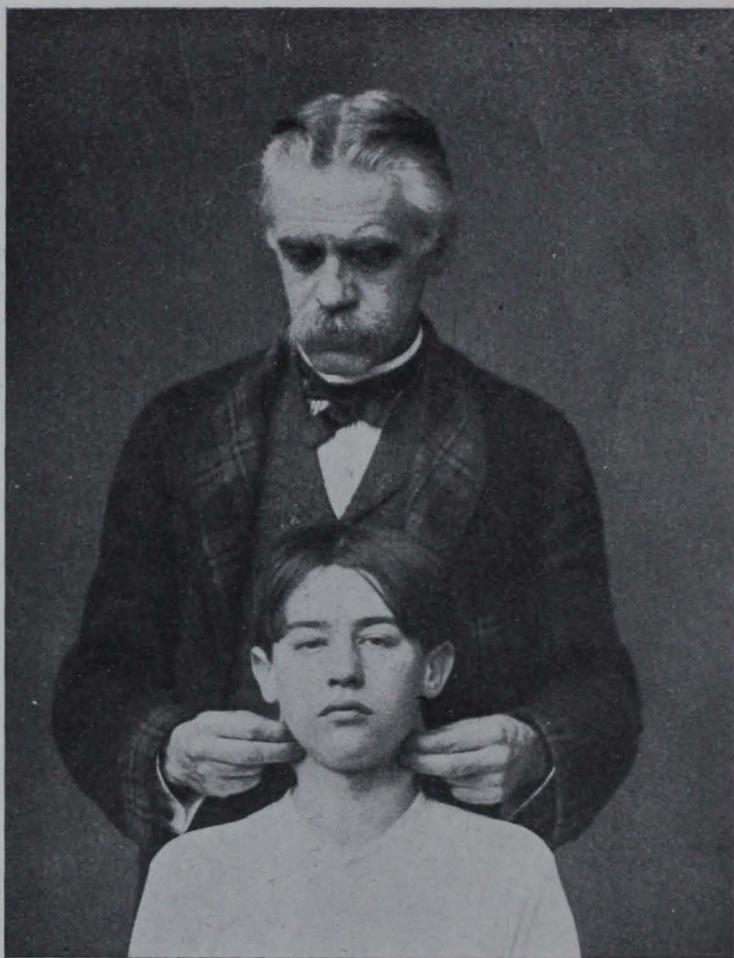


FIGURE 22.
STIMULATING THE VAGUS NERVE.

Place the fingers beneath the muscle that goes from the side of the skull to the collar bone, at the place indicated in the illustration, and with some pressure roll the muscle between the fingers for half a minute.

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Apply a hot bag of bran or hops to the jaw constantly, changing frequently. A wet cloth may be placed between the flesh and the hot bag. Keep the patient in the house. Be sure that his feet are kept warm and dry, that there is no stoppage of the urine and that the bowels move freely. Diet should be fluid.

MALARIAL FEVERS.

INTERMITTENT FEVER. REMITTENT FEVER.

SUMMER-AUTUMN FEVER. FEVER AND AGUE.

Intermittent Malarial Fever is characterized by a chill, fever and sweat, followed by an interval of some hours or days, during which time there is no fever, and then another paroxysm of chill, fever and sweating.

Dumb Ague has no chill, the hot stage being the first. This is common among the older residents of malarial districts.

Remittent or Continuous Fever begins with a chill lasting a half an hour or less, followed by fever, which is continuous, without remission, for twelve, twenty-four, or forty-eight hours, during which time there is continuous headache, great restlessness, loss of appetite, and sometimes persistent vomiting, but generally these symptoms subside and the patient is drowsy. After the subsidence of the fever, these distressing symptoms are much ameliorated and the patient thinks he is well, but the appetite does not return, and he is very weak; after six or twelve hours the fever gradually returns lasting as long as before and the routine continues.

Mosquitos are the carriers of infection and must be strenuously guarded against.

Clean the premises, empty all water from barrels, tubs and small pools of stagnant water. These, and all damp places must be thoroughly disinfected,—for which purpose coal oil is very effective and cheap. If there are large pools of water near, coal oil should be poured on the surface in sufficient quantity to form a film. Screen all windows and doors. And, best of all, move to a higher, dryer location.

Give the treatment for general fevers.

TYPHOID FEVER.

ENTERIC FEVER. GASTRIC FEVER.

The cause of this disease is the introduction into already weakened intestines, of the Eberth bacillus. This poisonous germ finds its way into the bowels by means of infected articles of food or drink, and then attacks the Peyers Patches of the small intestines. Water and milk are known to be the most frequent sources of infection. Too much care cannot be taken that the water and milk we drink is known to be absolutely unpolluted. Whenever any typhoid shows itself in the neighborhood, stop the use of water and milk, unless it is first boiled. Clean, and very thoroughly disinfect, the house, cellar, yard, cess pools, stables, etc., and make sure that the source of water and milk supply is not contaminated. Oysters are another source of infection, probably from polluted waters.

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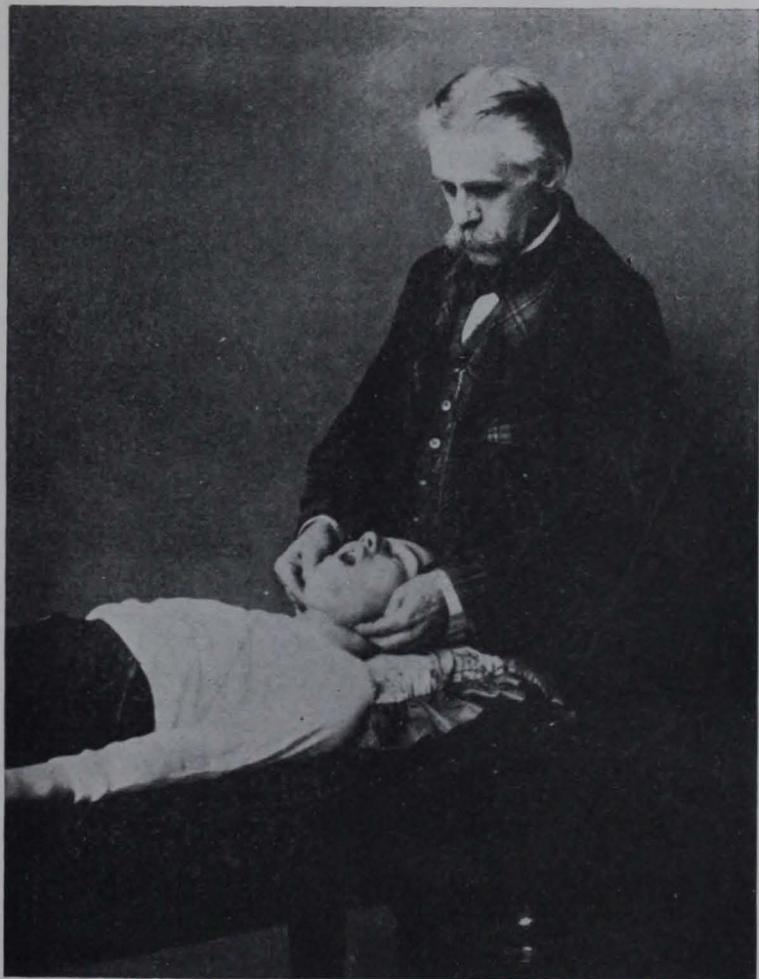


FIGURE 23.
SPRINGING THE JAWS FORWARD.

Place the fingers of each hand behind the angle of the lower jaw on each side. While the patient is opening his mouth press the jaw forward with a little pressure. Now, while you offer some little resistance, have the patient slowly close the mouth. Repeat three or four times.

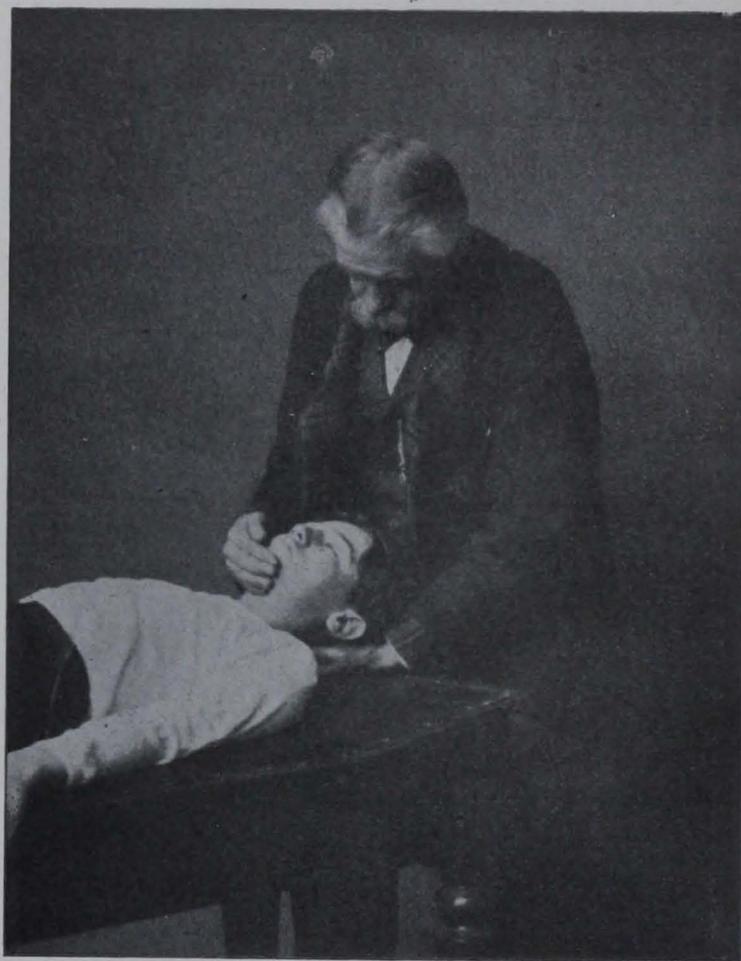


FIGURE 24.
STRETCHING THE NECK.

With one hand at the base of the skull, and the other hand under the chin, pull steadily until the body moves. Repeat several times.

The symptoms of typhoid fever are, first, a gradual onset, with backache, headache, loss of appetite and general malaise, occasionally with chills and vomiting, sometimes a flushed face, dry tongue, an enlarged spleen, tenderness and gurgling in lower bowels on the right side, and the back of the tongue has a thin whitish coat, not extending to edges or tip, which may be rather red. The temperature differs from that of any other disease, rising about two degrees during the day and falling about one degree during the night for about a week, until about 104 or 105 degrees is reached, then rises and falls about two degrees each twenty-four hours for a week, and then gradually declines more in the night than it rises during the day.

The fecal discharges are light yellow in color and of pea-soup consistence. During the second week small, elevated, rose spots, the size of a pin's head, appear upon the abdomen and back.

There may be some delirium, and the pulse increases to 90 or 100. During the third week the pulse remains the same but all the other symptoms slowly diminish in severity, although the patient is weaker, and generally lies on his back, has a dull, stupid appearance, and the rose spots begin to disappear.

During the fourth week all symptoms gradually are easier, particularly the evacuations, which have been six to eight daily, now are reduced to about two, and begin to be more formed.

The particular diagnostic symptoms of typhoid fever are the gradual onset, the peculiar steplike temperature, the rose spots on the abdomen, and the light yellow pea soup evacuations.

Relax all the spinal muscles, fig. 37; particularly between the shoulder blades, fig. 31; back of the neck, fig. 13; for the bowels on both sides, fig. 32; for the kidneys on both sides, fig. 34; and finish with the spinal tonic, fig. 51.

For the diarrhoea, with the patient on his back place a hand on each side, under him, and with the fingers close to the spine just above the small of the back, lift him up a few inches which will be practically the same as the treatment for diarrhoea, fig. 45. Treat twice each day. Abdominal treatment should not be attempted.

If the temperature is too high, 104 degrees, inhibit the superior cervical ganglia, fig. 15.

The patient must never be allowed to leave the bed. A bedpan and urinal must be used. Sponge the body with tepid water daily. Drink plenty water. Diet must be absolutely fluid. When convalescent the hearty appetite should be gratified with the greatest caution. The liquid diet should continue at least a week after the temperature has been normal, and then followed by semi-solid food for a month, before regular solid food is safe.

Great attention must be given to general cleanliness of the sick room, adequate ventilation; largest room in the house should be used; and normal temperature of the room steadily maintained, sterilizing of the stools and urine; disin-



FIGURE 25.
TREATMENT FOR THE VOICE.

Take hold of the windpipe, above and below the Adam's Apple, and gently stretch apart, then gently twist from side to side. Repeat several times.



FIGURE 26.
DEPRESSING THE FIRST RIB.

Grasp the patient's shoulder, with the thumb pressing deep beneath the collar bone, with the other hand pull upon the head to stretch the muscles of the neck, and at the same time depress the first rib with the pressure of the thumb.

By turning the patient's face in different direction before stretching, different sets of muscles will be stretched.

fection of the linen, etc., to prevent spreading of the disease.

The patient should have his own dishes, glasses, spoon, etc., which should be washed apart from the belongings of other members of the family, first in a carbolic acid solution, and then boiled, after each time used.

DIPHTHERIA.

Diphtheria is a contagious and infectious disease. It is one of the most common and one of the most fatal diseases of childhood.

The exciting cause is a specific germ—the Klebs-Loeffler bacillus—which finds entrance into the body through some lesion of the mucous membrane, particularly of the throat. Therefore inflammations and catarrhal conditions of the nose and throat should always be promptly attended to and quickly cured, because it is just such conditions that this germ likes to live in, and make its poison.

There are many inflammations of the throat in which the symptoms are alike as to a mild fever, loss of appetite, some delirium, and rapid pulse; but the distinctive feature of diphtheria is the white false membrane found in the throat. There are other diseases that have somewhat similar white membrane, but it is best to be on the safe side and class all such diseases as diphtheria; in fact, the Boards of Health demand this classification, because only an expert, microscopic examination can make a positive diagnosis.

Keep the child in bed, out of the draught, isolated, in a large, well ventilated room, from which all draperies and all unnecessary furniture have been removed.

The temperature of the room should be kept uniform at about 65 degrees, and may be saturated by steam from boiling water containing a tablespoonful of carbolic acid to each quart of water.

Allow no one but the nurse in the room, and notify the Board of Health. Treat as follows two or three times each day:

Given general spinal treatment, fig. 37; particularly between the upper half of the shoulder blades, fig. 31; back of the neck, fig. 13; gently but persistently beneath the ears, fig. 12; and jaws, fig. 19; stretch the neck, fig. 24; raise the collarbone, fig. 27; depress the first rib, fig. 26; lift the shoulder blades, fig. 43; work deep in the armpits, fig. 29; thoroughly stretch the spinal muscles, for the bowels, both sides, fig. 32; for the kidneys, both sides, fig. 34; for the liver, fig. 34; shake the liver, fig. 55; and the spleen, fig. 57; and thoroughly knead the bowels, fig. 53. Apply cold compress to the throat every night. Taking precaution against biting,—a cork between the teeth will do,—with your warm, wet finger gently stroke the tonsils and the back of the mouth. Gargle, or carefully swab, the child's throat, every hour, with salt and water, or one part Listerine to three parts of water. The nose should be sprayed with the same solution.



FIGURE 27.
RAISING THE COLLAR BONE.

With the patient on his back, while pressing deeply with the fingers of one hand beneath the collar bone, raise the patient's bent arm over the face and head. Repeat changing the position of the fingers along the collar bone.

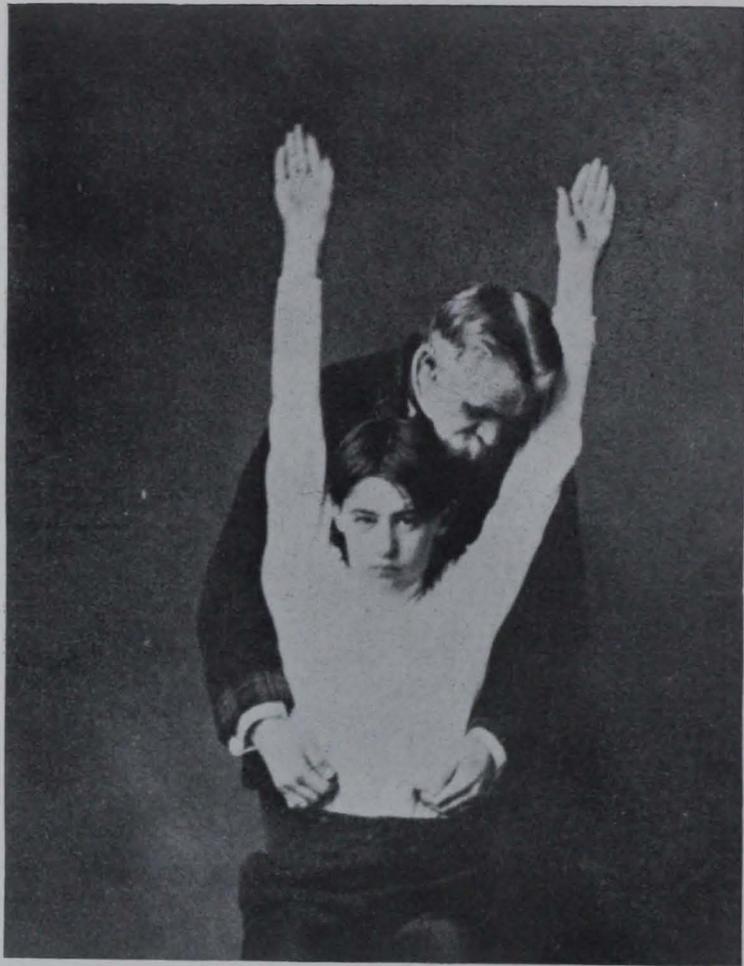


FIGURE 28.
SPREADING THE RIBS.

With the patient's arms elevated, stand behind the patient, grasp the ribs with both hands, and spread and raise them while the patient lowers his arms. Repeat several times.

If the temperature persists too high, reduce it. Give abundance of cool water. Diet should be liquid; broths, milk, ice cream, cocoa, etc.

Use separate dishes and utensils for the sick room. All discharges should be into vessels containing disinfectant. After recovery, thoroughly fumigate the house.

Particular care must be taken not to permit the child to do any hard exercise for two weeks after recovery,—the heart may be weak.

DISEASES OF THE MOUTH.

STOMATITIS, GLOSSITIS, SALIVATION, PTYALISM:
CANKER OF THE MOUTH, SLOBBERY MOUTH, DRY
PARCHED MOUTH.

Causes of diseases of the mouth are disorders of the stomach, difficult dentition, eruptive fevers, uncleanliness in nursing, corrosive or hot substances, or acid foods followed by certain drugs. It is generally a symptom of a general weakened condition.

If a babe refuses to nurse examine its mouth for sores. The breath is apt to be hot, and fetid, saliva dribbles, tongue may be swollen, and there are spots on tongue, cheeks or inside of lips, and there is apt to be some diarrhoea.

If stomach is disordered it must be attended to. Avoid acid food and tomatoes. Avoid food that is very cold or very hot. Eat sparingly until there are signs of improvement. Eat very plain food. Wash the mouth with salt and water, soda and water or Listerine diluted with three times its bulk of water.

For salivation wash the mouth with weak alum water.

Thoroughly stretch the spinal muscles between the upper half of the shoulder blades, fig. 31; as well as those of the neck, fig. 13; gently, but thoroughly soften the tissues beneath the ear, fig. 12; deep under the jaws, fig. 19; and down along the windpipe, fig. 20. If there is diarrhoea give treatment, fig. 45. Knead the outside of the cheeks thoroughly. With the dampened finger gently knead the inside of the mouth and around the tongue. Treat daily until cured.

Everything coming in contact with the mouth, particularly in infants,—nipples, feeding bottle, food, etc., should be kept aseptic clean. Before and after nursing wash the nipples with a solution of a teaspoonful baking soda to a glass of water.

MOUTH BREATHING.

Be sure that a growth in the nose is not the trouble, if so it must be removed.

Treat same as chronic catarrh.

Arrange a light strap over the head, with another strap to go back of the head to hold up a light pocket for the chin, to keep the mouth closed at night until the proper habit is formed.

TONSILITIS. QUINSY.

This is an inflammation of the tonsils and throat, result of cold upon an already weakened subject.

Symptoms, begin suddenly with a fever, headache, loss of appetite, dryness in the throat,



FIGURE 29.
TREATING THE ARM PIT.

Raise the arm and thoroughly stretch and loosen all the tissue deep in the arm pit. Treat one minute under each arm.

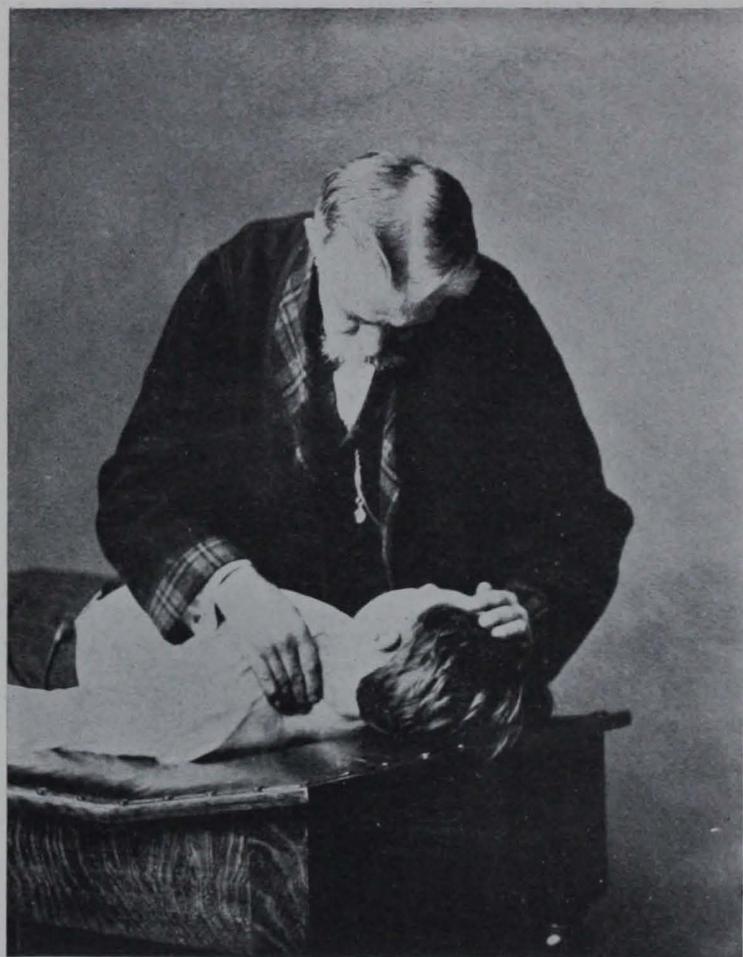


FIGURE 30.
TREATING THE BRACHIAL PLEXUS OF NERVES.
With the patient on his back, thoroughly stretch and loosen all the deep tissues in the lower part of the neck, above the shoulder and under the collar bone, giving particular attention to any sensitive spots that may be found.

difficulty in swallowing, constant desire to clear the throat. There may be some lymphatic enlargements in the neck, and upon examination the tonsils will be found inflamed, swollen and even covered with small yellowish patches.

See that liver and bowels are active. Induce free urination and good perspiration. Give a general spinal treatment, fig. 37; with particular attention between the upper half of the shoulder blades, fig. 31; the back of the neck, fig. 13; under the ear, fig. 12; and under the jaws, fig. 19. Soften all the tissues along the windpipe and front of the neck, fig. 20; stretch the neck, fig. 24; treat under the arm pit, fig. 29; raise the collar bone, fig. 27; and depress the first rib, fig. 26. With the warm, wet finger inside of the mouth gently press and slip the finger over the gland and surrounding tissues.

During the acute stage treat two or three times each day.

Apply a cold compress every night. Diet should be liquid.

Gargle, spray or sponge the mouth with salt and water, or one part Listerine to three parts water.

HOARSENESS; COUGH; LARYNGITIS;
PHARYNGITIS; LOSS OF VOICE;
LOSS OF TASTE; LOSS OF SMELL.

The cause of all the above ailments is generally atmospheric changes, draughts of air, unequal temperature of the body, prolonged efforts at singing or speaking, and violent fits of crying in children, resulting in a congestion

of the mucous membrane of the throat, and ending in any of the above ailments.

Stretch the spinal muscles between the upper part of the shoulder blades, fig. 31; back of the neck, fig. 13; sides and front of the neck, fig. 20; stretch the neck, fig. 24; raise the collar bone, fig. 27; depress the first rib, fig. 26. Now give particular attention to stretch and soften all the muscles beneath the jaws, fig. 19; under the ear, fig. 12; draw the hyoid bone forward, fig. 17; stretch the larynx, fig. 25; spring the jaws against resistance, fig. 11 and fig. 23; and knead deep in the armpits, fig. 29.

If there is nasal discharge treat between the eyebrows, fig. 5; alongside the nose, fig. 6; open mouth against resistance, fig. 10 and press upon the forehead, fig. 4.

With the moistened, warm finger gently stroke all the roof of the mouth, the tonsils and around the tongue.

Unless there is a decided deformity there is no occasion to excise the uvula,—above treatment will soon reduce the swelling. Apply hot pack to the throat. Gargle, spray or swab the mouth with salt and water, or one part Listerine to three parts water.

Practice deep, full breathing through the nose. Have the feet and legs quite warm. A mustard foot bath is good. Eat nothing—or very little—for one or two days. Drink much water. See that bowels and kidneys are active.

Treat twice each day in acute cases,—less often in old, chronic cases.



FIGURE 31.
HEART, HEAD, VASO MOTORS.

With the patient lying on either side. The tips of the fingers of the upper hand show where treatments are made for the heart, and to regulate the blood supply to the head. The tips of the fingers of the lower hand show where the treatments are made for the lungs.



FIGURE 32.
DIAPHRAGM, SPLEEN, STOMACH, KIDNEYS, BOWELS.
With the patient lying on his right side. Tips of the fingers
of the upper hand show where treatments are made for the
diaphragm, stomach, pancreas, and the spleen.
Tips of the fingers of the lower hand show where treatments
are made for the kidneys and bowels.

DISEASES OF THE NOSE.

COLD IN THE HEAD; CORIZA; ACUTE CATARRH.

Stretch the muscles along the spine between the shoulder blades, fig. 31; and the neck muscles, fig. 13; and under the ear, fig. 12; stretch the neck, fig. 24; treat the nose, fig. 6; press on forehead, fig. 4.

Get the feet and legs thoroughly hot, as hot as the patient can bear, and do not let them get cold again. A cold compress may be placed around the neck at night.

Repeat the treatment three times the first day, then once a day until cured.

Diet should be light for a couple of days.

Be sure that bowels are normal.

CHRONIC NASAL CATARRH.

Treat same as cold in the head, omitting the neck compress, but giving particular attention to the treatment along the nose, fig. 6. With thumbs on each side of nose give treatment, fig. 10. Give these treatments every other day. Have the patient treat himself daily for five minutes as follows:—With the moistened finger treat the roof of the mouth thoroughly until it is quite warm, and a good blood circulation is established each time. The patient will be unable to work back very far at first; but after a few treatments, the feeling of nausea will be overcome, the finger will be tolerated, and a thorough manipulation of the roof of the mouth permitted. The patient can also give himself the external treatment along the nose, fig. 6, daily.

One to several months of this treatment will cure any catarrh. See that the bowels and kidneys are active. Constipation, poor circulation or other weakening diseases must be cured.

CONSTIPATION. COSTIVENESS.

Causes of constipation are, improper food, improper mastication, sedentary habits, neglecting calls of nature, diseases of the liver, intestinal obstruction by the coccyx, uterus or polypus, contracted rectal muscle or a semi-paralysis of the governing nerves.

If the coccyx or uterus is interfering it must be replaced into proper position by an expert osteopath. If the rectum is contracted it should be dilated by introducing one or more fingers and stretching in every direction, twice each week.

Give a general spinal treatment, fig. 37. Inhibit the splanchnic nerves by a firm, steady pressure for two minutes where indicated, by both hands, fig. 32; on left side, stretch the muscles and stimulate the nerves to the liver, fig. 34; stimulate the vagus nerve, fig. 22; thoroughly knead the entire abdomen, fig. 53, particularly on the left side; treat and shake the liver, fig. 55; and the spleen, fig. 57; give the bent knee rolling treatment, fig. 39; both knees bent, fig. 40; and finish with the spinal tonic, fig. 51, but for the lower half of the spine only.

A rectal enema of warm water should be taken twice each day, during the first two days. Drink plenty water. Eat nothing for forty-eight hours.

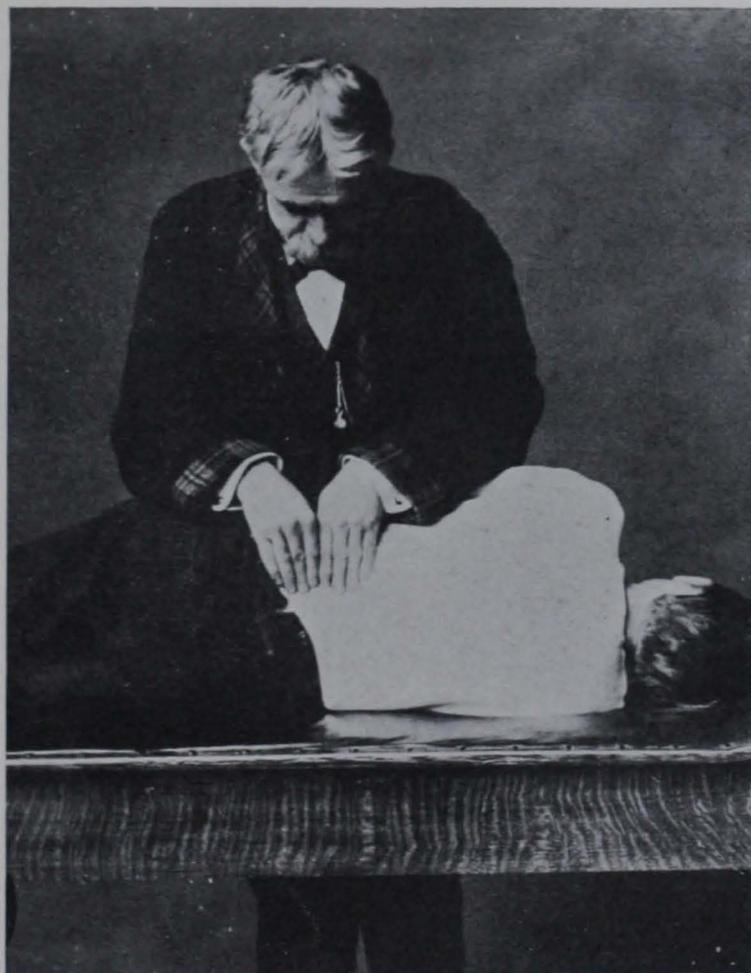


FIGURE 33.
BLADDER, RECTUM, LEGS.

With the patient lying on either side. The tips of the fingers of the upper hand show where treatments are made for the rectum and bladder. The tips of the fingers of the lower hand show where treatments are made for the legs.

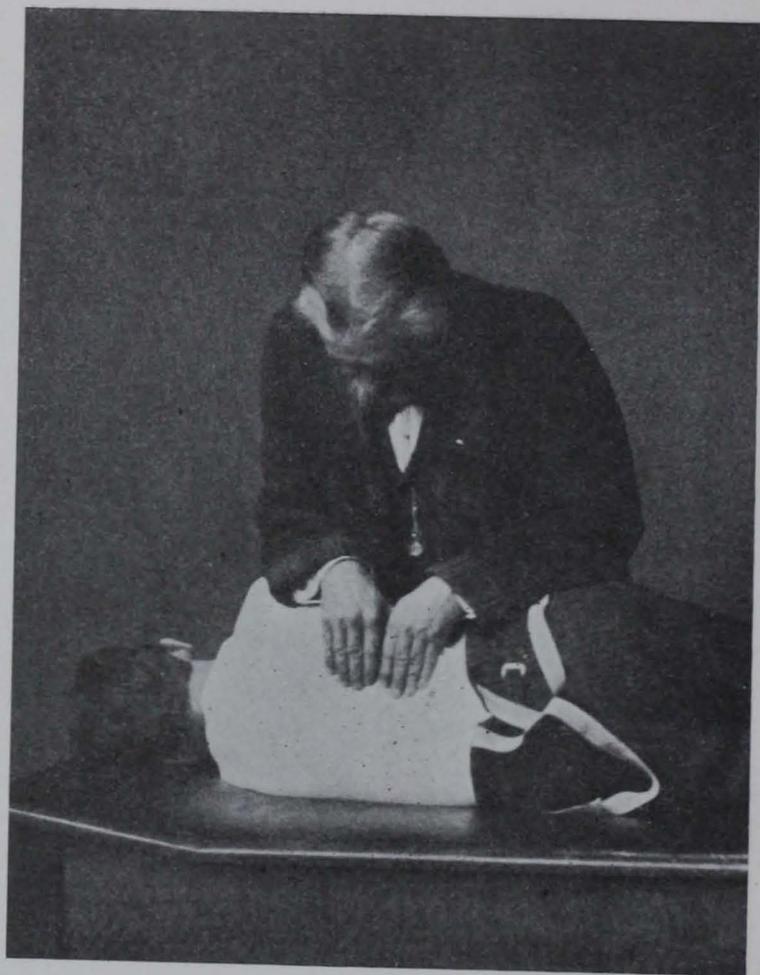


FIGURE 34.

LIVER, DIAPHRAGM, KIDNEYS, APPENDIX.

With the patient lying on his left side. The tips of the fingers of the upper hand show where treatments are made for the liver and diaphragm.

The tips of the fingers of the lower hand show where treatments are given for the kidneys, bowels and appendix.

Get the bowels empty once, and then eat liquids, broths, strained soups, etc., for a week; afterwards, gradually add rice, gruels, soft eggs, custards and such easily digestible food. Eat slowly and only one kind of food at a meal, and thoroughly masticate each morsel before swallowing.

Treat every other day. The abdominal kneading may be given daily the first week.

Practice deep breathing, and take as much outdoor exercise as possible, particularly brisk walking. Go to stool regularly half an hour after breakfast.

Treatment continued for a month will cure any case.

DYSPEPSIA, INDIGESTION, GASTRITIS,
CATARRH OF THE STOMACH,
ATONY OF THE STOMACH,
DILATION OF THE
STOMACH.

The cause of any of these diseases is excessive work inflicted upon the stomach by deviations from the normal diet as regards quantity, quality, or mode of preparation. Habitual overeating; incomplete mastication; hasty eating, especially of vegetables; indigestible foods; excessive drinking, by adults, of beer, liquors and milk; and improperly cooked foods. The propelling power of the stomach may also become weak from other causes, heredity, injury to the spine, sedentary habits, fevers, injury to the nerves of the stomach, impediment to the blood

supply, cancers, tumors and ulcers. The result being a lack of power on the part of the muscular walls of the stomach to churn and propel the contents forward into the intestines within the normal time. The delay causes the food to ferment and dilate the stomach more. If this condition is long continued, the stomach becomes gradually weaker, flabby and loses its power of contraction to a great extent, until even a light meal cannot be taken care of by the exhausted stomach.

The symptoms are, nausea, perhaps vomiting, appetite seems good before a meal but is soon gratified. There follows a dragging, uncomfortable feeling in the stomach sometime after a meal. There may be headache, insomnia, belching, constipation and emaciation.

Give a general spinal treatment, fig. 37, on both sides; lift the opposite sides of the spine, fig. 38, on both sides; give an extra good, rapid treatment for the stomach, fig. 32; spring the upper spine, fig. 44; strongly inhibit the vagus nerve, on the left side only, fig. 21; spread the ribs, fig. 28; inhibit the phrenic nerve, fig. 14; give the swinging treatment, fig. 46, from the waist to the shoulder blades; knead the stomach with a rapid movement, fig. 54; shake the liver, fig. 55 and the spleen, fig. 57; treat the gall bladder, fig. 56; treat the appendix, fig. 58; treat the sigmoid, fig. 59; and finish with the spinal tonic, fig. 51.

Treat daily for a week; afterwards only every other day.



FIGURE 35.
GENERATIVE ORGANS.

With the patient lying on either side. The tips of the fingers of both hands show where treatments are made for diseases of the generative organs.



FIGURE 36.
SCIATICA.

The tips of the fingers of both hands show where treatments are made for sciatica, by deep kneading and stretching on the affected side only, special attention being given to any tender spots that may be there.

Sleep on the right side. Abstain from all foods for two days, then begin with liquid foods, broths, strained soups, skimmed milk, etc., eating very little at a time, but eating several times each day. Ascertain what food does not disagree with the patient and feed that one kind only in very small quantities at first, and be sure that it is eaten slowly and well masticated.

Do not worry if the patient does lose a little weight. He will regain it later.

After two or three weeks, the patient may try a little custard, eggnog, well cooked rice, and gradually add other bland, non-irritating, and easily digestible food to his menu.

Acute cases are cured in two or three treatments. Chronic cases require from one to three months.

If there is constipation or diarrhoea they must be specially treated.

DIARRHOEA. ENTERITIS.

This is an irritable condition of the small intestines, and may be caused by many things, like irritated nerves from an injury to the spine, improper foods, fevers, intestinal inflammations from other causes, catarrhal conditions, colds, wet feet and violent emotions. Any of these may be the prime cause of the trouble but generally there has already existed a weak condition of the bowels that only needed an additional cold or something to irritate the intestinal nerves and cause a violent peristaltic action of the bowels.

Empty the bowels with a thorough, warm water enema.

Spring the lower spine, fig. 45; quiet the lower bowels, fig. 61; and inhibit the solar plexus by deep pressure a little above and to the left of the navel. Apply hot fomentations to the abdomen.

In little children the treatment for springing the spine can be changed by laying the patient face down, then with one hand press firmly on the spine, a little below the middle of the back, while the other hand lifts the legs upwards. Hold two minutes, or, with the child on its back, with the fingers press firmly on each side close to the spine, just above the "small of the back," lift the child up thus and hold aloft for a minute, and repeat three to five times.

In acute cases repeat treatment two or three times per day.

In chronic cases, treat three times a week. After the diarrhoea is checked, give general spinal treatment, fig. 37; and knead the abdomen, fig. 53.

Give plenty of water to drink. Give no food for at least twenty-four hours, and then begin with small quantities of rice, parched flour, gruels, crackers toasted brown, boiled milk, etc., but give no meat broths. In infants stop feeding raw milk until the child is better. See that all foods are freshly made and thoroughly cooked. In acute cases absolute rest in bed is necessary.

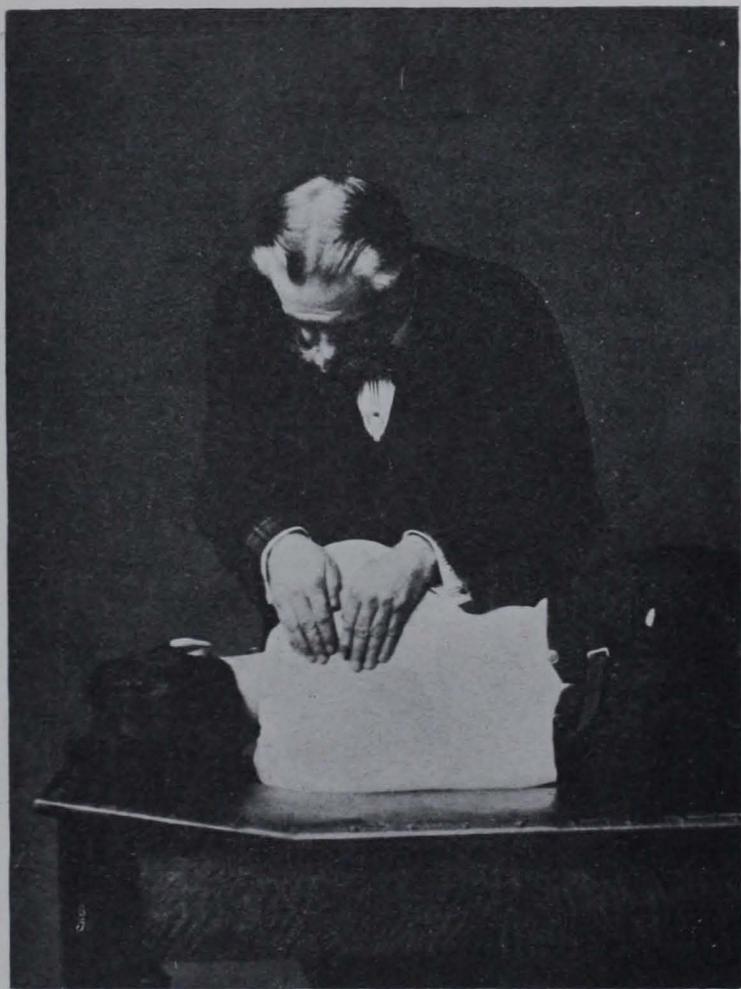


FIGURE 37.
GENERAL BACK TREATMENT.

With the patient lying on his side, with the arms laid loosely at the side, begin between the upper part of the shoulder blades and work all the way down the spine. With the cushions of your fingers (not the tips) placed close to the spine, press firmly, and draw the muscles up towards you, not relaxing the pressure nor allowing the fingers to slip on the skin.

Move the hands down the spine few inches and repeat until the end of the spine is reached.

Turn the patient over and treat the other side in the same manner.

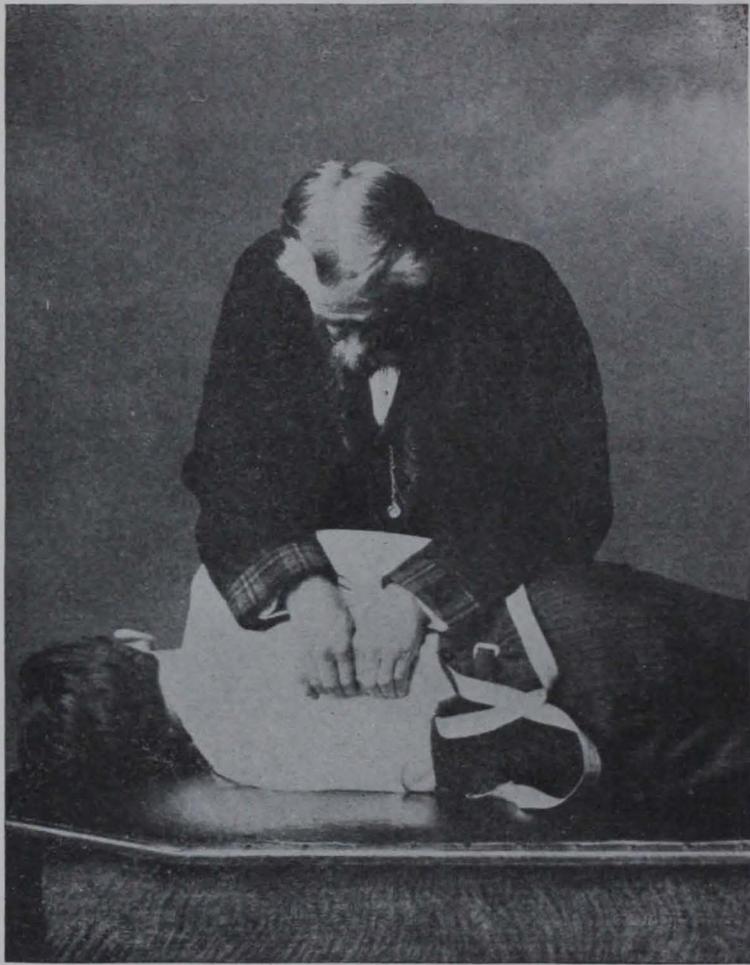


FIGURE 38.
LIFTING THE SPINE.

With the patient lying on his side. With the cushions of your fingers placed on the opposite side of the spine, press firmly and draw the spine up towards you, thus stretching the muscles on the opposite side.

CHOLERA INFANTUM—CHOLERA MORBUS.

This is an acute catarrhal inflammation of the stomach and intestines and an irritation of the sympathetic nervous system, characterized by severe colic, vomiting, purging, great prostration and emaciation.

Causes are, first, a predisposing weak condition of the bowels, then an exciting cause, like unripe fruit, fermentation of food, continuous high temperature, uncleanliness, sudden change of temperature, infected milk, etc.

The onset is sudden and violent, and generally after midnight, with intense nausea, vomiting and purging and tearing abdominal pains or colic. The patient rapidly becomes exhausted, the surface of the body is cold with a clammy sweat. There is intense thirst, but the drink is quickly vomited. Often there are severe cramps in the legs and arms. This is a case of acute poisoning, and prompt, energetic measures are necessary.

Empty the bowels thoroughly with a rectal enema of warm water. Induce vomiting by tickling the throat. Stop feeding milk; not a drop must be given for several days. Give no prepared baby food of any kind.

Give the diarrhoea treatment, fig. 45; inhibit the lower bowels, fig. 61; give treatment, fig. 18. Press steadily on the stomach just above the navel for a minute. Apply hot fomentations upon the abdomen, changing every five minutes for an hour, or longer.

Repeat treatment every four hours. Repeat the enema as often as vomiting or purging returns. The chief aim is to get the bowels empty as quickly as possible. After the first vomiting a tablespoonful of castor oil may be given, but give no other kind of cathartics. Water must be given sparingly at first,—a few drops, or teaspoonful, at a time. After the purging and vomiting have stopped for twelve hours, give a slow, deep kneading of the abdomen, fig. 53.

For cramps in the legs, knead the muscles, fig. 70; and under the knees, fig. 68 and fig. 75.

Give no food until several hours after all purging has stopped, and then give very little of rice gruel, parched flour, crackers toasted brown; later boiled milk, milk toast or rice, but no meat broths for several days. All foods must be freshly made and thoroughly cooked.

DYSENTERY—BLOODY FLUX.

The causes of dysentery are impure water, unhygienic surroundings, overcrowding, imperfect ventilation, miasma, humid atmosphere and sudden changes of temperature, particularly in those previously predisposed by a weakened condition of the bowels.

The symptoms are, violent abdominal pains with frequent mucous and bloody stools, and rapid loss of strength.

Rest in bed is absolutely necessary at first. Treatments same as for diarrhœa. Once or twice each day give rectal enemas of warm water to



FIGURE 39.
ROLLING TREATMENT.

With the patient lying on his side, draw his upper leg up, placing his knee against your hip. Now with the cushions of your fingers pressing firmly close to the spine push his knee with your hip, giving the body a rolling motion. About six inches of the lower spine should be treated in this manner. Turn the patient over and treat the other side in the same way.

wash out the colon, and follow this with a little olive oil which must remain in the rectum.

Diet should be of mucilagenous foods, barley water, rice water, strained oatmeal water, thickened milk or flour gruel, parched flour, crackers toasted brown, raw or very soft eggs. Milk should be boiled. Eat no fruits, vegetables, or meat broths.

Each evening give a gentle, slow kneading of the left side of the abdomen, low down, close to the hip bone.

Treat every day.

Some doctors recommend scraped raw, lean beef, a tablespoonful three times each day. This is good, but there is danger of a tapeworm developing some months later.

APPENDICITIS.

Appendicitis is the general term used, of late years, for an inflammation in the right lower part of the abdomen, whether the appendix itself is inflamed or not. In fact, it really is not involved in a majority of cases, and therefore its removal so often fails to cure the pains in that region, many of which are neuralgic or otherwise.

The author will not say that the large fee for operations may have a tendency to warp the judgment of over-anxious physicians, but I am certain that many operations are unnecessary. Since any opening of the abdomen seriously endangers life, the author believes there is less danger in non-operative treatment. I am justified in

this opinion by my experience with a large number of cases, all of them being quickly cured, and that, generally after an operation had been ordered by other physicians, and even after cases had been abandoned as hopeless.

The cause of appendicitis is, first, a predisposing, weakened condition of the intestines, which may have existed for some time, manifested by constipation, indigestion, occasional colic, gas, or other symptoms of atony of the intestinal track. While this weak condition exists, an additional exciting cause is burdened upon the feeble intestines, there follows a congestion, a colic, and inflammation, and if this happens in the cæcum or appendix it is the real appendicitis. If it happens in some other part of the bowels, it is inflammation of the bowels, colic, etc.

Inflammation in the appendix does not repair itself as readily as in other parts of the intestines, because the appendix is not on a direct line of the movement of the bowel contents, it being side-tracked, so to speak, at the bottom of an out of the way pouch,—the cæcum,—which must be emptied before the appendix has a chance to relieve itself.

The exciting cause is the addition of indigestible food, opium or other paralyzing drugs; a cold, wet feet, or anything else which causes a stoppage of the bowel movement and retains the food within the appendix; where it ferments, breeds bacteria, and results in inflammation. Seeds are not found any oftener in the appendix than other food.



FIGURE 40.
SPRINGING THE SPINE WITH BOTH KNEES BENT.

With the patient lying on his side, place both his bent knees against your hip, supporting them with one hand. With the fingers of the other hand pressing firmly close to the spine, draw the deep muscles strongly towards you, not allowing the fingers to slip on the skin, at the same time push the knees with your hip.

About six inches of the "small of the back" should be treated this way.

If the cause is soon removed and the bowel contents are again forwarded on their way, the inflammation soon subsides; but if the condition remains long the inflammation in the appendix becomes an abscess, pus is formed, which later may break into the abdominal cavity, resulting in peritonitis, and, possibly, death.

The symptoms of appendicitis are, sudden, colicky pains, some fever, great tenderness, hardness and heat over the appendix where indicated in fig. 62. The patient draws his knees up and cannot bear the touch of the clothes. Sometimes there is vomiting. The pulse rises as rapidly as the inflammation. "Pain, tenderness on pressure, and rigidity" at the point indicated in fig. 62, are the three special distinguishing points of appendicitis.

Call an osteopath as soon as possible.

Empty the bowels at once by frequent rectal enemas of warm water. Should this fail to act fast enough, take two tablespoonfuls of common salt in a half glass of water in one quick dose, or a tablespoonful of Epsom salts. If the attack comes within an hour after a meal, empty the stomach by an emetic first (a spoonful of mustard in one-half glass water will do it), or tickle the throat with the finger, or a feather.

If the attack has not existed longer than two days, give the following treatment:—

Press firmly for three minutes on right side of spine where indicated the lower hand, fig. 34; repeat twice. Then, exceedingly gently at first, knead the lower right side of the abdomen over and around the appendix, fig. 62, gradually in-

creasing the pressure as the patient can bear it. Knead the entire abdomen in same manner, fig. 53. After about five minutes' kneading, the spinal pressure should be applied again, and then the kneading about the appendix. Alternate these treatments for about an hour. Repeat the entire treatment every four hours the first day, which is usually sufficient. If this does not abate the pain, an osteopath should be called, because if suppuration has taken place extremely careful treatments would be necessary that might result seriously in the hands of the amateur, and therefore the further treatment is not given here.

Drink plenty of water, eat absolutely nothing for two days, and only liquids for a week afterward. After the dangerous symptoms are over, give a month's treatment for constipation.

INTESTINAL COLIC — GASTRALGIA —
NEURALGIA OF THE BOWELS—
CRAMPS IN THE BOWELS.

This is really a neuralgia and is caused by some article of diet, a cold, etc., on an already weakened condition of the stomach or intestines.

There is sudden, severe griping pains in the stomach or intestines, that is eased by the firm pressure of the hand. There is likely to be pains in the back and chest. The spasm may last a few moments or an hour.

After the pain subsides the patient is exhausted, perspires gently, and may desire to void urine, which is likely to be reddish.

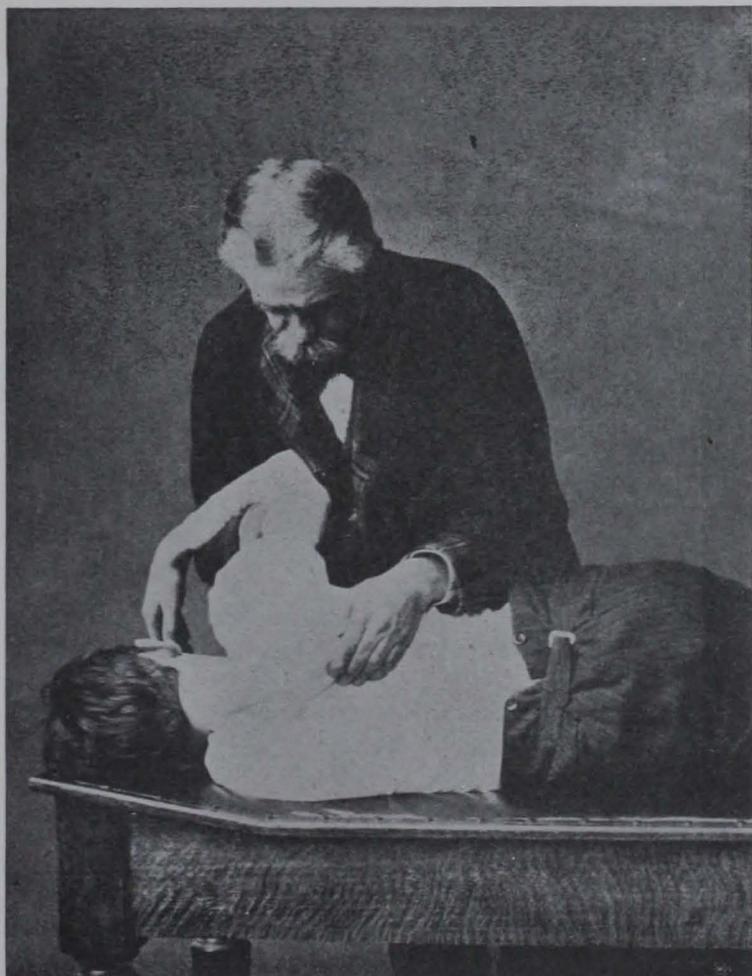


FIGURE 41.
ELBOW PUSHING TREATMENT.

With the patient on his side, grasp his bent elbow with one hand and push hard away from you, while pulling toward you with the other hand, the fingers of which are pressed firmly between the ribs close to the spine. Repeat each time, changing the fingers at the back to the next ribs.

Symptoms of poisoning are very similar to the spasm of colic. Should this be suspected, particularly soon after a meal, induce vomiting by tickling the throat.

For the spasm inhibit the solar plexus, fig. 60; and the lower bowels, fig. 61; give a thorough spinal treatment, fig. 37; and finish with a deep kneading of the abdomen. Give a rectal enema of warm water. Do not feed the patient for several hours, but give him plenty hot water an hour before meals. Restrict food to the simplest kind (bread and milk, rice, broths, etc.), for several days. Artificial mineral waters are soothing and should be allowed. Give only one kind of food at each meal, and see that it is eaten slowly and thoroughly masticated.

Adults must discontinue the use of stimulants, liquors, tobacco, tea, coffee, starchy food and sugars.

VOMITING AND NAUSEA.

Inhibit the solar plexus, fig. 60; soften the tissues in the front of the neck, fig. 20; inhibit the vagus nerve, fig. 21; inhibit the phrenic nerve, fig. 14; spring the upper spine, fig. 44; and finish with the treatment for nausea, fig. 18.

A hot, wet cloth applied under the jaws and over the ear, as hot as it can be borne, frequently renewed for an hour, often is effective.

Eat nothing for a day and then begin with liquids, gradually increasing the quantity.

After the spasm is controlled, build up the stomach by a general spinal treatment, fig. 37;

a general abdominal kneading, fig. 53, particularly for the stomach, fig. 54; the gall bladder, fig. 56; and shake the liver, fig. 55.

VOMITING IN PREGNANCY.

Although "morning sickness" is a natural, physiological condition of pregnancy, it sometimes becomes so excessive as to become dangerous to the life of the child or mother, from the excessive retching and inability to retain food in the stomach. When vomiting is excessive there is some other irritation present besides the reflexes from the enlarging uterus. These are usually found in the diaphragm, œsophagus, recurrent laryngeal nerve, or the bile ducts.

Stretch the spinal muscles, fig. 34; and for the vaso-motors, fig. 31; treat the front of the neck gently, but thoroughly, fig. 20; inhibit the vagus nerve, fig. 21; inhibit the phrenic nerve, fig. 14; inhibit the solar plexus, fig. 60; knead the upper part of the stomach, close to the breast bone, fig. 54; and the gall bladder, fig. 56; shake the liver, fig. 55; and finish with the treatment for nausea, fig. 18.

Eat nothing for a day, and then begin with a very small quantity of broth or other liquid, several times each day, gradually increasing the quantity and adding solids of an easily digestible kind, as the stomach can bear it. Eat a bit or so twenty times each day instead of a full meal three times per day. A hot, wet cloth, applied under the jaws and over the ears, as hot as can be borne, frequently renewed for an hour, often is effective.

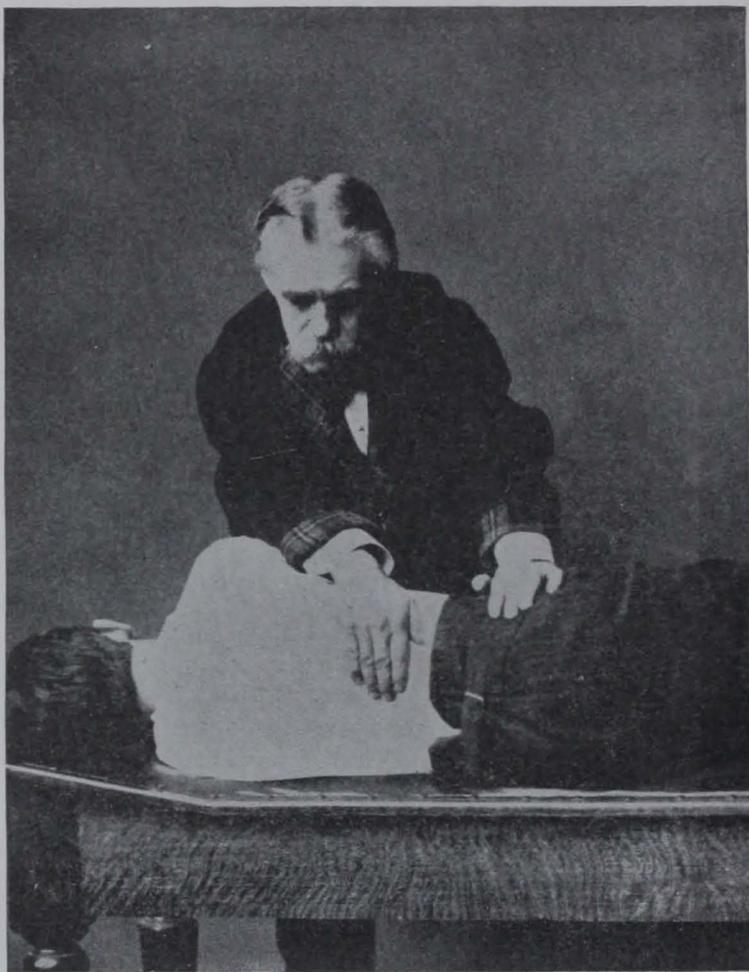


FIGURE 42.
FIGURE EIGHT MOVEMENT.

With the patient lying on his side, with one of your hands placed on the lower ribs, close to the spine, pull towards you, while your other hand is pushing the hip away from you. Reverse the motion by pushing the shoulder and upper part of the body away from you, while pulling the hip towards you. Turn the patient over and treat the other side in the same manner.

JAUNDICE—TORPID LIVER.

Jaundice is not always a symptom of liver disease, but is caused, mainly, by a catarrhal condition, or other obstruction, of the bile duct, which prevents the passage of the bile into the intestines, and causes it to be reabsorbed into the blood. Afterwards it shows the characteristic stain on the skin and white of the eyes.

A poor circulation of blood to the gall bladder or bile ducts, or an interference to the nerves, will cause a stagnation and weakened condition, catarrh, swelling and partial closing of the bile ducts. The bile cannot flow as rapidly as it should and becomes absorbed into the blood, causing the jaundice.

If this condition remains long the bile becomes thicker and finally is formed into gall stones.

If the bile forces a passage through the bile ducts and allows an unusual quantity of bile to rush into the intestines, some of the surplus bile may overflow back into the stomach, where it has no right to be. The stomach revolts at it and it is vomited up.

Give a general spinal treatment, fig. 37; also back of the neck, fig. 13; beneath the ear, fig. 12; beneath the jaws, fig. 19; front of neck, along the windpipe, fig. 20. Give an extra good stretching of the muscles on the right side for the liver, fig. 34; shake the liver, fig. 55. Give a very thorough treatment of the gall bladder, fig. 56; knead the stomach, fig. 54. Give the bent-arm treatment on right side only, fig. 41; and finish with the spinal tonic, fig. 51. Treat

daily until cured. If there is constipation special treatment must be given for it.

Drink much water. Practice deep breathing. Diet should be much restricted, and should be practically liquid at first, broths, beef juice, buttermilk, milk diluted with one-fourth lime water. After one week the diet may be slowly increased, milk toast, poached eggs. Later, cooked fruits not sweetened.

Avoid starchy or sweet foods. Avoid all liquors, tobacco, tea, coffee and spices.

GALL STONES—HEPATIC COLIC.

Gall stones are caused by the flow of bile being impeded by a catarrhal condition of the bile ducts. To the thickened, retarded bile is added mucous from the gall bladder. The gall gradually becomes thicker and then precipitates,—like the sugar in the bottom of a teacup. These fine deposits concrete together, constantly forming larger and larger pebbles, until they may become too large to pass through the bile ducts, in which case a surgical operation would be necessary. While these gravels are passing through the ducts there is excruciating pain, which would continue until the stone passes into the intestine, when the pain stops instantly.

For the colicky spasm, press firmly for three minutes where indicated by the upper hand, fig. 34, on right side. Then work deeply over the gall bladder under the ribs in front, fig. 56.

Repeat both treatments several times until the spasm is over, and the stone has passed into the bowels.

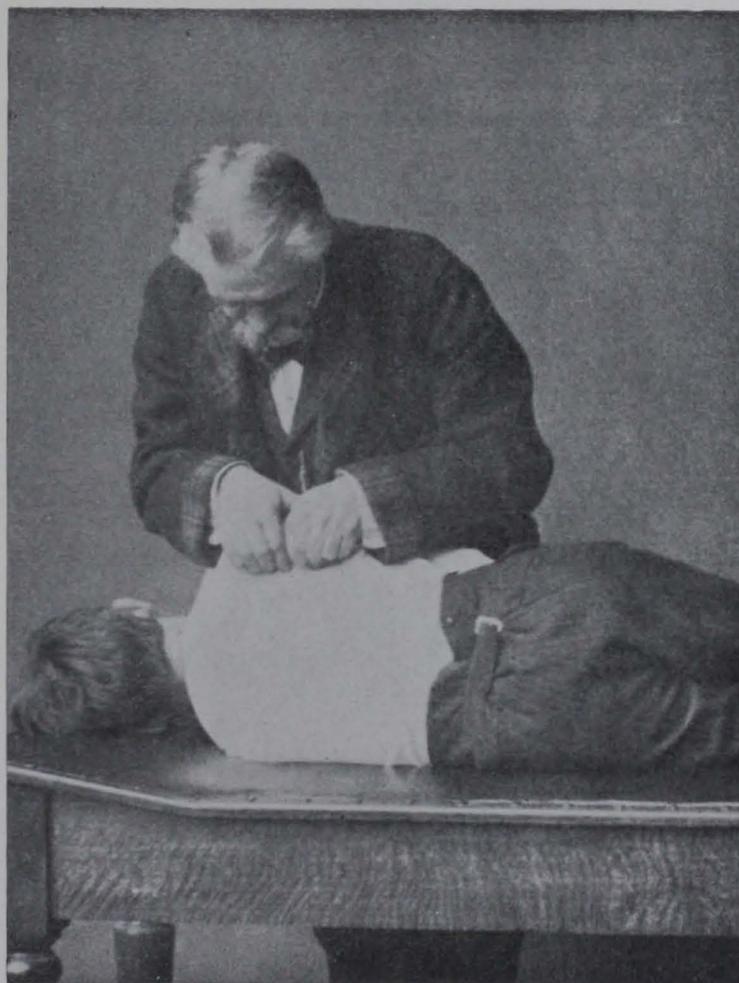


FIGURE 43.

LIFTING THE SHOULDER BLADES.

With the patient on his side, place your fingers under his shoulder blade and lift upwards until the body lifts from the table. Repeat several times. Treat both sides.

Give treatments for jaundice every other day for two months. During the paroxysm, a tablespoonful of common soda in a pint of hot water, to be drank as quickly as possible, is beneficial. Eat very sparingly of soft and easily digestible food, like broths, soups, milk toast, bread and milk or soft eggs. Avoid all sweet and starchy foods.

BILIOUSNESS.

Stretch and soften the spinal muscles on the right side, fig. 34; give the treatment for the liver, fig. 55; spring the upper part of the spine, fig. 44; knead the abdomen, fig. 53; and finish with the spinal tonic, fig. 51; treating every other day. Drink plenty water. Reduce amount of food eaten one-half, and let it be of an easily digestible kind. Avoid sweets and starchy foods and liquors. If constipation or other disease exists, give the special treatment.

DIABETES.

This is a condition in which the tissues of the body refuse to assimilate the sugar from the food, which is necessary to sustain health. The blood is burdened with the unconsumed sugar, and it forces the sugar out wherever it can. Considerable of it is forced through the kidneys into the urine. Some is deposited in the brain and eyes. This failure to assimilate this necessary food results in weakness, loss of memory, loss

of sight and ultimately in death.

Although this condition has been considered incurable for ages, osteopathy has proven that it can be cured if taken in time, and even in old cases much can be done to prolong life and make the patient fairly comfortable.

An osteopath should be called as soon as possible.

Give a general spinal treatment, fig. 37; particularly for the kidneys on both sides, fig. 32; for the liver, right side, fig. 34. Stretch and loosen the muscles back of the neck, fig. 13, particularly those close to the skull; inhibit the superior cervical ganglion, fig. 15; vibrate the supra-orbital notches, fig. 5; vibrate the eyeballs, fig. 1; jar the eyes, fig. 2. Knead the abdomen, fig. 53; shake the liver, fig. 55; shake the spleen, fig. 57; swing the spine, fig. 46; give the leg treatment, fig. 77; raise the ribs, fig. 47; spring the upper spine, fig. 44; and finish with the spinal tonic, fig. 51. Treat daily for a week; afterwards only every other day.

Eat nothing that contains any starch or sugar, which includes all vegetables that are grown underground (except onions), corn, peas and beans, flour and farinaceous foods, wines and sweets.

Eat meats, fats, eggs, spinach, celery, lettuce, onions, cabbage and cauliflower. Tea and coffee may be sweetened with saccharine. Eat as little bread as possible and have it toasted to a crisp and almost black,—“torrified.”

Drink plenty of water. Practice deep breathing. Sleeping-room should be well ventilated, but the bed must not be in a draught.



FIGURE 44.
SPRINGING THE UPPER SPINE.

With the patient sitting on a stool, place your knee between the shoulder blades, pressing firmly with the knee while slowly raising the patient's arms, high, above the head, and then bringing the arms down by a backward movement.

The patient should slowly inhale a long deep breath, through the nose, while the arms are being raised, and slowly exhale while the arms are being lowered. Repeat the movement twice, lowering the knee two inches each time.

Outdoor life and mild exercise, short of fatigue, should be insisted upon. Avoid all excitement.

PILES—HEMORRHOIDS.

Constipation is generally the cause of piles. To effect a permanent cure of the piles, the constipation must be cured.

The local treatment is as follows:—Manipulate and soften the tissues around the outside of the anus, which will relieve most of the tenderness. Anoint the finger with vaseline and gently insert the tip into the rectum. Begin very gently, and work and stretch in every direction, working gradually deeper until the full length of the finger is inserted. Work the deep tissues all around thoroughly. If any teats or part of the gut protrudes, push it gently in, and by gentle but thorough manipulations induce a warm circulation of blood.

This treatment may be given very satisfactorily under water in the bath-tub. This local treatment should be made twice per week.

Following treatment should be given daily:—Stretch and soften the spinal muscles from where indicated by lower hand fig. 33 to the end of spine on both sides. Give the bent knee rolling treatment, fig. 39; also spring the spine with both knees bent, fig. 40.

One or two months will cure any case.

WORMS.

The "round" worm inhabits the small intestines, is ten to fifteen inches long, and of a brownish color.

The "seat" worm inhabits the large intestines and rectum, and frequently migrates to the sexual organs, resembles a piece of white thread a quarter of an inch long.

Either of these finds entrance into the intestines by the ovum in food or drink. The seat worm may also enter by contact, per rectum.

Both multiply with great rapidity, the ova or eggs having great vitality, resisting extremes of heat and cold.

The embryo or ovum of tapeworm is derived from raw pork and raw beef of animals that had eaten segments of a tapeworm. Therefore, do not eat raw or "rare" cooked meats.

The presence of "round" worms produces intestinal irritation, colicky pains, nausea, disturbed sleep, grinding of teeth or picking the nose.

The "seat" worm produces intense itching about the anus.

Tapeworm produces same symptoms, with inordinate appetite and disordered digestion.

The only absolute diagnosis is the passage of the parasites, or segments of the tapeworm, in the stools.

For the "round" or "seat" worm, stimulate a good intestinal circulation by a general spinal treatment, fig. 37, with special attention to the liver, fig. 34 and fig. 33; shake the liver, fig. 55;

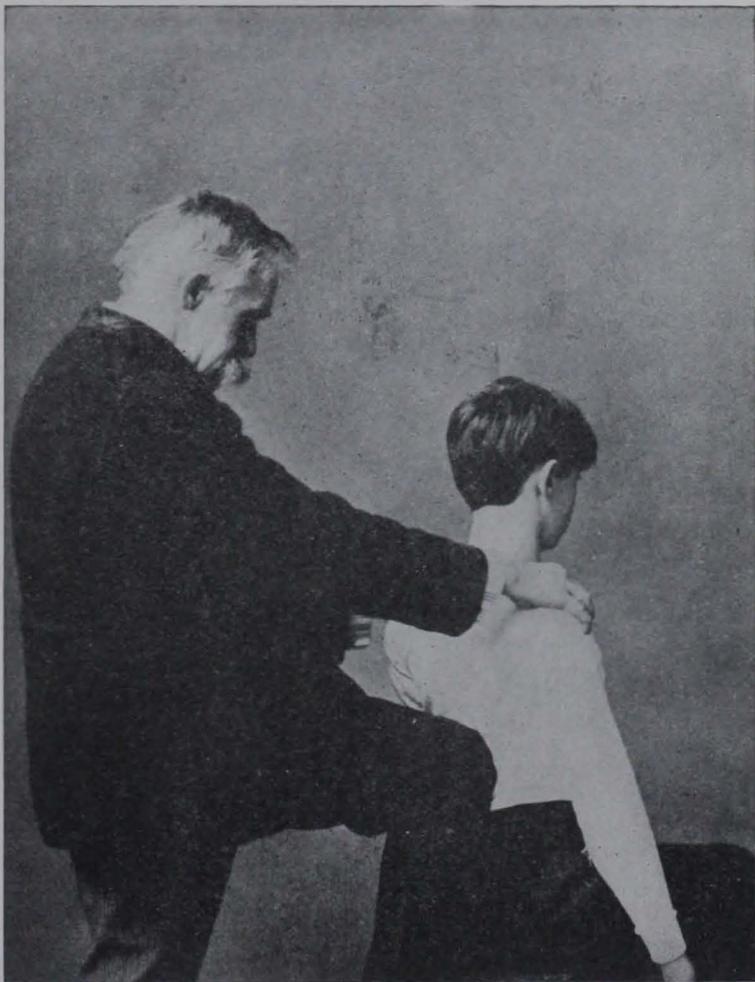


FIGURE 45.
CLASSIC TREATMENT FOR DIARRHOEA.

With the patient sitting on a stool, place your knee against his spine just below the last rib. Draw the shoulders well back while pressing firmly against the spine with the knee. Hold for a minute and repeat two or three times in the same place.

treat the gall bladder, fig. 56; knead the sigmoid, fig. 59.

Eat very little, and only liquids, for several days. Wash out the rectum with a thorough enema of soapy, cold water. Anoint the rectum internally and externally with lard. Treat daily.

Keep the child's finger nails short and clean. Keep all the parts scrupulously clean.

The room and its contents should be as thoroughly cleaned and disinfected as for diphtheria. The bedding and clothing should be boiled; toys destroyed; carpets beaten and aired in the sun; floors, walls and furniture scrubbed with soap and water. Everything must be made absolutely clean, otherwise the millions of ova that no doubt are in the bedding, cracks, etc., will hatch and the child will have the worms, as before.

If a tapeworm is known to exist, abstain from all food for two days, during which time the treatment for constipation is given.

After the fast, eat a pint of pumpkin seed kernels, at one time. One hour later take a large dose of castor oil, and give a good rectal enema of warm water; stretch the muscles of the spine on the right side for the liver, fig. 34; shake the liver, fig. 55; treat the gall bladder, fig. 56, and the sigmoid, fig. 59.

Should the head of the tapeworm fail to pass, repeat the treatment in a week.

CONGESTION OF THE KIDNEYS.

The kidneys may be weakened for some time from the effects of drugs, disease like scarlet fever, or a pressure on the spinal nerves that supply the kidneys. A severe cold will then cause a congestion of blood in the kidneys, with pain, headache, perhaps nausea and vomiting, general feeling of discomfort, and a constant desire for urination. The urine is scanty and high-colored. If the condition persists, acute Bright's disease will result.

Give a general spinal treatment, fig. 37, with special attention to the kidneys on both sides, fig. 32. Knead the abdomen, fig. 52, particularly the lower part and the sides. Raise the ribs, fig. 47; give the figure 8 treatment, fig. 42. Finish with the spinal tonic, fig. 51. If urination has been delayed, promptly give the full treatment for it. Drink much water. See that the bowels are active. Fast for twenty-four hours. Treat daily.

A Turkish bath is advisable.

BRIGHT'S DISEASE—NEPHRITIS.

This is an inflammation of the kidneys, caused from cold, exposure, scarlet fever, diphtheria and other diseases, irritating drugs, injuries to the spine, pregnancy, malarial poisoning, gout, alcoholism, opium habit, and worry, anxiety and grief.



FIGURE 46.
THE SWINGING TREATMENT.

With the patient lying face downward. With one hand press firmly on each side of the spine, an inch below the last rib, while with the other hand you raise and lower the legs with a circular motion. Repeat several times, moving the pressing fingers an inch higher or lower each time, until all the spine from the shoulder blades to the small part has thus been treated.

There is dull pain over the kidneys, following down the sides of the abdomen, some fever, nausea or vomiting. There is dropsy of the legs, eyelids and abdomen. Urine is scanty, high-colored or smoky.

Whenever this disease is suspected an osteopath should be promptly called and urine examined.

Treat the same as for congestin of the kidneys. Also give the bent knee treatment, fig. 40; and the swinging treatment, fig. 46. Drink much water.

During the acute stage treat twice each day, and abstain from food for forty-eight hours. Bowels must be emptied as soon as possible. A warm water rectal enema, every four hours is the best. There should be a copious flow of urine induced. Induce perspiration once each day. A steam bath is beneficial. Deep breathing is absolutely necessary.

For chronic cases the diet must be carefully regulated. All stimulants like liquors, beers, tobacco, tea and coffee must be stopped. Eat no meats, or meat broths; nor eggs. Diet should be very light and consist mainly of milk diluted with water, rice, potatoes and green vegetables.

If there is dropsy treat as directed. Rest quietly as much as possible. Treat chronic cases once each day for a week and then every other day only. Chronic cases require many months to cure.

INFLAMMATION OF THE BLADDER—
CATARRH OF THE BLADDER—
CYSTITIS.

The disease is caused by impediments to the blood or nerve supply, irritating drugs, gravel, inflammation of the kidneys, gout, or long retention of the urine.

Give a general spinal treatment, fig. 37; with special attention to the kidneys, fig. 32; and the bladder, fig. 33; inhibit the sacrum, fig. 63; and give the spinal tonic, fig. 51. Now thoroughly, but very slowly and gently, knead the lower part of the abdomen with a lifting motion from the pubic bone towards the navel. Treat daily.

In acute cases the patient should remain lying down for several days, until the severe pains have subsided.

Drink large quantities of water. Diet should be very simple as near liquid as possible. Chronic cases will receive the same treatment, but in septic cases it may be necessary to irrigate the bladder with a weak antiseptic solution, for which an osteopath should be consulted.

Take a hot sitz bath every day, and a full bath twice each week. A good perspiration twice each week followed by a brisk skin friction is desirable. The bowels must be kept open.

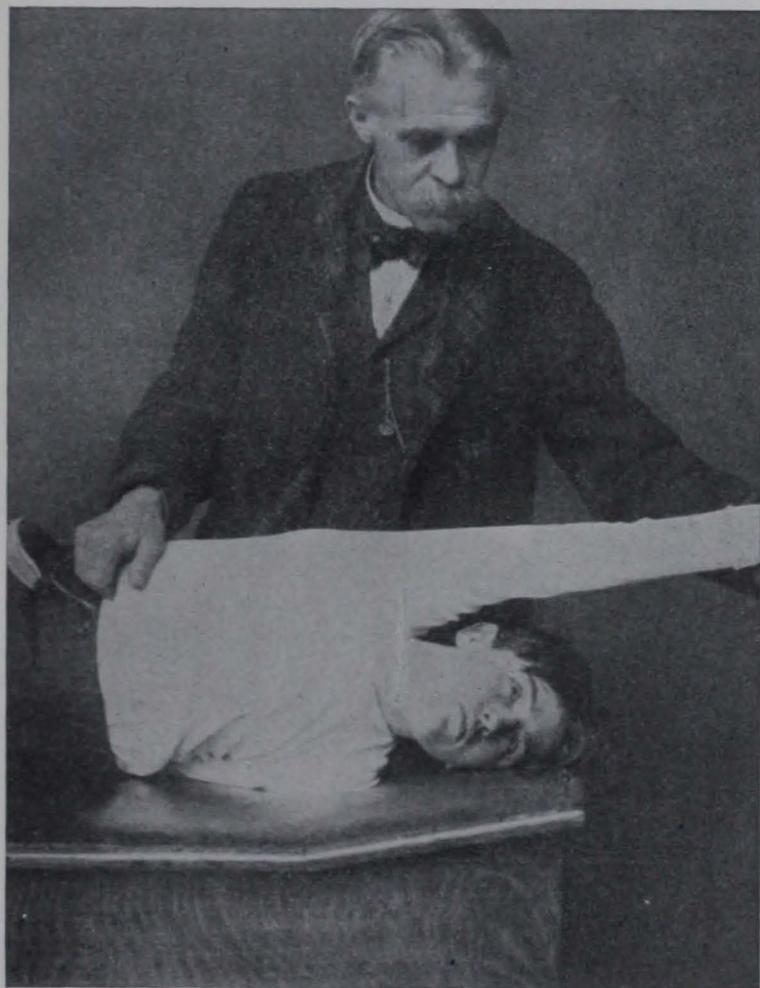


FIGURE 47.
RAISING THE RIBS.

With the patient lying on his side, with the fingers of one hand raise the lowest rib, while your other hand stretches his arm above the head, hold a moment then lower the arm, but continue the steady lift on the rib for a minute longer. Repeat by lifting the next rib above. The patient should inhale a deep breath, through the nose, while the arm is being lifted, and exhale while the arm is being lowered. Treat all the ribs on both sides in the same manner.

GRAVEL.—LITHIASIS, RENAL COLIC,
RENAL CALCULI.

For the attack, to assist in the passage of the gravel, spring the lower spine, fig. 40. With the patient face downward press firmly on each side of the spine, where indicated by the lower hand, fig. 34, for three minutes and repeat couple inches lower down the spine. Then turn patient on his back and knead deeply along the course of the pain on the affected side of the abdomen, to aid in working the gravel from the kidney to the bladder. After about five minutes kneading, repeat the two spinal treatments and then knead again. The kneading should be extended over the entire affected side of the abdomen, but particular attention must be given and some pressure used where the greatest sharp pains are, for the stone must be pushed forward, must pass on into the bladder, and sooner this is accomplished the quicker will the dreadful pains stop.

Repeat the alternate spinal and abdominal treatment until the pain stops.

To prevent formation of more gravel in the kidney, give same treatment as for Kidney Congestion, three times each week for two or three months.

Drink large quantities of water. Distilled water is the best. Bowels should be free and diet should not include meats nor eggs. Eat mostly vegetables and milk.

DIFFICULTY IN VOIDING URINE—
STRICTURE, SUPPRESSED URINE.

In children, young people and women this is usually caused by a kidney congestion from a cold, and should be treated in same manner. In old men it may be caused by an enlarged prostate gland, the treatment for which is too delicate for the inexperienced. No time should be lost in seeing an osteopath if the treatment for kidney congestion does not give satisfactory results in an hour.

Give children plenty hot water to drink.

The sight and sound of flowing water causes a desire for urination. Pour water at some height from one vessel to another and back again several times.

BED WETTING—INCONTINENCE OF
URINE.

Bed wetting occurs because the muscle that contracts the neck of the bladder is too weak and relaxes too easily.

Sometimes the cause is psychical.

It is well known that running water, waterfalls, brooks, etc., create in many people a relaxation of the muscle that closes the outlet of the bladder, resulting in an uncontrollable desire for micturition. Children dream about running water and in the same manner the bladder muscle relaxes and the urine is voided unconsciously.



FIGURE 48.
DEPRESSING THE RIBS.

With the patient lying on his side, with one hand firmly push down each rib while you stretch his arm above his head with the other hand; hold a moment and then lower the arm. Treat all the ribs on both sides in the same way.

Therefore, care should be taken that the subject of the evening's conversation should not be about water or fluids, neither should any reference be made to the child's malady,—such as threats of punishment if it occurs again, etc. Direct the child's last thoughts to other pleasant subjects.

During sleep all the muscles of the body relax and rest; if the bladder muscle should be unusually weak it relaxes too much, allowing the urine to escape.

It is therefor advisable to waken the child—partially or completely—once or twice during the night. At these times it may be made to use the bed vessel—though in most cases it is only necessary to shake the child to break its too profound slumber.

Treat before breakfast as follows:

Stimulate the nerves to the bladder, by a rapid stretching of the spinal muscles, fig. 33.

The weak muscle can be built up by deep kneading in the small space between the rectum and the genital organs, until considerable warmth is developed there. Care must be taken not to injure the testicles, or teach masturbation.

Good blood circulation can be established by deep kneading of the lower part of the abdomen, and on both sides of the abdomen, fig. 58 and fig. 59. Treat daily. Four weeks is sufficient to effect a cure.

If the child is too weak and anaemic, the general system must be built up, and all weakening diseases must be cured. Patient should not

sleep on the back. Patient should be taught to make an effort to micturate less frequently during the day in order to strengthen the sphincter muscle, so it will not automatically relax when the bladder is only slightly distended. Give no drink after supper, and empty the bladder before retiring. Scolding or punishments makes the case worse.

ASTHMA.

This disease is a paroxysmal, spasmodic contraction of the smaller bronchial tubes of the lungs, caused by some irritation to the nerves; which may be from dust, pollen of flowers, pungent odors, drugs, dry climate, or injuries to the spine or chest.

The onset of the spasm is sudden, begins in the afternoon or early morning hours, with a feeling of constriction in the chest, with an intense desire for air. There is loud wheezy breathing, the eyeballs protuding, the face flushed and bathed in perspiration, the sufferer gasps for breath and feels that he is dying. After some minutes or hours the paroxysm gradually ceases, the patient being exhausted, and the chest feels sore. The sputum is peculiar resembling masses of gelatinous pellets.

The remissions between attacks may be only a few hours, or the paroxysms may be practically continuous for a week.

Asthma itself is never fatal, but it may lead to fatal hemorrhage, to permanent emphysema, or to enlargement of the heart with dropsy.

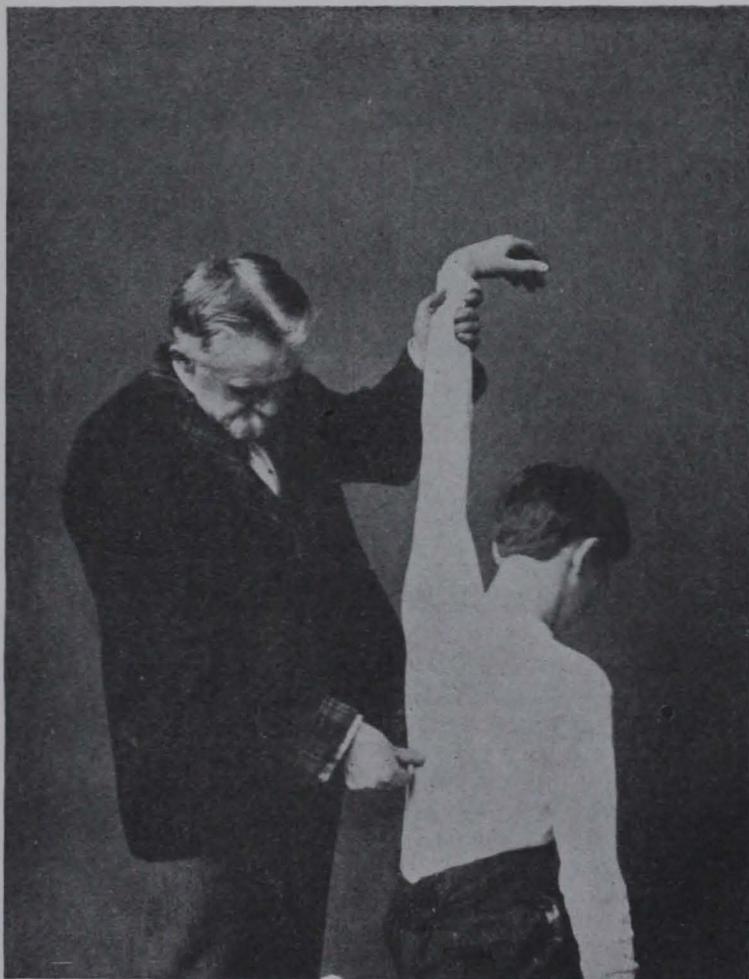


FIGURE 49.
TREATING THE SPLEEN.

With the patient sitting on a stool, raise his left arm high above the head with one hand, while pressing the thumb of the other hand between the ribs, where shown in the illustration. Continue the pressure of the thumb while you lower the arm with a backward circular motion. Treat three adjoining ribs in the same manner, on the left side only.

An impending attack can sometimes be prevented by drinking freely of strong black coffee. Or, a sudden, intense emotion, like a fright, or sudden pleasant surprise will sometimes check the spasm at once. The inhalation of fumes from burning stramonium leaves will stop the spasm, but is bad for the eyes and intellect.

Treatment for the paroxysm:—Loosen the clothing about the neck; stretch the deep muscles of the spine between the shoulder blades, fig. 31; inhibit the phrenic nerve, fig. 14; press firmly on the chest for a minute and spread the ribs, fig. 28. Raise the ribs, fig. 47; raise the collar bone, fig. 27; spring the upper spine, fig. 44. With the patient on his face as in fig. 32, press firmly and steadily for two minutes on both sides of the spine, where indicated; and give treatment, fig. 50. This treatment should quiet the spasm. The treatment for curing the disease must be done between the spasm, as follows: Give same treatment as above, also soften the muscles back of the neck, fig. 13; under the ear, fig. 12; beneath the jaws, fig. 19, and in front of the neck, along the windpipe, fig. 20. Depress the first rib, fig. 26; inhibit the vagus nerve, fig. 21; lift the shoulder blades, fig. 43; and give the chest treatment, fig. 80.

Treat daily for one week, then every other day for two weeks, after that once per week will be enough.

If there is hay fever, treat for it also.

Dyspepsia, indigestion or constipation, if present, must be corrected. Reduce quantity of food

THE HOUSEHOLD OSTEOPATH 111

greatly, and let it be very plain, and easily digestible kind.

Hang suspended by the arms, for five minutes, twice each day. Live out of doors and in large well ventilated rooms. Occupations where there is much dust must be abandoned. Practice deep breathing, through the nose, persistently. Particular attention should be given to the diet, especially in children. The supper should be eaten early and be very light.

HAY FEVER—ROSE FEVER.

Give the same treatment as for asthma. Also give the treatment between the eyebrows, fig. 5; on the forehead and temples, fig. 7; side of the nose, very thoroughly, fig. 6; compression on forehead, fig. 4; side of nose while resisting opening of the mouth, fig. 10.

If there is much sneezing, inhibit the phrenic nerve, fig. 14, and press firmly on the upper lip for a minute.

Treat three times per week.

Avoid the particular dust that excites the attack. The attack may be averted by treating a month before the time that it annually occurs.

Diet and exercise same as for asthma. Change of occupation, and change of climate often is of benefit.



FIGURE 50.

TO STIMULATE THE CIRCULATION TO THE HEAD.

With the patient lying on his side, raise his arm well above the head, at the same time pressing with the thumb of the disengaged hand on the rib about an inch from the spine. Continue the pressure of the thumb while you lower the arm with a backward and downward motion. Lower the thumb to the next rib and repeat the movement until the lower border of the shoulder blade is reached. Treat the other side in the same way.

BRONCHITIS.

This is a catarrh of the bronchial tubes, caused by inhaling irritants like dust, smoke, too cold or too hot air, etc. It is common in cold moist climates, where there are sudden marked variations of temperature.

There is a raw, burning pain in the chest, with a cough and expectoration. The latter at first is clear and frothy; as the disease progresses it becomes yellowish in color and of a tough consistency. There is a general weak or tired feeling. In chronic cases the cough and expectoration is worse at night and early in the morning.

See that the bowels move freely. Make no effort to check the cough. Stretch and relax all the spinal muscles, fig. 37; lift the shoulder blades, fig. 43; stretch the neck, fig. 24; treat the neck, fig. 13; under the ear, fig. 12; beneath the jaws, fig. 19; the front of the neck, along the windpipe, fig. 20; stimulate the vagus nerve, fig. 22; raise the collar bone, fig. 27; depress the first rib, fig. 26; raise all the other ribs, fig. 47; spring the upper spine, fig. 44. All these should be given with a quick motion. Now with patient on his back, place the flat of your hand on the chest, just beneath the collar bone and with a little pressure, using a circular motion, manipulate all over the upper part of the chest until it is quite warm and red.

In acute cases treat daily. In chronic cases treat three times per week.

Constipation or other diseases must be cured.

Practice very deep breathing, through the nose, persistently. See that feet and legs are constantly warm. Particular attention must be given to avoid catching cold,—especially soon after a treatment. A light pad over the chest may be worn, during the day only. Heat from an ordinary incandescent light, concentrated by a shade, over the throat and chest for fifteen minutes before retiring is good, or a hot water bag, or bag of hot hops will answer very well. Use no poultices, plasters or blisters.

CONGESTION OF THE LUNGS—FIRST STAGE OF PNEUMONIA.

The conditions in these two cases are alike. There is usually a weakened condition of the general system, followed by exposure to draughts, cold or dampness, atmospheric changes, overexertion, alcoholic excesses, mental excitement, or some disease of the heart, liver or kidneys, which causes a compression on the blood vessels of the lungs, resulting in a congestion and engorgement of blood in the lungs. If this is not soon relieved, part of the blood oozes through the distended blood vessels into the air cells in the lungs, which condition is true pneumonia. The symptoms are the same as any cold in the chest, pains in the chest, difficulty in breathing, strong pulse, rapid heart, dry cough, with scanty expectoration, sometimes slightly streaked with blood.

Treat the same as pneumonia in its first stages.



FIGURE 51.
THE SPINAL TONIC.

With the patient lying face down and arms hung loosely over the sides of the table, place your thumbs, one on each side and one inch from the spine, one thumb being an inch lower than the other, now give a quick sharp push, using moderate pressure.

Lower both thumbs an inch and repeat the sharp push. Continue down the full length of the spine. Now reverse the thumbs, placing the lower one an inch higher than the other, and in the same manner work over the entire length of the spine.

PNEUMONIA—LUNG FEVER—LUNG INFLAMMATION.

This is a very dangerous disease. One out of three treated by medicine, dies. Osteopathic treatments have resulted much better, but the extreme danger that is constantly present must be remembered and the most careful precautions exercised.

Put the patient to bed and promptly send for an osteopath, because after the first stage the case becomes too dangerous to be handled by an amateur. See that the patient's extremities are warm. Be sure that bowels and kidneys move freely,—if not, give rectal enema and induce perspiration.

Thoroughly and briskly stretch and soften the spinal muscles between the shoulders, where indicated by both hands, fig. 31. Raise the collar bone, fig. 27; depress the first rib, fig. 26; raise all the other ribs, fig. 47. Stimulate the vagus nerve, fig. 22; soften the muscles back of the neck, fig. 13; and front of the neck along the windpipe, fig. 20. By this time the doctor will arrive and will take charge of the case.

If taken before exudation takes place, two or three treatments in one day will abort the case. After the air sacks in the lungs are flooded the greatest possible care must be exercised. The doctor will attend to the treatment and reduce the temperature, if necessary.

Absolute quiet is necessary. No one but the gentle, quiet nurse must be in the room until complete recovery. Gently sponge the patient with cool water. There should be a constant,

even temperature of the room at about 70 degrees. The air should be kept slightly moist with steam. A woolen or cotton pad over the chest is advisable. Use no poultices, plasters, blisters or ointments.

Give no food for twenty-four or forty-eight hours. After that, the food must be carefully selected, to be light, nutritious and easily digestible, such as milk, gruels, broths, custards, beaten whites of eggs. Give very little food at a time and less in total amount than is usually eaten.

Give plenty of water, bits of ice, ice cream, etc.

TUBERCULOSIS — PHTHISIS — CONSUMPTION.

This always begins with weakened lungs from colds or other causes. It is doubtful if a child can be born with the bacillus of tuberculosis already in its blood. But a child does, frequently, inherit weak lungs, and therefore a predisposition to consumption. The bacillus cannot find lodgment in healthy lungs. Therefore, when children show a weak condition of the lungs, measures should be promptly instituted to strengthen the lungs by proper breathing, open air living, selection of healthful localities, proper feeding, judicious exercises and general building of the body. Otherwise, if the weakened condition of the lung remains, it is only a question of more or less years when it falls a victim to the "great white scourge."

The bacillus causes a deposit of tubercle, which is a gray granulation about the size of a millet



FIGURE 52.

STRETCHING THE LATTISIMUS DORSI MUSCLE.

With the patient lying on his side, push on the hip bone with one hand and pull his arm in the other direction with the other hand, while the patient takes a deep breath through his nose. Repeat several times on both sides.

seed. These soften into a cheesy mass, which poisons the lung structure, causing it to rot and slough away. Thus cavities in the lungs are formed, and in time the entire lung is destroyed. At first the symptoms are those of ordinary cold in the chest. Gradually there is weakness, emaciation, morning chills, evening fever, night sweats, the cough is aggravated, and the expectoration is purulent, and yellow streaked; then comes the swelling of the ankles, denoting failing circulation. The mind is clear and hopeful to the end.

This disease can be cured if treated before too much of the lung tissue has been destroyed.

Give the same treatment as for bronchitis. Also inhibit the vagus nerve, fig. 21; inhibit the phrenic nerve, fig. 14; spread the ribs, fig. 28; and give the spinal tonic, fig. 51.

Treat three times per week.

The patient should live out doors in the sunshine; should take short walks, or light exercise, but never to be fatigued. Exercise and walks should be slowly yet gradually increased daily. Much attention should be given to breathing, which should be gradually made deeper and fuller as the lung tissue becomes stronger, but, like the exercises, the breathing must not be overdone. Always guard against fatigue.

City life is detrimental to consumptives. The air is full of bacilli and irritating substances. Go into the woods or to the seashore. Live out of doors.

Eat easily digestible, simple, nutritious food, but do not eat much at one time. A full stomach

is very weakening. Eat six times each day instead of only three times, but eat only a small quantity each time. A year or more may be required for a perfect cure in advanced cases.

Sputum should be collected and quickly burned.

DIFFICULT BREATHING—OPPRESSED BREATHING.

Spring the upper spine, fig. 44, and raise the ribs, fig. 47; depress the ribs, fig. 48; spread the ribs, fig. 28; stretch the spinal muscles between the shoulder blades, fig. 31; lift the shoulder-blades, fig. 43; stretch the latissimus dorsi muscle, fig. 52; stretch the neck, fig. 24; raise the collar bone, fig. 27; depress the first rib, fig. 26; treat the larynx, fig. 25; inhibit the phrenic nerve, fig. 14; treat the front of the neck, fig. 20; give the osteopathic mustard plaster, fig. 80.

Practice deep breathing with the arms raised high above the head. Eat less and drink more water.

DISEASES OF THE EAR.

Diseases of the ear are more easily prevented than cured. It is not generally known, but is, nevertheless, a fact that too vigorous "blowing" of the nose by children during colds, coryza, may cause an inflammation of the Eustachian tube and undue distention of the tympanum. The same frequently occurs from uncleanliness of, and diseases of, the mouth.

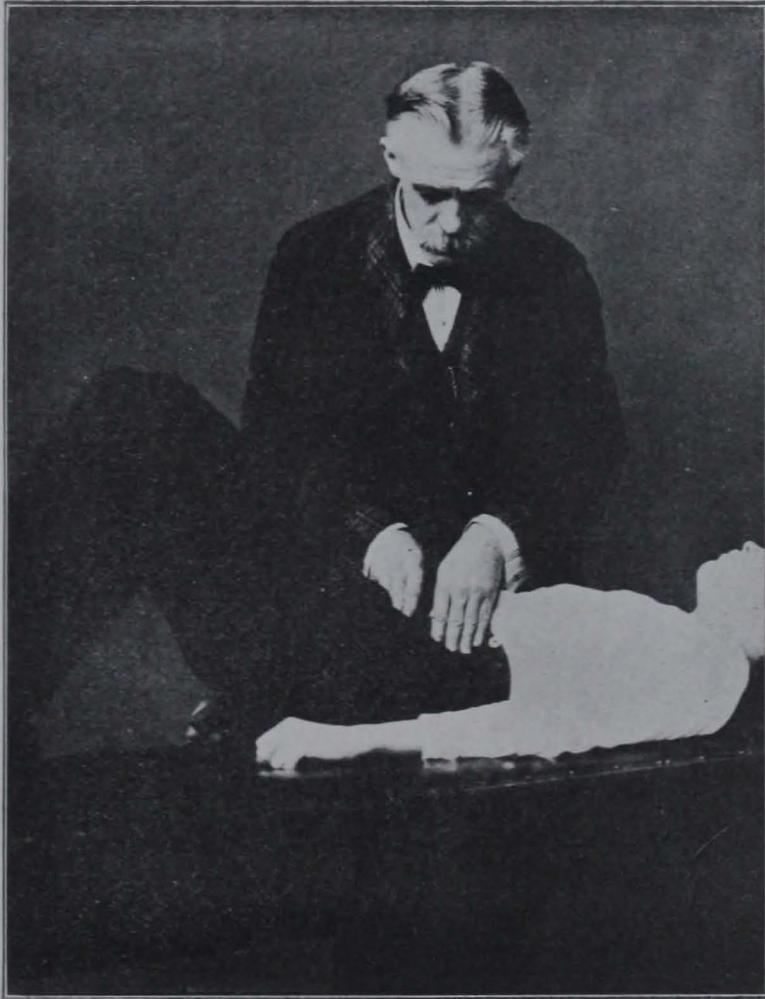


FIGURE 53.
KNEADING THE ABDOMEN.

With the patient on his back, legs well drawn up and arms at the side. Place the flat of the fingers of one hand on the farther side of the abdomen, and with a little pressure draw the bowels up toward the navel, and then push them back again with the other hand, with a motion somewhat similar to kneading bread. Go over the entire abdomen in the same manner, always drawing the bowels upward towards the navel.

Keep the teeth and mouth of children aseptic clean by swabbing, or gargling, with salty water or diluted listerine. Gargling should be done properly, with the head held far back, allowing the fluid to reach the back part of the mouth, where it is needed. First take precautions against biting, a cork between the teeth will do, with your clean, warm, wet finger stroke over the tonsils, back and roof of the mouth, to cause an increased blood circulation. This is particularly necessary whenever there is any inflammation. Piercing the ear for the relic of barbarism, ear-rings, too often inoculates the child with eczema, erysipelas, tuberculosis, etc. The nasal douche, in the treatment of catarrh, is the source of many violent middle ear and mastoid inflammations, and is never known to cure a case of catarrh. When there is a catarrhal condition, give treatment for same. Never use snuff. Serious damage is often done by the improper methods of cleansing the ears with matches, ear spoons, etc. Even the too frequent use of the ear syringe is wrong, for it must be remembered that wax in the ear is a normal necessity, and should not be removed unless it becomes hard by excessive accumulations of dust, etc. Nature provides the ear wax for the purpose of lubrication and to carry off the dead epithelial flakes, etc.

The proper way to cleanse the ear, in health, is by means of a moist cloth stretched over the tip of the finger.

Foreign bodies are not of such dangerous importance as is generally believed. No haste, but much caution, should be used in their ex-

traction, even by expert physicians.

To remove foreign bodies in the ear, have the patient lay over the end of a table with that ear downward and the mouth open. Pull the lobe of the ear backward and outward. Shake and jar the head and knead with a circular motion in front of the ear, working downward. If this fails to dislodge, while in the same position with the ear downwards syringe with quite warm water, using a tolerably strong stream. The use of instruments is always dangerous, even in the hands of the experienced surgeon, and should not be resorted to until all other means have failed.

When there is known to be a perforation of the tympanic membrane, syringing and bathing of any kind, particularly salt sea bathing, is dangerous, because the water, with impurities, may reach the middle ear. Plugging the ear with cotton may be used by bathers, but it does not, entirely, prevent the entrance of some water.

EARACHE.

Crying infants sometimes have the earache. A drop of warm olive oil in the ear works like magic. Sometimes placing the mouth to the patient's ear and blowing steadily and hard into the ear will relieve the pain.

Stretch and relax the muscles of the neck thoroughly, fig. 13; stretch the neck, fig. 24. Gently, but thoroughly, soften all the tissues beneath the ear, fig. 12, and all around the ear. Open and

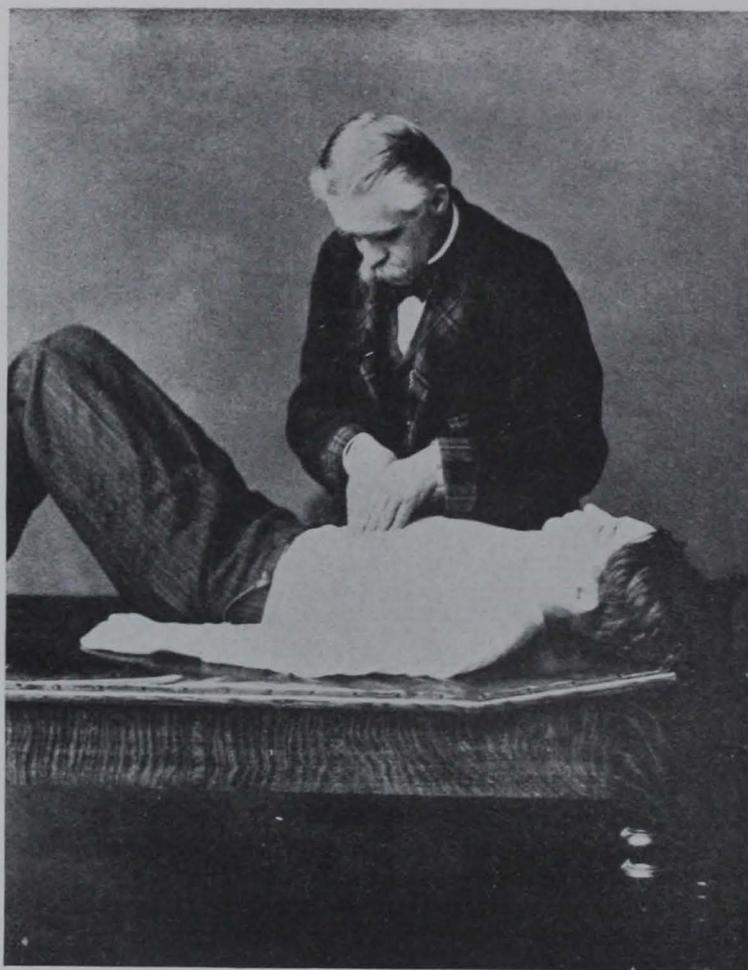


FIGURE 54.
KNEADING THE STOMACH.

With the patient on his back, legs well drawn up and arms at the sides. With the fingers of one hand press gently on his stomach, up close to the breast bone, while drawing up the opposite ribs with the other hand. Move the pressing fingers and repeat until all the space between the ribs down to the navel has been treated.

close jaws against resistance, fig. 23. Apply hot cloths to ear and side of neck. If relief does not follow in half an hour, repeat the entire treatment.

Mop or gargle the back of the mouth with salty water.

Earache is also a symptom of many fevers, including typhoid, and the use of "drops" into the ear is treating the wrong disease.

Treat twice each day.

DEAFNESS, PARTIAL OR COMPLETE.

Some of the causes of this condition are quinine, bromide of potash, antipiretics and other drugs; catarrh, grippe, scarlet fever, diphtheria, measles and other febrile diseases; insects and foreign bodies become surrounded by cerumen, which, hardening, forms a plug, and may cause a mechanical impairment of hearing; misdirected efforts at cleansing the ears, pressure on the blood vessels or nerves to the ear by bones or contracted muscles.

Be sure that there is no foreign substance or dried wax in the ear. Introduce a few drops of olive oil into the ear, close with a fledgelet of cotton, and let remain over night, then with an ear syringe wash with warm water.

Give a thorough stretching of the spinal muscles between the shoulders, fig. 31; the back of the neck, fig. 13; under the ear, fig. 12; stretch the neck, fig. 24; open and close the jaws against resistance, fig. 11 and fig. 23, and treat the nose, fig. 6. Pulling the lobe of the ear steadily out-

ward and then giving several circular motions sometimes releases the opening to the tubes.

Gargle the mouth with salt and water.

With the wet, warm finger, gently stroke the tonsils and back of the mouth thoroughly, until some warmth is produced.

Placing the fingers in front of the ear, on the tragus, then, by pressing firmly, close the ear for a moment, then release for a moment, and repeat several times.

ROARING OR RINGING IN HEAD OR EARS.

Stretch and soften the muscles of the neck, fig. 13. Stretch the neck, fig. 24. Work thoroughly around and beneath the ear, fig. 12; open and close jaws against resistance, fig. 11, fig. 23. Treat the nasal duct, fig. 6. Be sure that there is nothing in the ear. Put few drops of olive oil into the ear, and wash the ear out next day with warm water, using an ear syringe for the purpose.

Have the patient hold the nose and mouth shut, and, with some force, endeavor to breathe, holding it for awhile.

Gargle with salted water.

With the wet, warm finger, gently stroke the tonsils and back of the mouth thoroughly to induce a better blood circulation there.

Treat daily.

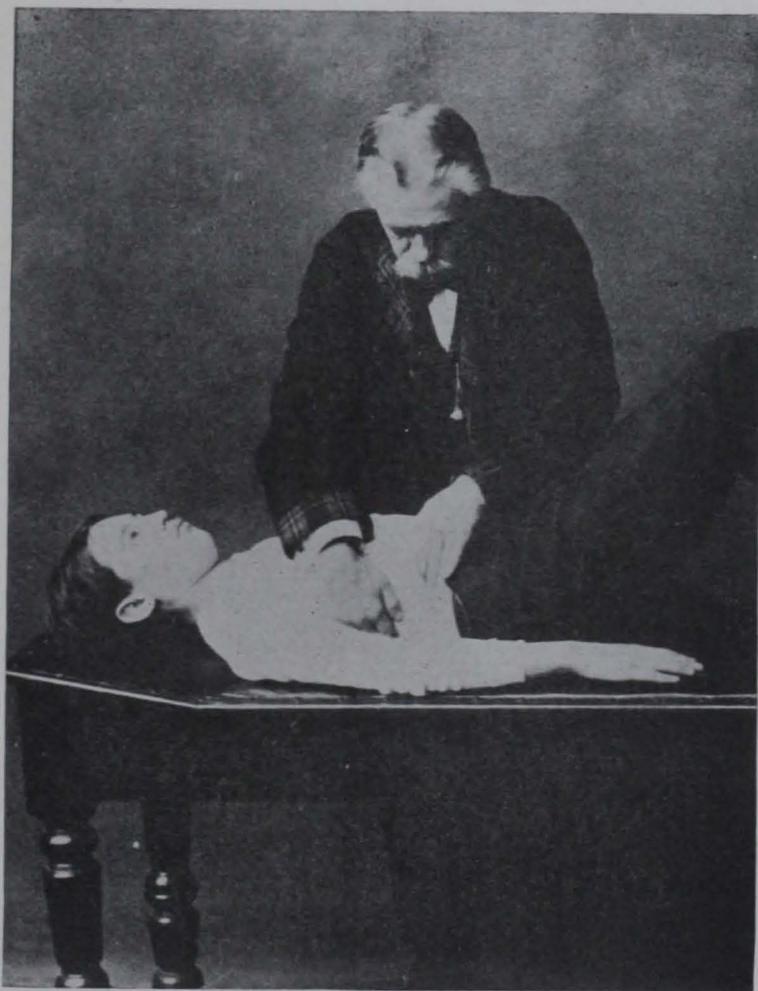


FIGURE 55.
TREATING AND SHAKING THE LIVER.

With the patient lying on his back, his legs drawn up and arms at the sides. With your left hand press, with a little force underneath the ribs on the right side, while pulling the ribs upward from the spine with the other hand. Treat for two minutes under all the ribs on that side. Now change the position of the left hand, placing it flat upon the right ribs, the right hand remaining in its first position, then with a little pressure shake the liver thoroughly for a minute.

GENERAL DISEASES OF THE EYE.

Styes, and abscess of the eyelid, tend to recur in "crops." They always indicate some general derangement, dyspepsia, constipation, or female disorders, and are excited by exposure to cold and dust, eye-strain and astigmatism.

Apply moist heat to hasten pointing, then incise. The causative diseases must be cured.

"Red eye" is an inflammation of the border of the eyelid, some swelling, with some scales or crusts and gummy "matter" which may glue the eye together, or may cause the falling out of the eye-lashes, and give the "blear-eyed" appearance. This is often found in connection with other diseases of the nose and throat, which must be corrected.

Wash frequently with warm water and give the treatment for inflamed eyes.

If lime or acid gets into the eye, flood the eye as soon as possible with a rapid stream of water from a faucet, for instance, and then apply cold compresses.

Never use "sugar of lead" as a wash for the eyes. If an eye-wash is necessary, there is nothing better than a teaspoonful salt in a pint of water.

"BLACK EYES."

The discoloration from injuries may be hastened in being absorbed by the application of water as hot as can be borne, and by giving treatment for inflamed eyes. If the lids are also

puffed out, a compress should be applied to the lids for two or three days. The patient should be cautioned not to "blow" his nose until the blood is all absorbed.

EYE-STRAIN — WEAK EYES — WATERY
EYES—INFLAMED EYES—PINK-
EYES.

Give a thorough, deep-stretching spinal treatment between the upper half of the shoulder blades, fig. 31. Thoroughly stretch and soften all the muscles on each side of the neck, fig. 13, particularly close to the skull. Give the vibratory motion, fig. 1 and fig. 5; give treatment along the nose, fig. 6; open jaws against resistance, fig. 10; stretch the neck, fig. 24; treat under the ear, fig. 12. Apply cold cloths over the eyes for an hour, changing every five minutes. Keep eyes closed as much as possible; avoid dazzling light, reading, etc.

Treat each day. One week to a month should cure completely.

GLAUCOMA—PTERYGIUM—CATARACT.

Give same treatment as for weak eyes, giving particular attention to the back of the neck close to the skull, and just beneath the ear. With fingers around the eyeball give treatment, fig. 1. With two fingers firmly on the closed eye, give treatment, fig. 2. Work deeply all around the eye; give treatment, fig. 50; give the opening and closing jaws against resistance treatments, fig. 10, fig. 11 and fig. 23; and stretch the neck, fig. 24.

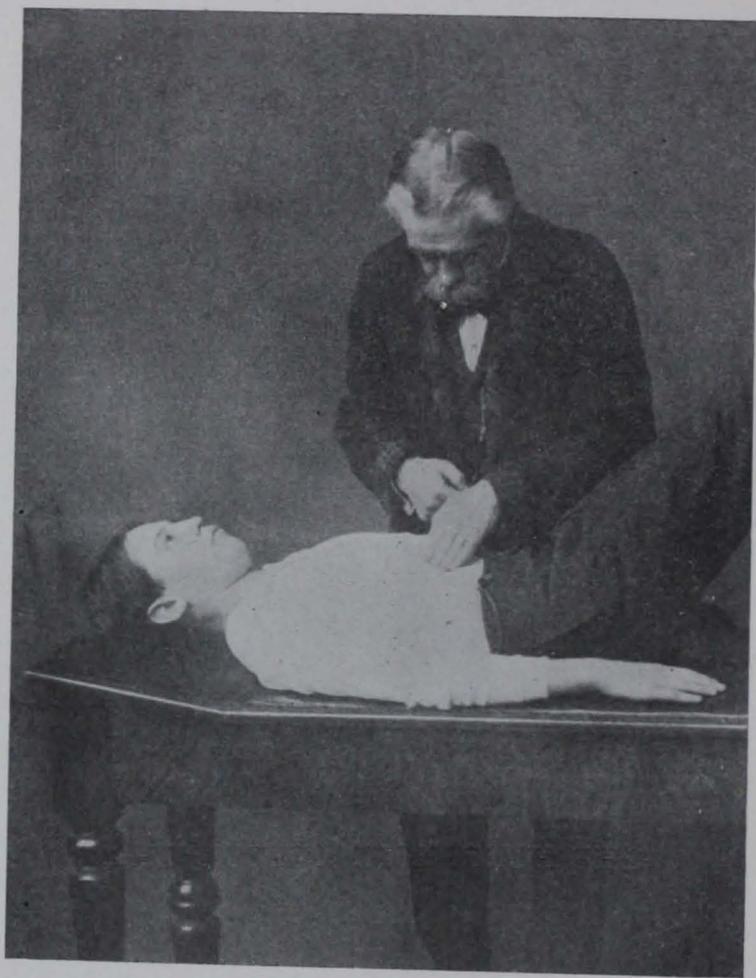


FIGURE 56.
TREATING THE GALL BLADDER.

With the patient lying on his back, his legs drawn up, and arms at the sides. With your thumbs knead deep under the edges of the right ribs, from the breastbone downwards for about four inches, using a downward drawing motion.

Treat every other day. Some cases are cured in a month. Some require several months to effect a cure. Some are incurable, but all are soon greatly benefited.

COLOR BLINDNESS.

OPTIC NERVE PARALYSIS—SNOW BLINDNESS—
LIGHT FLASHES—OPTIC NERVE ATROPHY—
DOUBLE VISION—MISTY VISION.

The causes of these diseases are: Excessively brilliant light, insufficient light, interference with the blood supply, pressure upon some of the arteries or veins to, or from, the head; poisonous substances in the blood, like alcohol, tobacco, lead, quinine, and other drugs; poisons from general and infectious diseases, Bright's, diabetes, syphilis, rheumatism, grippe, scarlet fever, diphtheria, etc.; blows upon the head, sunstroke, tumors, thrombi and hemorrhages; any pressure upon the nerves anywhere along their course, particularly just under the ear, and back of the head, close to the skull, and diseases of the spinal cord. In snow blindness several days' quiet rest in absolute darkness is necessary, in addition to the treatment. If there is any other bodily disease, it must be cured.

Use the eyes as little as possible, and only in clear light. Keep the eyes closed at every opportunity. Do not look on any vibrating or scintillating objects.

Treat the same as for cataract.

These cases are nearly all curable if taken in time.

GRANULATED EYELIDS.

Give same treatment as for weak eyes. Give treatment, fig. 3, and treatment, fig. 50. Work deeply all around the eye, and jar the eyes, fig. 2; pinch the eyelids gently between the fingers and thumb, working from one end of the eyelid to the other.

Treat every other day. One to three months is required to cure.

This disease is contagious.

FOREIGN BODIES IN THE EYE.

If imbedded in the ball of the eye, extract the object with tweezers and have a surgeon attend to it.

If under the upper lid, avert the lid over a match and gently sweep the offending object off with a piece of soft cloth dipped in warm water. If under the lower lid, gently pull the eyelid down with a finger and remove the object with a soft cloth dipped in warm water.

INFLAMMATORY RHEUMATISM—
RHEUMATIC FEVER—ACUTE ARTIC-
ULAR RHEUMATISM—CHRONIC AR-
TICULAR RHEUMATISM.

The cause of acute rheumatism is a poisonous matter in the blood, where it may be accumulating for some time, until an exposure to cold and dampness, or chilling of the body, results in an attack upon the large joints, which swell, become stiff, cause great pain, and there is great thirst and profuse acid perspiration.

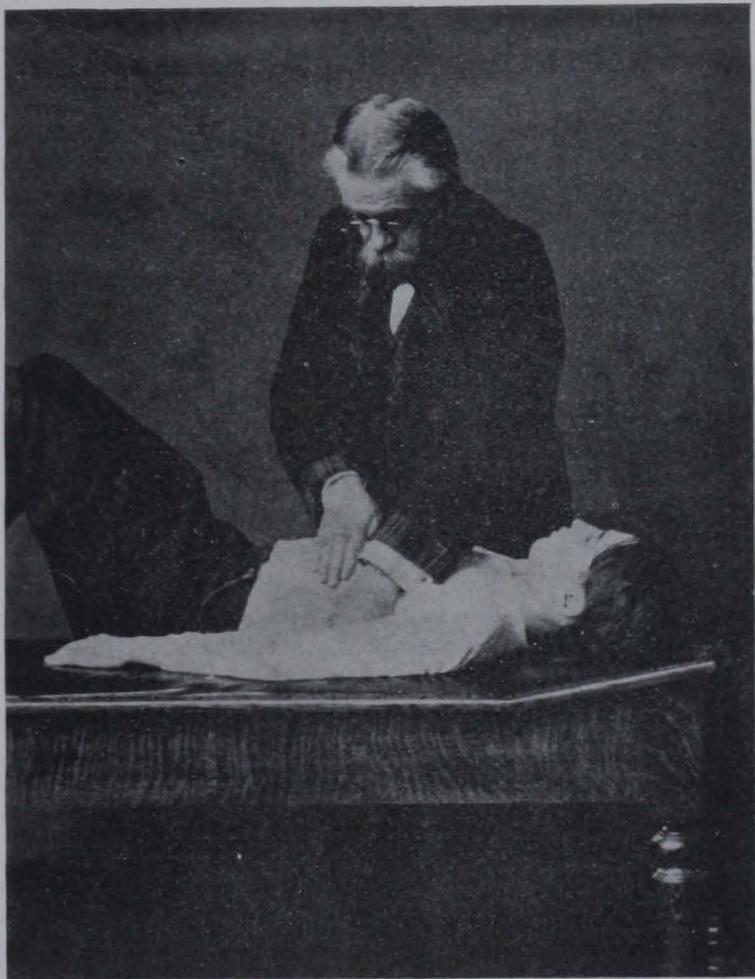


FIGURE 57.
TREATING AND SHAKING THE SPLEEN.

With the patient lying on his back, legs drawn up, and arms at the side, with your right hand press with a little force under his left ribs while pulling the ribs upward from the spine with the other hand. Treat for two minutes under all the ribs on that side. Now change the position of the right hand, placing it flat upon the left ribs, the left hand remaining in its first position, then with a little pressure shake the spleen thoroughly for a minute.

The disease attacks different joints in succession. The great danger from rheumatism is the tendency of the poison in the blood to damage the valves of the heart.

Acute rheumatism, when only partially cured, may result in chronic rheumatism, which is less severe, constant, and the pain is aggravated by climatic changes.

Give a general spinal treatment, fig. 37; knead the abdomen, fig. 53; shake the liver, fig. 55; shake the spleen, fig. 57, and stimulate the heart and lungs, fig. 31. If the trouble is in the shoulders or arms, treat the brachial plexus, fig. 30; and the armpits, fig. 29; give treatment, fig. 73 and fig. 74; lift the shoulder blades, fig. 43; both sides for the kidneys, fig. 32; right side for the liver, fig. 34; and a neck treatment, fig. 13.

If the trouble is in the legs, thoroughly relax the muscles in the smallest part of the back, both sides, fig. 33; give the bent knee rolling treatment, fig. 39; the figure 8 twist, fig. 42; rotate the legs, fig. 77; spread the knees against resistance, fig. 71; stretch under the knees, fig. 68; flex the bent knee over the abdomen, fig. 76, and swing the spine, fig. 46.

Induce a good blood circulation in the inflamed joint by very gently placing your hand upon the painful joint and with the gentlest pressure, with a circular motion, soften the tissues of the joint and neighborhood, gradually increasing the pressure and working deeper as the patient can bear it, until much of the inflammation is reduced.

Finish all treatments with the spinal tonic, fig. 51. Give the general treatment three times each week. The local treatment on the inflamed joint should be given daily as well as the special treatments for the heart, liver, kidneys and abdomen.

A good sweating three times each week is recommended. Bowels and kidneys must be kept quite active. Drink large quantities of water. Reduce diet very much, and let it be as near liquid as possible, of easily digestible kind. Rigidly abstain from all stimulants, liquors, tobacco, tea, coffee, spices, pastry, etc.

The inflamed joint should be kept wrapped in warm flannels, or a thick coating of clay,—anti-phlogistin.

MUSCULAR RHEUMATISM.

This trouble is the result of cold, exposure, draughts and fatigue, and is characterized by soreness and stiffness of certain muscles, particularly those of the neck, chest and small of the back, although any of the voluntary muscles may be the seat of the disease.

For special treatment, see treatment for lumbago and wry-neck, the chief treatments being a thorough manipulation and kneading of the muscles. The bowels and kidneys should be kept active.

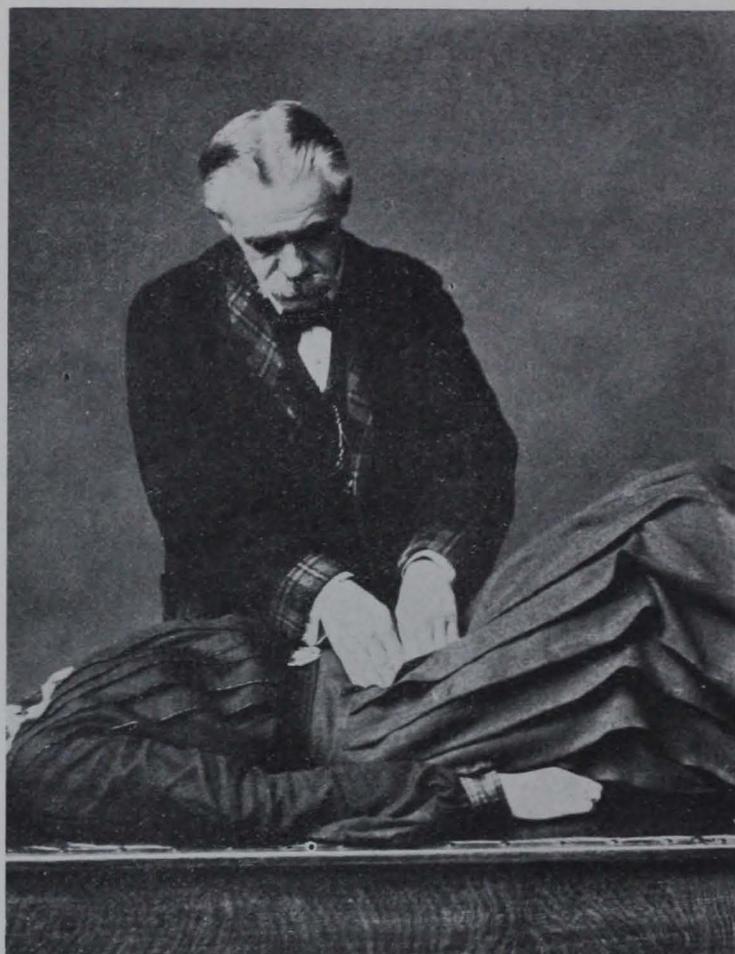


FIGURE 58.
TREATING THE APPENDIX AND RIGHT OVARY.
With the patient on her back, the knees drawn up and arms at sides, gently knead the tissues in the lower right side of the abdomen, always drawing upward toward the navel. Increase the pressure as the patient can bear it.

LUMBAGO.

This is characterized by the steady pain in the small of the back.

Stretch and soften the muscles on both sides of the spine where indicated by both hands, fig. 33; flex the bent knees over the abdomen, fig. 76; stretch the latissimus dorsi muscle, fig. 52; give treatment, fig. 38, in this locality only; give the bent knees springing of the spine, fig. 40; the rolling treatment, fig. 38; the figure 8 treatment, fig. 42; the swing, fig. 46; finishing with the spinal tonic, fig. 51.

Treat every other day.

Drink plenty of water. Practice deep breathing. Exercise for five minutes twice each day in every way to stretch and relax the offending contracted muscles, by twisting the body, touching the floor with the fingers without bending the knees, by laying on the back and bringing the feet over the head, etc. Remove all stiffening plasters. A Turkish bath once each week is recommended.

Hot applications to the parts every night during the acute stage gives some relief.

Abstain from all alcoholic drinks, tobacco, tea, coffee and spicy food. Avoid acids and fruits, starchy or sweet foods. Let the diet consist chiefly of green vegetables, like spinach, etc., and the quantity greatly reduced.

See that bowels and kidneys are active.

STIFF NECK—WRY-NECK—TORTICOLLIS.

Thoroughly stretch and soften the spinal muscles between the shoulder blades, fig. 31; and all along the back of the neck, fig. 13; under the ear, fig. 12; and under the jaw, fig. 19; raise the collar bone, fig. 27; depress the first rib, fig. 26; stretch the neck, fig. 24; soften the tissues under the armpit, fig. 29; lift the shoulder blades, fig. 43; and finish with the spinal tonic, fig. 51.

Treat twice each day until cured. Avoid catching cold. Keep the feet warm.

DEFORMING RHEUMATISM—RHEUMATOID ARTHRITIS.

This disease attacks women more than it does men, particularly between the age of thirty to forty years. Worry, grief, mental shock, overwork, exposure to cold and dampness, appear to be the exciting causes, resulting in morbid, deforming changes in the synovial membrane, cartilages and bone of the affected joints, including growths upon the bone itself, which interfere with movements of the joint. As a rule, one or two joints of the hand or wrist are first involved, then those of the knees and feet, and ultimately all the articulations may suffer.

At first there is a slight swelling about the joint, and pain on movement. The pain is usually worse at night. The disease progresses irregularly; for a week or a month there may be im-

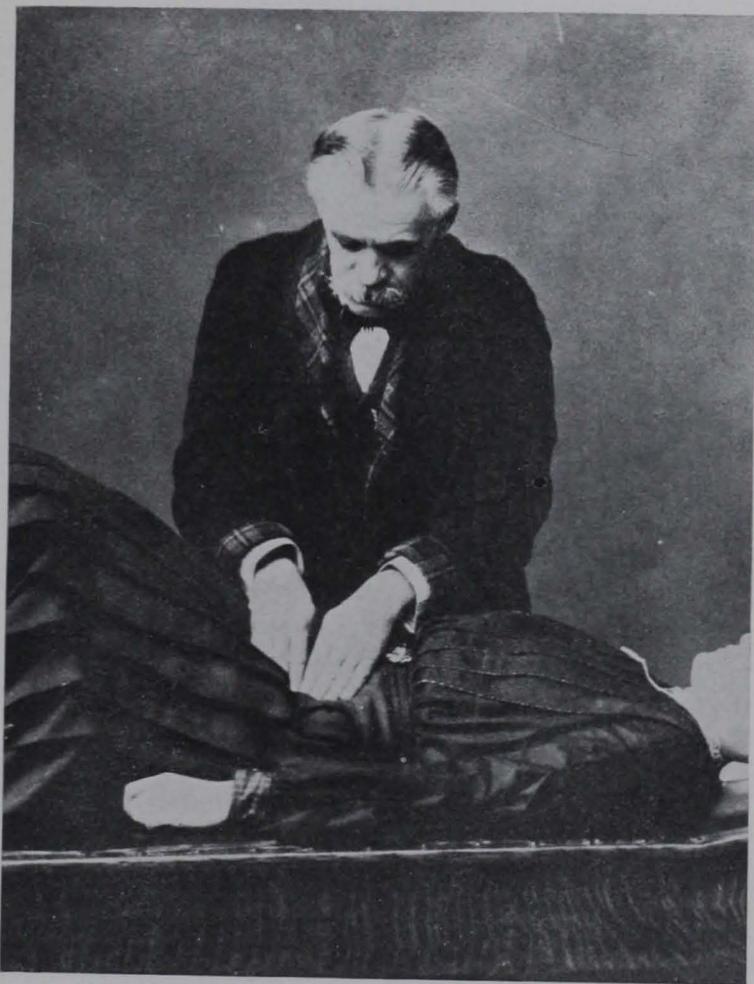


FIGURE 59.
TREATING THE SIGMOID FLEXURE AND LEFT
OVARY.

With the patient on her back, the knees drawn up and arms at the sides. Gently knead the lower left side of the abdomen, always drawing upward toward the navel. Increase the pressure as the patient can bear it.

provement, and then a renewal of the pain, swelling and stiffness, and the joints become gradually deformed, and finally all motion of the joint may be lost and the unused muscles waste away. Knobby enlargements on the knuckles are common.

If taken early, this trouble can be cured, but if years elapse before treatment is taken the deformities in the joints cannot be entirely removed; but the action can always be greatly improved and the usual helplessness removed, sometimes almost to the normal condition.

Give the general treatment for inflammatory rheumatism. The affected joints must be stretched and softened in every way possible, the bones stretched apart, and the joints bent and straightened, gently, a little at each treatment. Instruct patient to endeavor to move the joints himself, between treatments, instead of allowing them to be idle and atrophy from disuse.

Diet should be simple, nutritious and of an easily digestible kind. There is no objection to meat. Drink plenty of water.

Treat three times each week.

GOUT—RHEUMATIC GOUT—AMERICAN GOUT—PODAGRA—LITHIMIA.

The cause of gout is unknown. The acute speil commonly begins in the early morning hours with intense, "squeezing" pain in the great toe. After daybreak the pain subsides, but becomes

worse again at night. This is repeated for a month or more, and then an intermission of one or more months may occur before another acute spell occurs. Deposits of urates of soda form knobs about the joints. The joints of the feet and hands are first affected.

Give the general treatment for inflammatory rheumatism, and finish with the spinal tonic, fig. 51. Gently manipulate each affected joint to induce a free blood circulation about it, in order to carry the deposits of urates away from the joint, and reduce the inflammation. The deformed joints should be gently manipulated and stretched apart, a little at each treatment.

Particular attention must be given that the bowels and kidneys are active. A good perspiration should be induced, or a Turkish bath taken, twice per week. Drink plenty of water—two gallons each day.

Diet should be greatly reduced in quantity. Avoid all meats, liquors, tobacco, tea, coffee, spices and pastry. All food should be simple, nearly liquid, and be easily digestible.

Have the patient manipulate the affected joint occasionally between treatments. Treat every other day.

Very few treatments will relieve the acute symptoms. The deformities and knobby deposits can be eliminated if the treatments are given regularly and continued long enough, and other instructions faithfully followed.



FIGURE 60.
INHIBITING THE SOLAR PLEXUS.

With the patient on his back, knees well drawn up and arms at the sides. Make a steady pressure a little above and to the left of the navel, gradually increase the pressure and hold for one minute.

NEURALGIA.

Neuralgia is a non-inflammatory irritation to nerves, and may be caused by many things: Carbonic acid in impoverished blood; abnormal substances in the blood, like sugar in diabetes, urates in gout, etc.; auto-poisoning from faulty digestion, constipation, etc.; loss of general tone, weakness, anæmia; decayed teeth; tumors; irritation from diseases of the uterus, ovaries, bowels, etc.; mental excitement; contracted muscles pressing on nerves, etc. Any of these causes are greatly aggravated by recurring colds, dampness and atmospheric changes preceding storms.

If there is any local cause or irritation, it must be remedied,—an ulcerated tooth, for instance.

Neuralgia in any part of the body can be relieved by stretching and kneading the muscles in the immediate vicinity of the pain, continuing along the course of the nerve towards the spine. Also stretch the spinal muscles at the points indicated, viz.: For the head and heart, fig. 31; for the ribs, kidneys and abdomen, fig. 32; for the liver and abdomen, fig. 34, and for the generative organs, fig. 35.

Abstain from liquors, tobacco, tea, coffee or other stimulants. Eat less food, and let it be mostly liquid and easily digestible. Drink plenty of water. You cannot give too much attention to deep breathing.

SCIATICA—SCIATIC RHEUMATISM.

This disease is a true neuralgia, generally caused by contracted muscles, which may have been started from an injury, dampness or exposure. The pain follows down the back of the leg.

Thoroughly stretch the spinal muscles where indicated by the lower hand, fig. 33, and continue down to the end of the spine. Give treatments fig. 36, fig. 65, fig. 66, fig. 67; give the rolling motion, fig. 39; spring the spine with both knees bent, fig. 40; give the figure 8 treatment, fig. 42; rotate the leg, fig. 77; bend both knees over the abdomen, fig. 76; give treatment fig. 75; knead the muscles of the leg, fig. 70, and under the knee, fig. 68; spread the knees against resistance, fig. 71; and the toes, fig. 72; swing the spine, fig. 46; and finish with the spinal tonic, fig. 51.

Treat three times a week.

Abstain from all stimulants. Eat simple foods in reduced quantities. Drink large quantities of water.

Bowels and kidneys must be kept active.

Use no plasters, liniments or medicines. Exercise in every manner to give motion to the small of the back, by bending, twisting, touching the floor with the fingers without bending the knees, etc. One of the very best exercises is to lie upon the back and raise the leg overhead and twist it in every direction.

From ten to six weeks' treatment will cure any case.

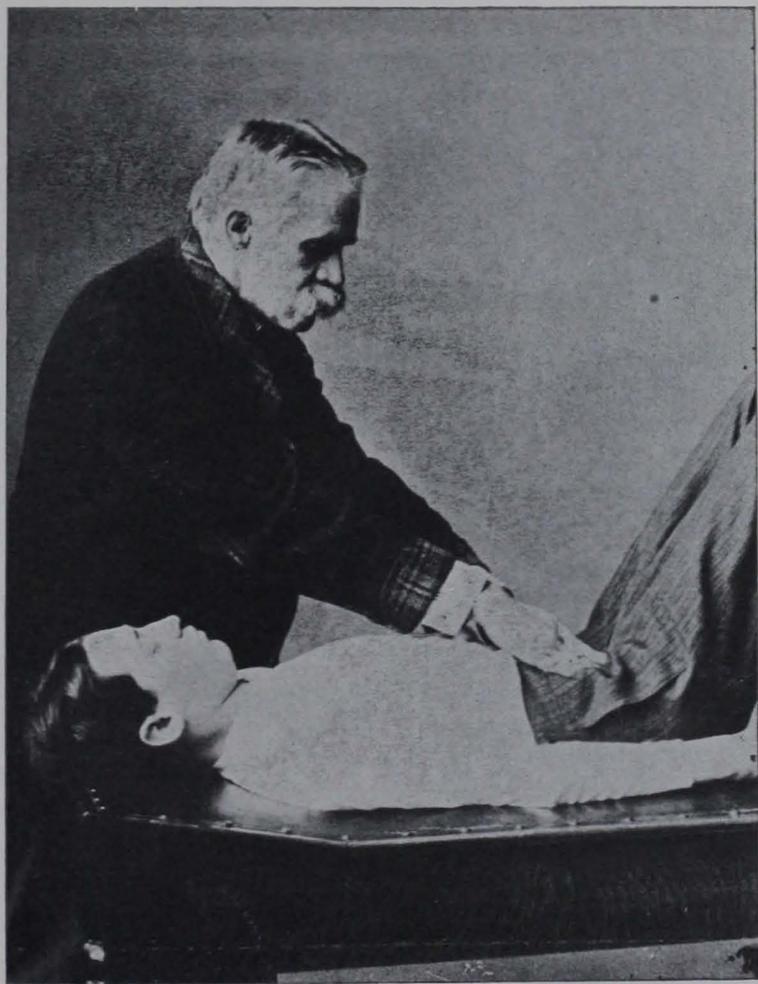


FIGURE 6r.
INHIBITING THE LOWER BOWELS.

With the patient on his back, knees well drawn up and arms at the sides. With the flat of the fingers of both hands placed low down on the abdomen, using considerable pressure, draw the bowels up toward the navel, and hold for several seconds. Repeat several times.

DISEASES OF THE HEART.

INFLAMMATION OF THE HEART—MYOCARDITIS—
ENDOCARDITIS—PERICARDITIS.

Any of these may follow some other disease like scarlet fever and rheumatism, but occasionally may be caused by a slipped rib, straining, etc.

Particular attention must be given to the primary disease, and to any displaced ribs that may exist.

Send for an osteopath.

Give treatment same as for heart palpitation. Patient should be very quiet, eat sparingly of plain, nutritious and easily digestible food. Abstain from stimulants of every kind. Drink plenty of water. Practice deep breathing.

IRREGULAR HEART—WEAK HEART—SINKING
SPELLS—POOR CIRCULATION—MISSED HEART
BEAT—TOBACCO HEART—SLOW HEART.

As there are several different causes for these manifestations, the safest course is to consult an osteopath as soon as possible. Considerable benefit may be derived by the following treatment:—Stretch and loosen all the spinal muscles between the upper half of the shoulder blades, fig. 31; back of the neck, fig. 13; in front of the neck, fig. 20; inhibit the vagus nerve, fig. 21; raise the collar bone, fig. 27; depress the first rib, fig. 26; raise all the other ribs, fig. 47; give a thorough kneading of the abdomen, fig. 53. If there is any other disease it must be cured.

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Eat less and let it be simple, nutritious, easily digestible food. Practice deep breathing persistently. Avoid all stimulants, liquors, beer, tobacco, tea, coffee. Live very quietly.

NEURALGIA OF THE HEART—ANGINA PECTORIS.

To relieve the paroxysm, give the same treatment as for palpitation, giving particular attention to raising the ribs, fig. 47. As this spasmodic pain is only the symptom of some other, perhaps dangerous, trouble, the patient should see an osteopath for further treatments after the paroxysm is over.

The patient should lead a quiet life.

PALPITATION OF THE HEART—RAPID HEART—TACHYCARDIA.

Rapid heart is usually due to some irritation to the sympathetic nerves at the spine, between the shoulder blades, or to a pressure on the vagus nerve in front of the neck. The latter may be caused by a depressed collar bone, or muscular contractures. The sympathetic nerves may be irritated by pressure of the spinal bones or by muscular contractures. The exciting causes are many, excitement, over-exertion, alcoholism, grippe, injuries, etc.

Lay the patient on his back and loosen the clothing about the chest and neck. Press firmly, and hold for a minute, where indicated by the upper hand, fig. 31; inhibit the inferior cervical

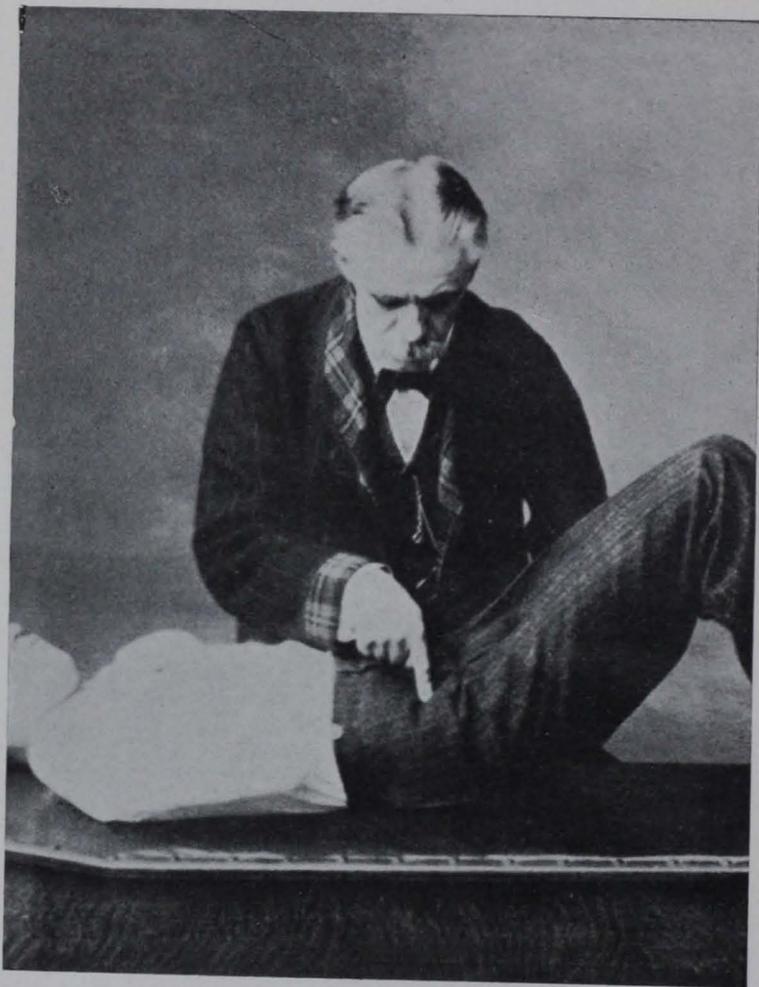


FIGURE 62.
LOCATION OF THE APPENDIX.

In the illustration the finger is pressing over the appendix. In appendicitis this spot is hard, hot and exceedingly painful to the touch.

The appendix is midway on a line from the navel to the nearest edge of the hip bone.

ganglion, fig. 16. Repeat both these inhibiting movements three or four times. Stimulate the vagus nerve, fig. 22; raise the collar bone, fig. 27; depress the first rib, fig. 26; raise the other ribs, fig. 47; and give a slow, deep kneading of the abdomen, fig. 53.

Constipation, uterine troubles or other existing ailments must be cured.

Avoid mental and physical excitement, running, climbing, etc. Practice deep breathing. Drink plenty of water. Reduce the diet. Use no stimulants, tobacco, tea, coffee, etc.

In severe cases a bag of ice, or cold cloths, may be applied over the heart.

From one to three months' treatments are necessary to cure.

VALVULAR HEART DISEASES—ENLARGED HEART
— HYPERTROPHIED HEART—FATTY HEART.

Valvular heart diseases are, generally, caused by the poisons in the blood during rheumatism, diphtheria, scarlet fever and other infectious diseases.

Growths and thickenings on, or erosions and perforations of, the valves of the heart, prevent sufficient blood being pumped into the arteries, resulting in poor circulation, general venous stagnation and dropsy. Sometimes sudden death results from these conditions. The deformed condition of the heart valves can never be repaired, but much can be done to promote circulation, reduce the dropsy, and make the patient comfortable generally and prolong life.

For the specific treatment of these diseases an osteopath should be consulted.

Live very quietly, preferably in the open air. Never hurry. Avoid mental excitement. Use no stimulants. Diet should be light, simple and of an easily digestible kind.

SPINAL CORD PARALYSIS.

LOCOMOTOR ATAXIA — PARAPLEGIA — SHAKING PALSY—MYELITIS—CREEPING PARALYSIS.

If treated in time, these cases can be cured. Old chronic cases are always greatly benefited, but usually stop short of a complete cure.

Give a general spinal treatment, fig. 37, including the back of the neck, fig. 13; stretch the neck, fig. 24; spring the spine the entire length, fig. 44; swing the spine, fig. 46; give the figure 8 twist, fig. 42; draw the spine towards you from opposite side, fig. 38; give the rolling treatment, fig. 39; the knee bent springing of the spine, fig. 40; the elbow push, fig. 41; lift the shoulder blades, fig. 43; rotate the legs, fig. 77; spread the knees against resistance, fig. 71; knead the abdomen, fig. 53, and finish with the spinal tonic, fig. 51.

When the legs or arms are affected, they must be given special treatment, twisting, pulling, kneading and stretching the joints in every direction.

Bladder weakness should receive proper treatment, same as for bed-wetting.

All stimulants, liquors, tobacco, etc., are prohibited.



FIGURE 63.
INHIBITING THE SACRAL NERVES.

With the patient lying face downward. With the fingers of one hand press hard upon the sacrum, into the depression on each side of the center, while with the other hand the legs are lifted up and held for a minute. Move the fingers an inch lower to the next pair of depressions and treat the same way. Also treat the third set of the depressions in the same manner.

The patient should endeavor to exercise the afflicted parts some each day. The spinal tonic, fig. 51, and the spinal swing, fig. 46, should be given daily.

Give a full treatment every other day.

Sleep face downward as much as possible, never on the back.

Some cases are cured in two or three months, while other will require a year or more.

INSANITY — DESPONDENCY — MELANCHOLY—HORRORS.

Some wonderful cures have been made by osteopaths in insanity cases.

The trouble generally lies with some interference to the blood circulation to the head, or pressure upon the spinal cord, and the chief point of interference is usually in the neck. When a decided dislocation or twist of the neck exists, an osteopath should be called, as the treatment requires delicate skill.

In melancholy and despondency there is a general weakness in the system, for which following treatments will soon give happy results.

Give a general spinal treatment, fig. 37, particularly between the shoulders, fig. 31; also back of the neck, fig. 13, particularly close to the skull; beneath the ear, fig. 12; sides and front of the neck, fig. 20; stretch the neck, fig. 24; raise the collar bone, fig. 27; depress the first rib, fig. 26; raise all the other ribs, fig. 47; knead the abdomen, fig. 53; and finish with the spinal tonic, fig. 51.

If there is any female disease it must be cured. Constipation, liver, kidney or other disease must be cured.

Give patient light, interesting and pleasant occupation, and plenty of outdoor sunshine, if it is possible.

Sleep face downward as much as possible, never on the back.

NERVOUS PROSTRATION—NEURASTHENIA.

If there is any disease of the generative organs, kidneys, liver, heart or bowels, it must be cured.

Give a general spinal treatment, fig. 37; and the swing for entire length of the spine, fig. 46; stretch the muscles back of the neck, fig. 13, particularly close up to the skull; under the ear, fig. 12; front of the neck, fig. 20; raise the collar bone, fig. 27; depress the first rib, fig. 26; raise all other ribs, fig. 47; raise the shoulder blades, fig. 43; spread the ribs, fig. 28; thoroughly knead the entire abdomen, fig. 53; under the right ribs, fig. 55; under the left ribs, fig. 57; and finish with the spinal tonic, fig. 51.

Treat daily for one week; afterwards every other day only.

The patient must avoid overwork, mental or physical, excitement or worry, or other causes of drain upon his vitality. He should be furnished with cheerful companions, comic literature and pleasant sights. A camera or other interesting light outdoor occupation cannot be improved upon.

Diet should be liquid for three or four days,



FIGURE 64.
TREATMENT FOR SUPPRESSED MENSES. -
With the patient lying face downward. Place one hand flat upon the sacrum, and with the other closed fist strike it a sharp hard blow, once only.

then give a moderate quantity of simple, nutritious food.

Sleep face downward as much as possible, never on the back.

Drink plenty water.

DISEASES OF THE SKIN—ECZEMA—
BLACKHEADS—PIMPLES.

Imperfect circulation, impure blood, constipation and improper diet are the causes of skin diseases. See treatment for constipation.

If the skin trouble is on the face, head or neck, relax all the spinal muscles between the shoulder blades, fig. 31; back of the neck, fig. 13; under the ear, fig. 12; under the jaw, fig. 19; side and front of the neck, fig. 20; raise the collarbone, fig. 27; depress the first rib, fig. 26; knead deep in the armpit, fig. 29; stretch the neck, fig. 24; treat the brachial plexus, fig. 30; open and close the jaws against resistance, fig. 11 and fig. 23; shake the liver, fig. 55; shake the spleen, fig. 57; knead the abdomen, fig. 53; and finish with the spinal tonic, fig. 51.

If the eruption is on the legs in addition to the above treatment, rotate the legs, fig. 77; knead back of the knee, fig. 68; free the blood vessels to the legs, fig. 78; and knead in the groin, fig. 69.

Thoroughly knead the tissues around the eruption, but do not pinch or let the fingers slip over the skin.

Blackheads should be squeezed out with a watch key. Pimples should be opened with a clean needle and squeezed out. Raw places, like eczema, should be dusted with borated talcum

powder; use as little water as possible on eczematous surfaces. Take full, warm baths, followed by friction, three times per week. Take moderate open air exercise. Be in sunshine as much as possible. Bowels must act quite freely all the time. Drink large quantities of water.

Diet is very important. Eat only plain food, lean meats, fish, porridge, toast, stale bread, rice, spinach, lettuce, milk, etc. Avoid liquors, stimulants, tobacco, fat meats, oily foods, raw fruits, sweets, pastries, rich or highly seasoned foods, wine, tea, coffee, hot bread, pancakes or gravies.

One to several months' treatment will effect a cure.

PERSPIRATION TREATMENT.

To induce perspiration first thoroughly stretch the muscles of the back of the neck, fig. 13, and between the shoulders, fig. 31.

Now quickly put the patient into a warm bed; give him a glass of hot lemonade or water to drink; surround him with bottles of hot water; then apply, alternately, first hot, then cold, and then hot again, only these three changes, wet cloths to the middle of the spine, where indicated in fig. 34, and cover the patient well.

As soon as perspiration ceases, give a brisk skin rubbing under the covers, and change the wet clothes for dry, warm ones. Remove all the heating bottles and let the patient lay quietly for an hour or more.

Extra precaution must be exercised to prevent chilling or taking cold.



FIGURE 65.
STRETCHING THE PERIFORMIS FOR SCIATICA.
With the patient on his back. With one hand press firmly upon the front margin of the hip bone, while with the other hand you raise and stretch the leg across the body as far as possible. Repeat several times.

EXCESSIVE PERSPIRATION — OFFENSIVE PERSPIRATION.

In some people perspiration is excessive on various parts of the body, especially in the palms of the hand, soles of the feet, in the armpit, around the genitals, on the face or scalp. Sometimes the odor from this perspiration is very offensive.

The cause is a disorder of the vaso-motor nerves, from some irritation to the spinal nerve centers. There is usually a general weakness in the body from some other diseases.

Extreme cleanliness is necessary. After washing and drying the parts thoroughly, use a lotion of permanganate of potash, which can be had in two or three grain tablets; dissolve one in enough water to make a wine-colored solution.

Give a general spinal treatment, fig. 37. If the trouble is in the feet, give treatment fig. 79, and fig. 68, and rotate the legs, fig. 77. Free the blood vessels to the legs, fig. 78; and give an extra thorough kneading of spine for the legs, fig. 33, on both sides.

If the trouble is about the genitals, stretch the spinal muscles, fig. 35, and knead the lower abdomen, fig. 53. If the trouble is in the armpits, hands or head, give treatments fig. 31, fig. 13, fig. 50 and fig. 29.

ENLARGED SPLEEN — LEUKEMIA —
SPLENITIS—HODGKIN'S DISEASE.

In these diseases there is a great change in the proportion of white and red corpuscles in the blood; the spleen and lymphatic glands are enlarged; the liver also enlarges some; the blood is pale; the patient grows progressively weaker.

If taken in time, health is soon restored by proper treatment. But after the patient becomes too weak, it is a hard disease to combat, and requires the careful, persistent co-operation of the patient and physician to gradually build up the system and eliminate the poison of the lymph glands.

Give a general spinal treatment, fig. 37, with particular attention, on the left side, to the spleen, fig. 32, and for the kidneys, on both sides, fig. 34; back of the neck, fig. 13; under the ear, fig. 12; under the chin and jaws, fig. 19; sides and front of neck, fig. 20; deep in the armpits, fig. 29; raise the collarbone, fig. 27; depress the first rib, fig. 26; move the other ribs up, fig. 47, and down, fig. 48; knead the abdomen, fig. 53; shake the liver, fig. 55; knead under the left ribs, carefully and thoroughly, fig. 57. Knead well the congested glands that may be in the neck, armpits and groins. Treat the spleen, fig. 49, and finish the treatment with the spinal tonic, fig. 51.

Treat every other day. From one to three months is necessary to cure.

Drink a glass of water every hour. Eat moderately of simple, easily digestible food. Practice

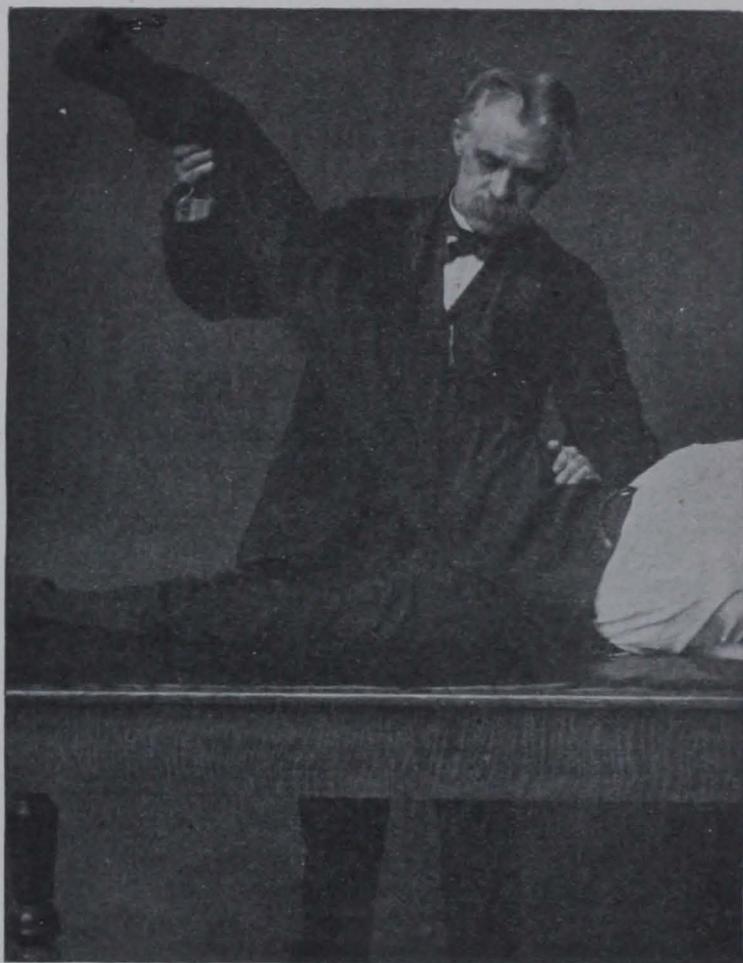


FIGURE 66.
RELAXING THE ABDUCTOR MUSCLES OF THE LEG.
With the patient on his side, with one hand press hard upon the hip while lifting the leg up with the other hand, hold for a minute. Repeat several times.

deep breathing, through the nose, persistently. Avoid fatigue. Take sunbaths for the back, protecting the head from the sun's rays. Take an ordinary tepid bath one day and a Turkish bath the next day. Bowels must be free, and particular care must be taken that free urination is not interrupted.

The poison in the blood, glands and spleen can only be eliminated from the system through the lungs, skin and kidneys, and these must be kept in perfect working order.

GENERAL DEBILITY.
ANAEMIA—BLOODLESSNESS.

If there is constipation, female troubles, or any other disease, special treatments must be given for these affections.

Give general spinal treatment, fig. 37; back of the neck, fig. 13; raise the ribs, fig. 47; raise the collarbone, fig. 27; depress the first rib, fig. 26; raise the shoulder blades, fig. 43; knead the abdomen, fig. 53; under the right ribs for the liver, fig. 55; under the left ribs for the spleen, fig. 57; give the swing for the entire length of the spine, fig. 46; and finish with the spinal tonic, fig. 51.

Treat every other day.

Rest for an hour after the treatment. Take sunbaths for the spine, but protect the head from the sun by a board, or otherwise. Take plenty of outdoor exercise, and walks, but never so much as to cause fatigue. Persistently practice deep breathing. Drink plenty water. Abstain

from all stimulants, liquors, beer, tobacco, tea, coffee, fat meats, pies, pastry, spices, pancakes or hard-boiled eggs. Eat nothing whatever the first two days; then give plain, nutritious and easily digestible food in reduced quantity. Provide the patient with a camera or some other interesting light outdoor occupation.

Take full, tepid bath twice each week.

OBESITY—CORPULENCE.

This is a disorder of nutrition, in which the fat of the food is imperfectly oxygenized in the blood, and is not assimilated in building up tissue, but is deposited between the layers of tissue in different parts of the body.

Heredity is the chief predisposing cause. Over-feeding, over-drinking and too little exercise are the chief factors in the production of obesity. To this should be added alcohol, which injures the functioning powers of tissue cells.

Fat is apt to accumulate after a severe hemorrhage. The least production of fat is between fifteen and twenty years; the most between forty-five and sixty. The fat is lost in old age and is unknown at ninety years. The too great accumulation of fat results in heart enlargement, palpitation, shortness of breath, dizziness, sharp pains at the heart, asthma, dropsy, gout and diabetes. Surgical operations on fat people are always very dangerous.

Give a general spinal treatment, fig. 37, with particular attention to the heart, fig. 31; stomach, fig. 32; liver and kidneys, fig. 34; stretch the

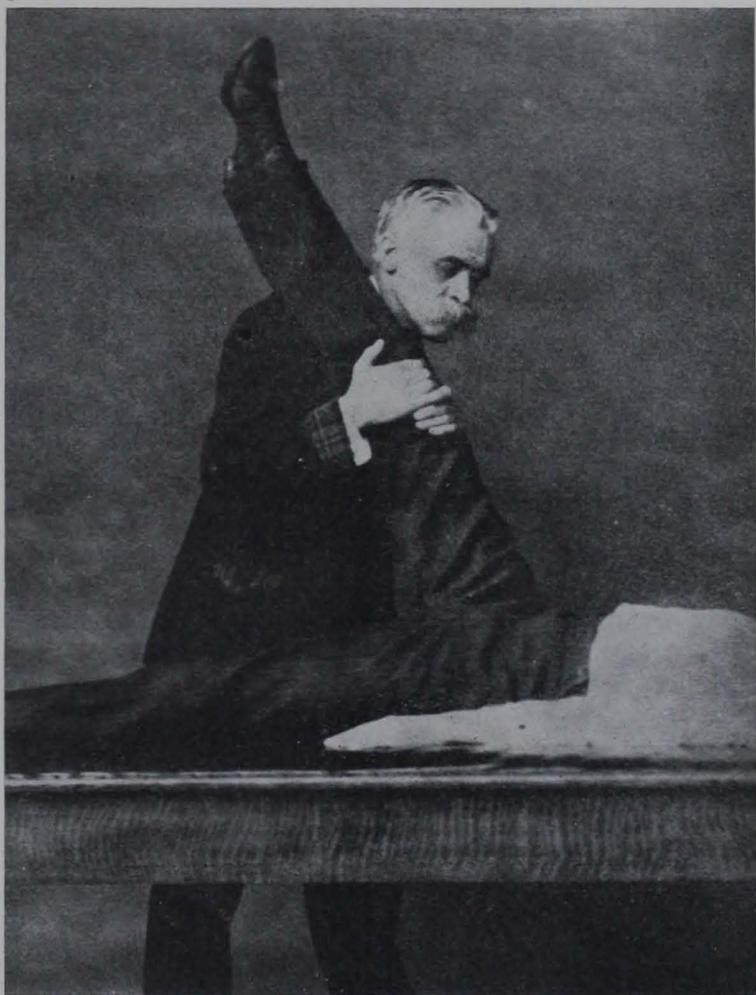


FIGURE 67.
STRETCHING THE SCIATIC NERVE.

With the patient on his back, raise the leg at right angles to the body, supporting it with the shoulder while pressing down upon the knee. Repeat several times.

neck, fig. 24; stretch the muscles of the neck, particularly the lower part, fig. 13, and on the sides and front of the neck, fig. 20; raise the collarbone, fig. 27; depress the first rib, fig. 26; raise the other ribs, fig. 47; lift the shoulder blades, fig. 43, and work in the armpit, fig. 29. Knead the entire abdomen, fig. 53, particularly over the stomach, fig. 54; under the right ribs, fig. 55, and the left ribs, fig. 57. Treat beneath the knees, fig. 68; bend the knees, fig. 76; spring the upper spine, fig. 44, and finish by a hard, snappy spinal tonic, fig. 51.

Diet must be reduced fully one-half. Eat three times each day, but very little at a time. An adult should eat less than usually is eaten by a ten-year-old child. Abstain, absolutely, from sweets and starchy foods, like potatoes, beets, parsnips, rice, puddings. There is less objection to eating fats; still, veal and pork should not be eaten. Eat all kinds of green vegetables that grow above ground, lean meats, eggs, fish, oysters, sour fruits without sugar, tea or coffee without sugar. No beers, liquors or wine. Eat only one kind of food at a meal, and be sure that every morsel is thoroughly masticated before being swallowed. Eat slowly.

Take warm baths twice each week, and a full Turkish bath, or steam bath, once each week. Exercise regularly and vigorously for fifteen minutes, mornings and evenings, bending and twisting in motions that affect the abdomen particularly. If faithfully carried out, this treatment will reduce superfluous fat from ten to twenty pounds each month.

LEANNESS—HOW TO BE PLUMP—HOW
TO DEVELOP ANY PART OF
THE BODY.

The first thing necessary is a healthy body. If there is any disease it must be cured. It is useless to try to gain flesh if there is dyspepsia, liver or nervous trouble, or if the patient worries, gets excited, is harrassed, or gets nervous.

Sleep not less than ten hours—twelve hours is better—out of every twenty-four. But use no narcotics to induce sleep.

Live outdoors as much as possible, but indulge in no violent exercise. Be indolent and slow of motion; but, on the other hand, do not be continually sitting. Do something, but do it quietly and deliberately. Slow walking is always good and wholesome.

Diet should be liberal and frequent, and should consist of foods containing sugar and starch. All vegetables that grow under ground, also corn, beans, peas, and pumpkin; all fruits served with sugar; all kinds of farinaceous foods, macaroni, rice, sago, puddings, desserts, cakes, milk, cream, ice cream and oysters.

Any special part of the body, as the neck or breasts, can be developed by a daily inunction of a tablespoonful scented cod liver oil for each breast, massaged into the skin with the hand, using a circular motion, until it is completely absorbed, leaving no greasy surface. If daily practiced, a decided plumping will be noticed in a month. But the effect is only transient, the inunction of the cod liver oil, or cocoa butter, must



FIGURE 69
TREATING THE POPLITEAL SPACE.
With the patient on his back, thoroughly work the tissues be-
neath the bent knee for two minutes.

be kept up to retain the plump form. Permanent development of any part of the body can be accomplished by following the regimen as to living, and by judicious and systematic exercise and manipulations. Any part of the body can thus be built up and strengthened. Prize fighters understand this, but it takes time, and all other conditions as to manner of living must be strictly and persistently adhered to. For a building up treatment, take the spinal tonic, fig. 51, three times per week.

HEMORRHAGES FROM LUNGS, STOMACH, THROAT, MOUTH AND CUTS.

Blood from the arteries flows with forcible spurts, and is bright scarlet in color. Blood from veins flows in a continuous stream, and is dark or purple in color.

Blood from the lungs is scarlet and frothy.

Blood from the stomach is dark in color, may be mixed with food, sometimes is coagulated, or looks like coffee grounds, and is acid.

Blood from the throat or mouth is bright, but not frothy.

In severe hemorrhage, promptly send for an osteopath. If from a cut artery, have the patient in a recumbent position and absolutely quiet. Place the bleeding parts together in proper position. Apply pressure with the thumb to the wound itself, while preparations are being made to apply compression upon the artery between

the wound and the heart. This is accomplished with a bandage, handkerchief, etc., which, if possible, should be over a bone near the wound, where the pulsating artery will indicate the place where the most pressure should be applied by a piece of wood or another hard substance under the bandage.

If from a cut *vein*, loosen all tight clothing around neck, chest, etc. Remove garters, corsets, etc. Elevate the bleeding part above the heart. Treat same as for arteries, but the tight bandage must be placed on the side away from the heart, the wound remaining between the heart and the bandage.

If from the lungs or stomach, keep patient in a reclining position. Give the patient ice to suck, pinch of salt to eat. Apply cold cloth to the chest. Stimulate the vagus, fig. 22; press steadily on each side of the spine where indicated for heart and lungs, fig. 31; give a deep, slow kneading of the abdomen, fig. 53 and apply heat to the feet.

NOSE BLEED.

Give the compressing treatment on chin and lip, fig. 9. If this is not sufficient, with the thumb press hard on each side of the nose at inner corners of the eye, fig. 6.

These treatments, if persistently applied, will stop any case of nose bleeding. If the nose bleeding is habitual, there is a weakness in the body somewhere which must be corrected and the system built up.



FIGURE 69.
FREEING THE SAPHENOUS OPENING.
With the patient on his back, and the knee bent, stretch and
soften all the muscles in the groin, as shown in the illustration.

PUERPERAL HEMORRHAGE
AT CHILD-BIRTH.

This dangerous flooding that sometimes occurs soon after child-birth can be quickly stopped by compressing the aorta, thus cutting off the supply of blood to the parts.

Send quickly for the doctor.

Press hard and deep upon the abdomen, a half inch below, and a little to the left of the naval, where, by deep pressure, the aorta may be felt pulsating. It must be pressed firmly against the back-bone for several minutes, until the hemorrhage stops and the necessary clot forms, then gradually and slowly remove the pressure. If carefully done the hemorrhage can be stopped and the patient's life saved before the arrival of the physician.

RICKETS.

Improper foods and unsuitable hygienic surroundings are the chief predisposing, weakening causes of this disease. A large proportion of rickety children show signs of the disease during the first year of life. The greatest development is noticeable the second year. The disease seldom begins after the third year. The effect of malnutrition is chiefly upon the bones, which are light, fragile, soft and porous, and there is an irregular development of the bones, and the result is deformities.

The earliest symptoms are restlessness at night, sweating of the head, and a peculiar beading of the ribs, in front. Small soft spots sometimes are found at the back of the cranium. In time the back of the head has a square appearance.

The chest may become deformed into the "barrel chest," the "funnel breast," etc. The spinal column is weak and has a tendency to curvature, particularly in the upright position, which condition seems to disappear when lying down. This curvature is not sharp and angular as in tubercular kyphosis, but is a rounded bow form. There may be any kind of bony deformities in any part of the body, bowed legs, or arms, etc.

The prevention of the disease is in feeding the child from the breast, if possible. If the mother is not able to do this, feed the child on pasteurized cow's milk. Plenty of fresh air and absolutely clean surroundings are imperative.

Give a general spinal treatment, fig. 37, also back part of the neck, fig. 13; under the ear, fig. 12; under the jaw, fig. 19; on sides and front of the neck, fig. 20; raise the collar bone, fig. 27; depress the first rib, fig. 26; raise all other ribs, fig. 47; lift the shoulder blades, fig. 43; knead the abdomen, fig. 53; treat the legs, fig. 77 and finish with the spinal tonic, fig. 51.

Treat three times a week.

If any deformity exists special treatments should be given to correct it. This cannot be done safely by an amateur. An osteopath should be called.

Diet is important. Babes should have the mother's milk. If this is impossible cows' milk diluted with lime water is a safe substitute. Sometimes, when the mother is afflicted with some debilitating disease, she should not nurse the babe. After weaning, the child may be fed on milk diluted with barley broth. Give no



FIGURE 70.
KNEADING THE MUSCLES OF THE LEG.
With the patient on his back, thoroughly stretch the muscles
of the entire leg.

starchy food of any kind. Later, give meat broths, and occasionally pea broth or bean broth. Peas and beans contain considerable lime which is needed to build up the bones. Soft eggs may next be added to the menu. Cod liver oil should be given as soon as the stomach will tolerate it. Older children should eat plenty butter with bread, cream, cooked fruits, beans, peas, meats and vegetables.

Babies should be bathed frequently, which may help to prevent skin eruptions. The child should not be allowed to lie long in one position and should be out in the sunshine as much as possible.

DROPSY—ASCITES.

Particular attention must be given to any disease that may exist of the heart, liver or kidneys, which must be cured. Give a thorough rectal, warm water enema. Give a general spinal treatment, fig. 37; with particular attention to the kidneys, fig. 32; the liver, fig. 34; and the heart, fig. 31. Knead the muscles of the parts affected, always drawing towards the center of the body. With the patient lying on his side knead the abdomen thoroughly, always drawing and lifting upwards from the pubic bone towards the navel. Treat other side in the same manner. Finish with the spinal tonic, fig. 51. Give the treatment for inducing perspiration. Drink plenty water. Reduce the amount of food eaten and let it be of an easily digestible kind.

GOITRE.

The cause of goitre is a predisposing weakness in the blood and lymph vessels of the thyroid gland, and interference with the vaso-motor nerve. The exciting causes are chiefly mental emotions, sexual excitement and puberty. Some varieties of goitre are caused by drinking certain waters. Stiff collars stop blood circulation and frequently cause it. Extirpation of the goitre results in imbecility, cretinism.

Raise the collar bone, fig. 27; depress the first rib, fig. 26; thoroughly stretch the spinal muscles between the upper part of the shoulder blades, fig. 31; and the lower part of the neck, fig. 30, close to the skull, fig. 13; under the arm, fig. 12; on side and front of neck, fig. 20. Endeavor to empty the goitre by gentle pressure and kneading from the goitre downward under the collar bone. Give a thorough kneading deep under the armpit, fig. 29. In exophthalmic goitre, when the eyes are protruding, give the eye treatment, fig. 1 and 2; and give treatment, fig. 50. See that the clothing is always quite loose around the neck and collarbone.

Painting the goitre with iodine once each week is the medical treatment.

Treat every other day. Several months are required to cure. Old and very hard goitres may not be cured by any treatment.

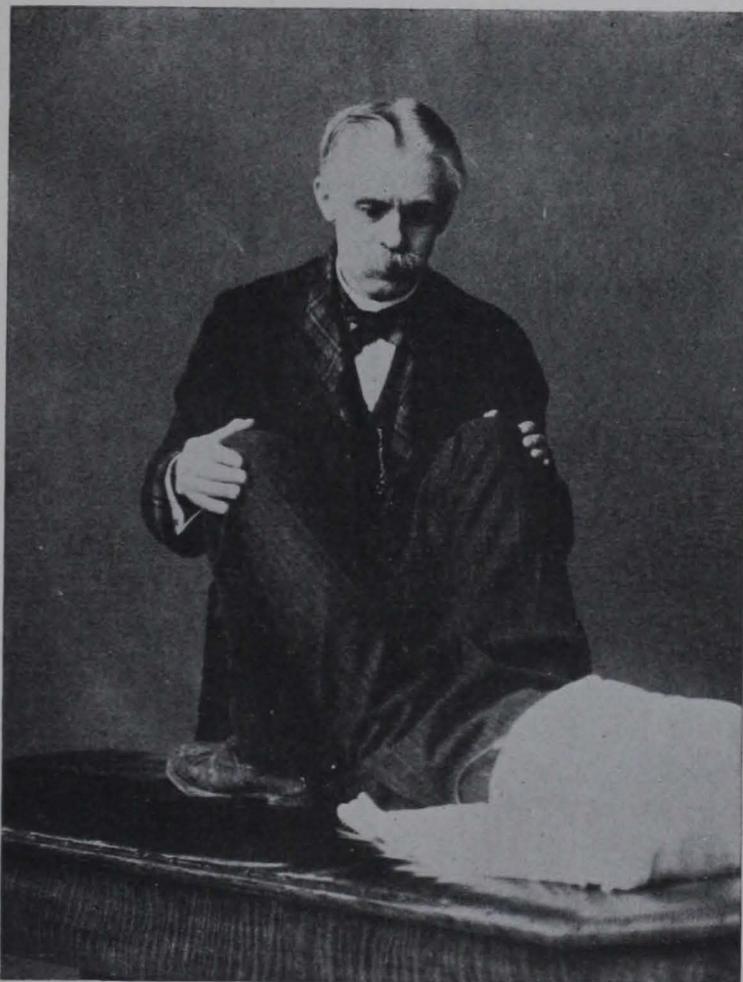


FIGURE 71.
SPREADING KNEES AGAINST RESISTANCE.

With the patient on his back the legs well drawn up. Have him spread the knees apart while you are retarding the movement with some force. Next, reverse the movement by having the patient close the knee against your resistance. Then force his knees apart while he resists, and finally close his knees together against his resistance.

SPRAINED ANKLE—SPRAINS IN
GENERAL.

Remove all plasters and bandages at once, which only retard the blood circulation. Begin by gently kneading the muscles above the sprain, and gradually working towards the sprained joint, which must be kneaded, pulled and turned in every possible direction; work each joint and bone separately until perfect pliability is attained. The object is to get a good blood circulation, to carry off the congested blood and lymph, and with fresh blood to quickly build up the bruised and strained tissues, at the same time releasing any nerves that are causing pain by being pinched between the bones. Give treatment, fig. 79. The treatment should be begun very gently, but, as the patient is able to bear it, the kneading and twisting is made deeper and harder, until every possible normal motion is attained. Particular attention must be given to the tender spots, pressing the thumb of one hand hard on the spot while twisting the foot with the other hand. A treatment may last an hour or even much longer, but is very effective, one or two treatments being sufficient to cure any case that by the bandage method would linger for a month or two. Sprains in any part of the body are treated in the same manner.

COLD FEET.

If there is heart trouble, it must be attended to.

Give a general spinal treatment, fig. 37; give the treatment for the legs, fig. 77; spread knees against resistance, fig. 71; knead the muscles of the entire leg, fig. 70; treat the ankles, fig. 79; and free the blood vessels to the legs, fig. 73.

Practice deep breathing. Walk rapidly at every opportunity. Bathe feet in warm water before retiring.

HICCOUGH.

Is caused by an irritation of the phrenic nerve.

Spread the ribs, fig. 28 and inhibit the phrenic nerve, fig. 14. Repeat several times until relieved.

CRAMPS, IN THE LEGS.

Give treatment, fig. 75; relax the abductor muscles, fig. 66; inhibit the sacrum by steady pressure, fig. 63. Give the rotating leg treatment, fig. 77; stretch the sciatic nerve, fig. 67; knead under the knee, fig. 68; knead all the muscles of the leg, fig. 70; and finish with the spinal tonic, fig. 51. Stand on the tips of the toes.

One treatment will relieve. Give treatments three times each week to prevent recurrence.

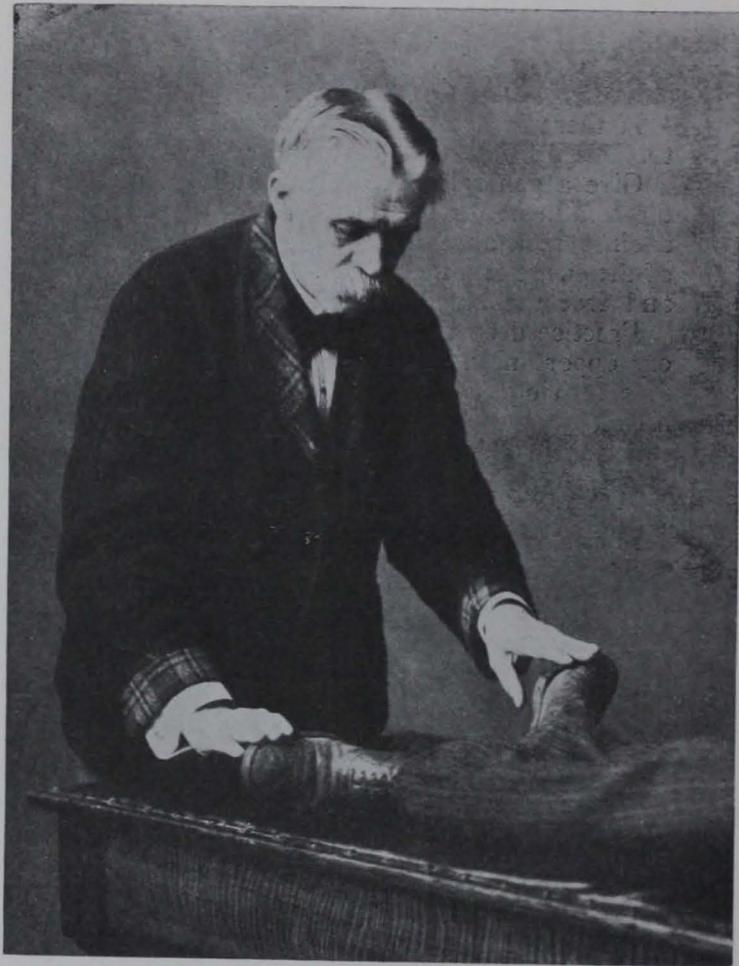


FIGURE 72.
SPREADING TOES AGAINST RESISTANCE.

With the patient on his back the legs extended. Have him spread the toes apart while you are retarding the movement with a little force. Now reverse the movement, by having the patient close the toes together against your resistance. Next, you spread his toes while he resists, and finally close his toes together while he resists.

DROWNING—CHOKING, ASPHYXIA,
HANGING, INHALING GASES,
ETC.

Send at once for an osteopath, blankets and dry clothing. In the meantime, immediately treat the patient on the spot, by first restoring the breathing as follows: Do not delay, loosen all clothing about neck, chest and abdomen, loosen suspenders. Place the patient face downwards with a roll of clothing under the chest and abdomen, with one of his arms under the forehead, to keep his mouth off the ground, now press firmly on his back three times, holding for five seconds each time, to clear the water out of the lungs. Now quickly turn him on his back with the roll of clothing under his shoulders, allowing the head to fall back. Draw forward the patient's tongue with a handkerchief and keep it projected beyond the lips by a string, or an assistant can hold it. Now kneeling at the patient's head, grasp the arms just above the elbows, and draw the arms steadily and gently above the head and keep them stretched upwards for one second, then turn down the patient's arms and press them gently and firmly for one second against the sides of the chest. The entire movement should require four seconds. Repeat, continually for at least an hour, before giving up. While this is being done, if there are assistants, they may excite the nostrils with snuff or smelling salts, or tickle the throat with a feather, also rub the face and chest briskly.

While you are still working at the artificial

respirations, assistants may strip the wet clothing, replacing them with warm ones, their own will do. Dry the patient's hands and feet. After breathing has been restored, promote warmth and circulation. Wrap the patient with dry, warm blankets. Have an assistant rub the limbs upwards, energetically, with warm flannels, under the blankets, applying bottles of hot water around the limbs and feet.

Disturbing the patient as little as possible, give a good treatment between the shoulder blades, fig. 31; back of the entire neck, fig. 13; and front of the neck, fig. 20. With the hands upon his chest, with a circular motion, gently but thoroughly stimulate the tissues between the skin and ribs until quite warm. Give a general spinal treatment over entire spine, fig. 37. Give patient a drink of hot coffee or whiskey and let him sleep, but watch that the breathing does not stop.

Do not lose time in preparations but perform the artificial respiration as soon as possible. Do not allow the tongue to fall down the throat. If you are alone have the patient face downward, to keep the tongue from preventing the air entering his lungs, while you are doing the rhythmical arm raising motions.

Asphyxiation from any other cause, like choking, hanging, breathing gases, is treated in the same manner. Care must be taken to first remove the cause. Give the patient fresh air. Remove anything that may be in the mouth and proceed with the artificial respiration movements.

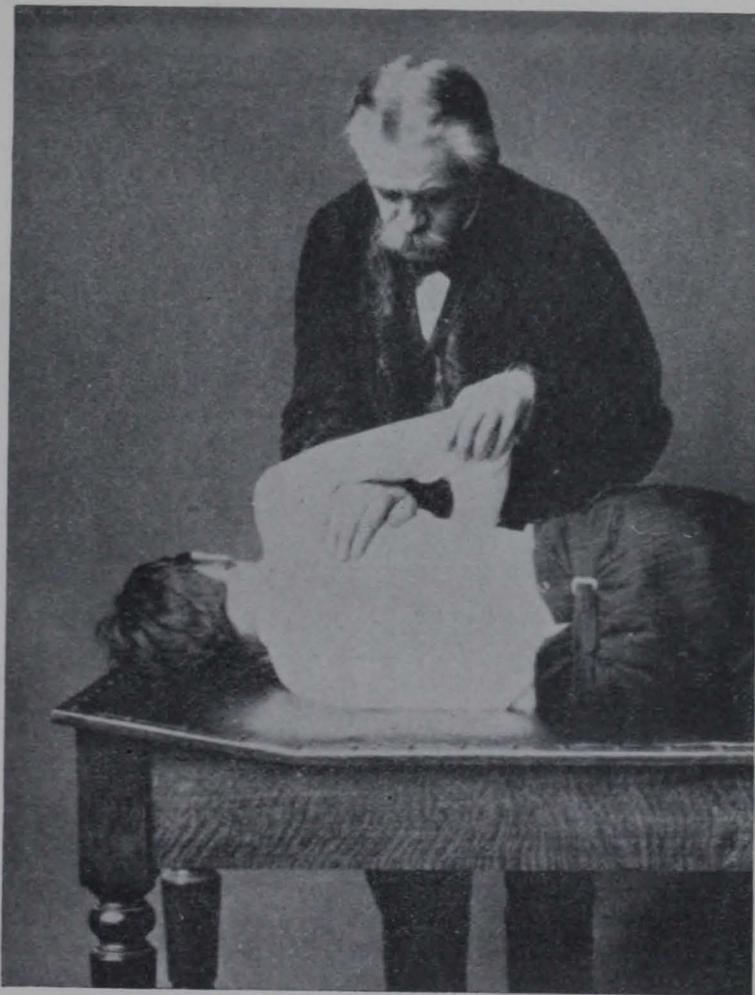


FIGURE 73.
STRETCHING THE SHOULDER JOINT.

With the patient on his side, place one arm deep under his arm pit while with the other hand you bend his arm down over it with some pressure.

LIGHTNING STROKE, ELECTRIC SHOCK.

A lightning stroke usually results in some kind of paralysis. Most of these are cured if treated soon after the stroke. Treatment is same as for paralysis from other causes.

For the immediate effects of the lightning, loosen all tight clothing, and if there is any difficulty with the breathing, at once resort to artificial respiration, the same as for drowning. When respiration has been restored give a good spinal treatment, fig. 37, particularly between the shoulder blades and back of the neck. Afterwards, if there is paralysis it must be regularly treated.

In electric shock, before touching the sufferer or any wire or other metal near him, be sure to protect yourself with a pair of rubber gloves, or wrap a *dry* mackintosh around your hand. Do not touch him or the wire with anything, or any part of your person not protected by the rubber. When there is no rubber handy a bottle may be used to push the wire away and break the connection, or another wire or metal may be thrown, not laid, across the two offending wires to "short circuit." After protecting yourself, pull the patient out of danger and treat same as for lightning stroke.

SUN STROKE—HEAT EXHAUSTION.

In *sunstroke* there is a very high temperature of the body, 106 to 115 degrees. Vivid skin, no

perspiration, and unconsciousness. Prompt treatment to reduce the body temperature is imperative.

Place the patient in the shade, loosen clothing, and apply ice to the head, spine and surface of the body. If ice cannot be had use cold water. Immersing the entire body in a bath tub of water and ice is very good. Keep the head covered completely with crushed ice. As soon as the body temperature has been reduced relax all the spinal muscles, fig. 37, giving particular attention to the back of the neck; high up close to the skull, fig. 13; under the ear, fig. 12; sides and front of the neck, fig. 20. Inhibit the superior cervical ganglion, fig. 15. Stimulate the vagus nerve, fig. 22. Press firmly for two minutes where indicated by both hands, fig. 32. Knead the abdomen, slowly and deeply, fig. 53 and keep the patient very quiet. If necessary repeat the entire treatment.

In *heat exhaustion* the body is cold and clammy, and the temperature is normal or less, consciousness is not lost.

Place the patient in a cool place, loosen clothing, sprinkle face with cool water and relax the entire spinal muscles, fig. 37; those of the back of the neck, fig. 13; and front of the neck, fig. 20; raise all the ribs, fig. 47; and finish with the osteopathic mustard plaster, fig. 80.

If the temperature is below normal, place the patient in a warm bath. The patient should avoid exposure to heat and sun. A cabbage leaf or wet cloth in the hat is a good preventive to a considerable extent.

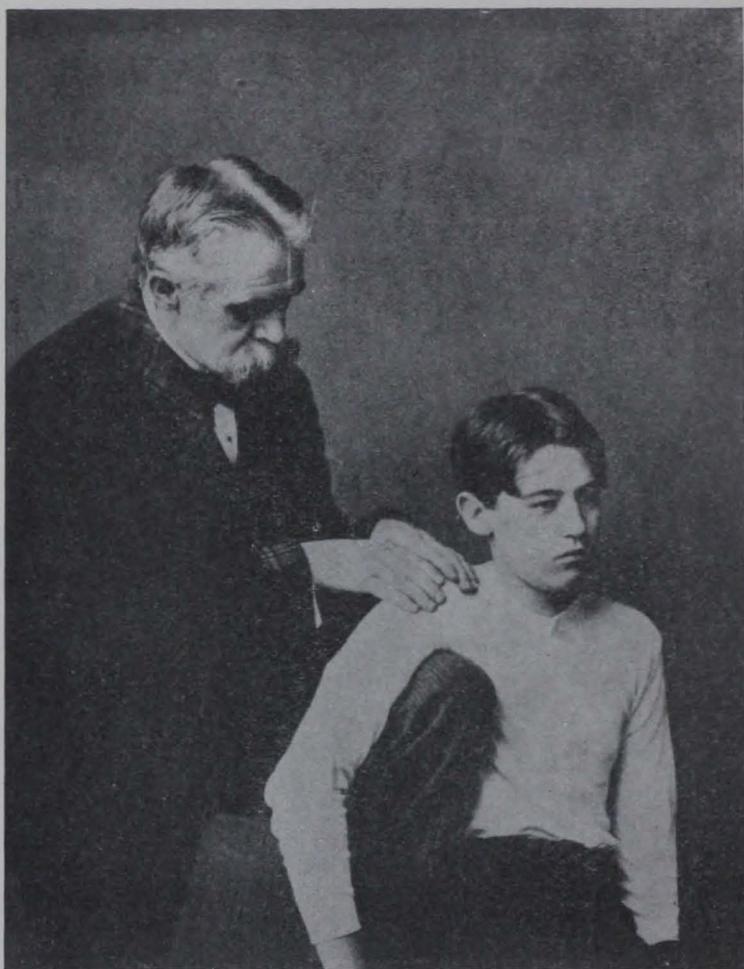


FIGURE 74.
KNEADING THE SHOULDER JOINT.

With the patient sitting, place your foot upon the chair, the knee coming well under the arm pit. Now stretch and knead all the muscles about the shoulder joint, thoroughly.

POISONING—GENERAL INSTRUCTIONS.

Send for a doctor at once. In the meantime act promptly as follows, for a general treatment for most poisons or when the kind of poison is unknown. Empty the stomach of any poison that may still be there, by some handy emetic, such as, tepid water in large quantities followed by tickling the throat, or, two tablepoonsful of salt in a tumbler of water, or, a tablepoonsful of mustard in a tumbler of water, or, any nauseating dirty, greasy dishwater that may be handy. Next give a large dose of castor oil, Epsom salts, or other handy physic, to rapidly empty the bowels. Next give a copious rectal enema of water. Next give the sufferer the whites of ten or more eggs mixed in water. Give plenty of water. Apply heat to the extremities. Keep the patient awake by slapping face, chest and limbs.

Give a vigorous, rapid, stimulating treatment of both sides of the spine, fig. 37, particularly between the shoulder blades, fig. 31; for the kidneys, fig. 32; and the liver, fig. 34; and knead the abdomen, fig. 53.

If there are stains in the mouth, on the lips or fingers, indicating corrosive acid poisoning, do not give the emetic, but otherwise treat the same.

If the poison is known to be an alkali, potash, lime or ammonia, do not give an emetic but administer vinegar, or lemon juice, with plenty of water, otherwise treat same as above.

If the poison is known to be carbolic acid, do not give an emetic, but administer five or six

tablepoonsful Epsom salts in a half pint water, then plenty whites of eggs, or several glasses of whiskey or brandy, otherwise treat same as above.

The general treatment given will answer in an emergency for most poisons until the doctor arrives.

FREEZING—CHILBLAINS.

Chilblains are caused by too rapid changes of temperature, from cold to heat on the skin of parts of the body having a poor blood circulation, and more easily attacks weakly, anæmic girls. The feet, being compressed, have the most sluggish blood, and are, consequently, most difficult to cure. Actual freezing is not necessary to cause chilblains, for the distressing condition can be caused at any time of the year, by putting the cold feet suddenly into very warm water. Therefore, when it is necessary to take a warm foot-bath for cold feet, it is safer to have the water only moderately warm at first. After a minute or two more hot water can be gradually added, with safety.

For the feet give a general spinal treatment, fig. 37, giving particular attention to the nerves for the limbs, fig. 33. Knead the lower abdomen, fig. 53. Free the blood vessels of the legs, fig. 78; treat the saphenous opening, fig. 69; treat back of the knee, fig. 68; spread the toes against resistance, fig. 72; and give the ankle treatment, fig. 79. Treat daily.



FIGURE 75.
TREATMENT FOR CRAMPS.

With the patient on his back, and the legs extended, with one hand press on his knee while bending the foot upwards with considerable force.

Wear woolen stockings and loose warm shoes.

For freezing, take the patient into a cold room and vigorously rub the skin with snow, ice or cold water, kneading deeper as the treatment progresses, until a thorough circulation is fully established.

OPIUM HABIT, DELIRIUM TREMENS,
MORPHINE HABIT, CIGAR-
ETTE HABIT.

Give a general spinal treatment, fig. 37; also back of neck, fig. 13; raise the collarbone, fig. 27; depress the first rib, fig. 26; raise all the other treat the liver, fig. 55; the spleen, fig. 57; and kidneys and liver, fig. 34; and finish with the spinal tonic, fig. 51.

Treat daily for two weeks, after that every other day only.

If there is insomnia, headache, heart palpitation, constipation, liver or kidney troubles, special treatments must be given for these affections.

Delirium tremens should be treated same as fits, etc. Gradually reduce the quantity of the drug as the system becomes stronger. A complete cure will follow a thorough and persistent course of treatment in one to three months.

DISEASES OF WOMEN—GENERAL INSTRUCTIONS.

Corsets and skirts attached to bands around the waist, compress the abdominal blood vessels, preventing a sufficient quantity of blood to flow to or from the pelvic organs, as well as pressing the intestines down hard upon the delicate female organs, forcing them out of their normal position, resulting in flexures, prolapsus, etc. Excessive jumping the rope, particularly at the beginning of puberty has been paid for by many years of misery, later in life. High heels crook the spine, pressing on nerves to the parts. Constipation is a common cause of female weakness. Low neck dresses, sitting on cold steps, long talks in the draught of half open doors, accidents, etc. may be the beginning of much female misery. Curetting the uterus, tampons, pessaries, dilators and caustic applications, so indiscriminately used by the average physician, are harmful and dangerous, and should never be permitted. Induced abortion wrecks the woman and murders the child. Douches should not be used except on very rare occasions, for cleanliness.

When treating the lower abdomen, the patient should have her knees drawn up, and wear a loose gown. There is no occasion for indelicate exposures. No need of local treatments.



FIGURE 76.
BENDING THE KNEES OVER THE ABDOMEN.
With the patient on his back, double both his knees up over the abdomen as shown in the illustration. For a variation, raise the straight legs over the head.

DISEASES OF WOMEN—PROLAPSUS,
FLEXURES AND VERSIONS OF
THE UTERUS.

Displacements of the uterus are generally caused by a weakened condition of the ligaments that sag down, permitting the uterus to drop into the vagina or to tilt forward or backward. These ligaments can be strengthened and the uterus lifted into its normal place if treatments and instructions are strictly followed. Avoid any lifting or straining.

Quit wearing corsets. Use no pessaries, or douches. Raise the ribs on both sides, fig. 47; spread the ribs, fig. 28. Give a general spinal treatment with particular attention to any tender places that may be found. Raise the hips by placing a thick pillow under them, then establish a good blood circulation by deep kneading of the lower abdomen, fig. 53; always drawing and kneading upwards from the pubic bone towards the navel, kneading slowly, close up to the pubic bone. Treat gently, using more pressure as the patient can bear it.

If there is constipation or other disease, it must be corrected before a permanent cure can be effected. Treatments should be given three times per week. One, or several months will be necessary to build up the ligaments and restore the uterus to its normal position.

DISEASES OF WOMEN.
MENSTRUATION; SUPPRESSED, EXCESSIVE OR PAINFUL.

If there is any interference with the blood or nerve supply to, or any disease of, the female organs, there is sure to be some menstrual irregularity.

Give a general treatment, fig. 37, with special attention to the tender places about the sacrum, fig. 35. If there is tenderness on the hip, fig. 65, stretch these muscles thoroughly by a deep treatment for about two minutes on each side. Establish a good blood circulation by deep kneading of the lower abdomen, fig. 53, beginning at the pubic bone and always drawing or kneading upwards towards the navel. This treatment must be begun very gently, the pressure being increased as the patient can bear it. Spread and close the knees against resistance, fig. 71.

If there is constipation or other disease, it must be corrected before a permanent cure can be effected.

One or two months treatment, given three times per week, will restore any deranged menses.

Use of douche must be stopped.

In suppressed menses, after giving above treatment for a week or longer, until a day or two after the menses should have appeared, finish above treatment by placing one hand flat on the lower end of the spine, and with the closed fist of the other hand strike the flat hand sharply, once only, fig. 64.

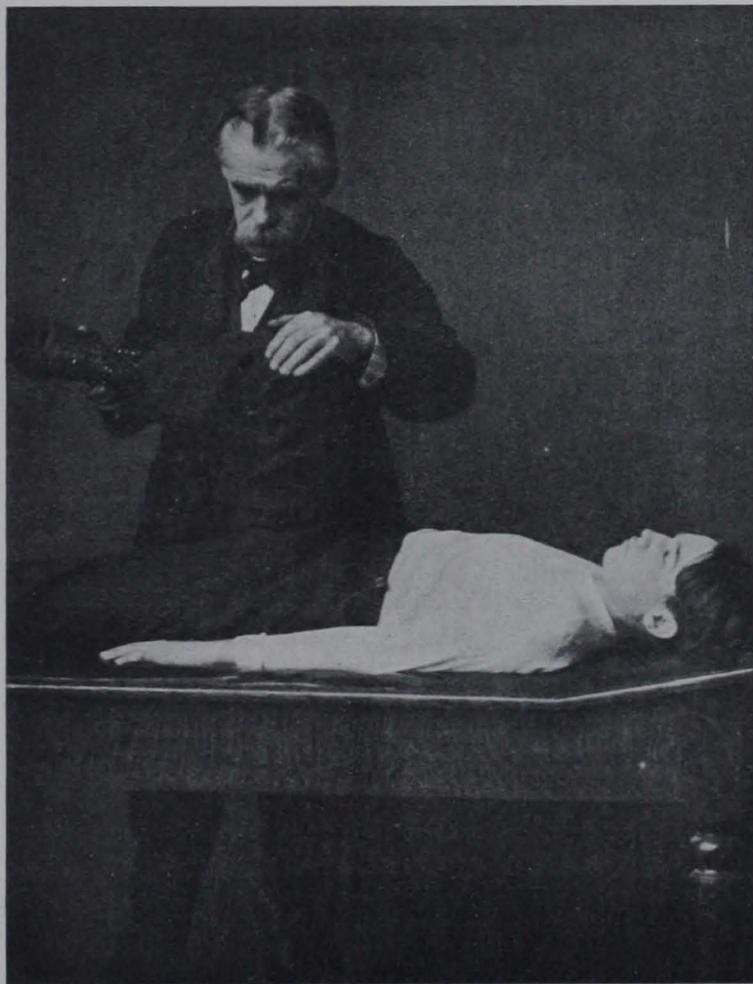


FIGURE 77.
ROTATING LEG OVER THE ABDOMEN.

Take hold of the patient's ankle with one hand, and the knee with the other, now flex the leg strongly on the abdomen, and continue by turning the bent knee over across the abdomen, at the same time the foot is turned outward the other way. Repeat several times with each leg, and every other time reverse the motion by turning the knee outward, instead of inward across the abdomen.

DISEASES OF WOMEN—INFLAMED OVARIES, PELVIC INFLAMMATION, PELVIC PERITONITIS.

Give a general spinal treatment, fig. 37, giving particular attention to the tender spots to be found at the lower part of the spine, fig. 35. With the patient lying on her back, and knees drawn up, begin very gently to knead the lower part of the abdomen gradually working deeper as the patient can bear it. While kneading draw gently upwards toward the navel. Also give treatments, fig. 58 and fig. 59. The inside of the thighs should be kneaded and the muscles stretched in like manner, fig. 69. Spread and close the knees against resistance, fig. 71, and the toes, fig. 72.

Give treatments three times per week.
Practice deep breathing.

DISEASES OF WOMEN—LEUCORRHOEA OR WHITES.

This disease is practically a catarrh, a congestion or slowed circulation of the blood vessels supplying the lining membrane of the vagina. There are many causes for this condition, weakness from diseases in other parts of the body, severe colds and particularly the habit of douching with warm water that is so prevalent among women.

If there is any other disease in any part of the body it must be corrected before a complete

cure can be effected. Stop the douches, except at rare intervals, when flow is excessive, for cleanliness. When douches are taken they should be very warm, as hot as the hand can bear, not less than a quart, and should be retained for several minutes.

Give a general spinal treatment, both sides, fig. 37, giving particular attention to the tender places, which may be found where indicated by fig. 33 and fig. 35. Give a deep kneading of the lower abdomen, beginning at the pubic bone and drawing or kneading upwards toward the navel. Remember that the knees should always be elevated when working on the abdomen.

Give treatments three times per week.

DISEASES OF WOMEN—LUMPS IN THE BREASTS. CANCERS.

Lumps in the neighborhood of the breasts are a source of great mental anxiety to women. Cancers are women's greatest bugbear, and charlatan doctors take advantage of this fear to deceive the victim into believing that all lumps in the breast are cancers and require an operation or some costly salve, etc. Cancers of the breast are really very rare. Most of the lumps are simply enlarged lymphatic glands, which are easily and quickly cured. Occasionally a fibroid tumor may be found in the breast, but these are slow of growth and not painful, unless bruised. Should they become bruised they may become malignant.



FIGURE 78.

FREEING THE BLOOD VESSELS FOR THE LEGS.
With the patient face downward, press upon the pelvis with one hand while the other hand grasps the angle, lifting the leg up, and at the same time bending the knee, using a little force.

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The cause of these lumps is an obstructed lymphatic circulation, often from a twisted upper rib.

Give a good spinal treatment between the shoulder blades, fig. 31. Raise the ribs, fig. 47; raise the collarbone, fig. 27. Thoroughly knead and relax the tissues in the armpit, fig. 29; and finally gently stretch the muscles around the lump, and from the lump to the armpit, but do not work on the lump itself. This treatment will usually effect a cure in a week or two. Should it still remain, go to an osteopath, who will very likely find a rib out of place at the spine and correct it in a few treatments.

True cancers, if on the surface of the skin, can be cured by combined X Ray and osteopathic treatments. Deep cancers are incurable, but life can be prolonged by an early excision, followed by X Ray and osteopathic treatments.

DISEASES OF MEN—GENERAL.

A book like this, intended for the family, may not be the proper one to include private diseases. But the shameful robbery of the gullible public by the scheming charlatan specialists, who deceive indiscreet young men into believing themselves afflicted with some dreadful disease that they only can cure at an enormous price, has decided the author to include this chapter.

All private diseases of men are curable by osteopathic treatments in less time and at less expense than by any other method.

MASTURBATION.

Parents often unconsciously teach their babes in arms the practice, by unnecessarily handling the genitals. The writer has seen mothers do this simply to quiet the child, totally unaware that she was beginning a habit that the child would soon learn to do himself, which later would lead to real masturbation at the proper age, with emaciation, loss of power and often insanity. Painful corporal punishment should follow every attempt by infants at touching the privates, for that is the only argument so young a child is accessible to.

Worms sometimes immigrate from the rectum and cause an irritation compelling the child to scratch. Adherent prepuce and uncleanness may cause similar irritation and itching.

Keep the parts clean. Remove all sources of irritation. As soon as children are old enough appeal to their sense of shame and self respect, when still older the physical weakening effects, with possible imbecility must be taught them.

To men and women I will say you can be cured. It is easy enough. The greatest obstacle is your weakened will. The mind is already weakened, idiocy is coming. Stop it. Stop it at once. Let it remain stopped. Don't be a slave.

Get a job at hard labor. Keep physically busy and you will not have time nor desire to practice the filthy habit. Avoid sensual sights, immoral reading or lascivious thoughts. Bathe the parts with cold water every night just before retiring.

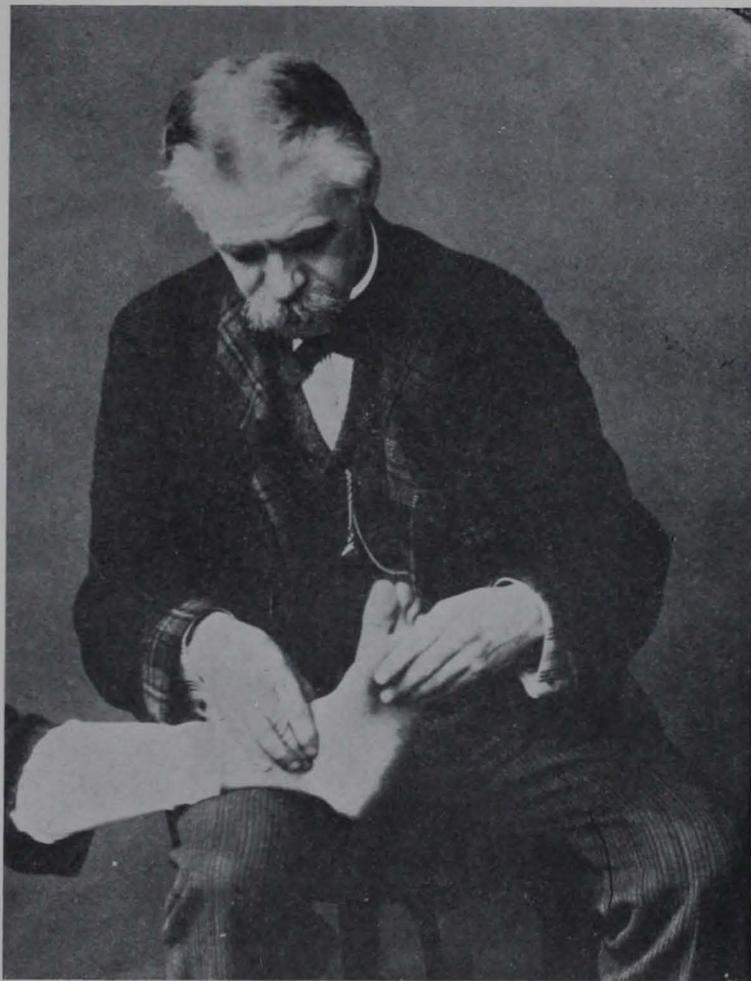


FIGURE 79.
TREATING A SPRAINED ANKLE.

With the fingers of one hand press between the different bones of the ankle joint, while the other hand rotates the foot in every direction.

Strengthen the parts by inducing a good blood circulation by thoroughly kneading the lower abdomen with a gentle upward stretching motion from the pubic bone to the navel, fig. 53.

Avoid all stimulants like liquors, wine, beer, tobacco or rich spicy food. The patient can give himself above treatment daily, but the system can be materially strengthened by a general spinal treatment, fig. 37 with special attention given to the lower part of the spine, three times per week.

Two or three months treatment, with "hands off" will always effect a cure, and restore bodily vigor.

DISEASES OF MEN—EMISSIONS, INVOLUNTARY, PREMATURE OR RETARDED. INABILITY TO ERECT OR MAINTAIN ERECTION.

These conditions are simply signs of weakness and are easily and quickly remedied.

Give a general spinal treatment, fig. 37, with particular attention to the lower part of the spine. The lower part of the abdomen should be thoroughly and deeply kneaded, with an upward stretching motion, from the pubic bone to the navel. Begin this treatment very gently increasing the pressure as the patient can bear it. Treat three times per week. Thoroughly and deeply knead the space between the rectum and testicles. Care should be taken not to injure the testicles. Give this treatment every night.

With knees raised and spread, draw the testicles out of the way with one hand, while with the other hand sharp, stinging slaps are applied to the space between the rectum and the testicles; one hundred slaps with each hand. Give this treatment every night. Constipation or other diseases must be cured also.

Avoid experiments at coitus for two months. Stop the masturbation at once. Don't be a slave. Be a man. Avoid all sensual reading, sights or thoughts. Be busy physically and mentally at labor. Avoid all stimulants, liquors, tobacco or rich food. Bathe the parts with cold water each night, just before retiring.

One or few months treatment will effect a cure and restore manly vigor.

DISEASES OF MEN—ENLARGED PROSTATE. STRICTURE.

This condition is always cured by osteopaths, by a local treatment of the prostate gland through the rectum. But as this treatment requires skill, and may cause injury to the patient at the hands of the inexperienced, we, therefore, shall not give it, but advise the patient to go to an osteopath as soon as possible.

DISEASES OF MEN—VARICOCELE. ORCHITIS.

In both these conditions there is an obstruction to the flow of the venous blood, causing a dilatation of the veins, or enlargement of the testicles.



FIGURE 80.
OSTEOPATHIC MUSTARD PLASTER FOR THE CHEST.
Place both hands flat upon the patient's chest, then with a circular motion, using some pressure, work the tissues between the skin and the bones for a minute or two. The hands must not slip on the skin.

The cure is affected by removing the obstruction to the venous flow, stimulating the nerves, and directing an extra amount of arterial blood to strengthen and build up the parts.

Constipation or other ailments must be cured also. Avoid everything sensual. Coitus is prohibited for two or three months. Do not use any stimulants, liquors, tobacco or rich spicy food.

Bathe the parts with hot water each night, just before retiring. Gradually dispense with the suspensatories.

Three times a week give a general spinal treatment, fig. 37, with special attention to the lower part of the spine. Knead and stretch the lower abdomen, fig. 53, gradually increasing the pressure as the patient can bear it. Stretch with an upward motion from the pubic bone to the navel. This treatment to be given every night before retiring.

These treatments, if thoroughly, regularly and persistently done, will effect a cure in a few months.

DISEASES OF MEN—SYPHILIS. GONORRHOEA.

As a rule, gonorrhœa is cured in a month or so without the usual sequelæ.

Syphilis may require years.

As there are many variations of these diseases the treatments should be under the care of an osteopath.

Coitus is absolutely prohibited. Avoid everything sensual. Avoid all stimulants, liquors, tobacco or rich food. Bathe the parts frequently with hot water, to which has been added the antiseptics as directed by the osteopath.

Carefully burn all cloths and bandages used. Be very careful not to inoculate others.

Three times per week give following treatments. Give general spinal treatment, fig. 37, with special attention to the lower part of the spine. Treat the kidneys, fig. 32; shake the liver thoroughly, fig. 55; shake the spleen thoroughly, fig. 57. Knead and stretch the entire abdomen thoroughly, with particular attention to the lower part; stretch upward from the pubic bone to the navel.

Practice deep breathing, taking not less than a thousand especially long inhalations daily. Take moderate exercise but not to fatigue.

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