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# A MEDICAL REVOLUTION

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# **A MEDICAL REVOLUTION**

**INFLUENZA STATISTICS SHOW  
OLD SCHOOL DEATH RATE  
FORTY TIMES AS HIGH AS  
THE OSTEOPATHIC FIGURES**

**OSTEOPATHY'S WONDERFUL  
ACHIEVEMENTS IN  
OTHER DISEASES**

**R. KENDRICK SMITH, M.D., D.O.**



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# A MEDICAL REVOLUTION

R. KENDRICK SMITH, M.D., D.O.



NINETY-NINE per cent. of the deaths in the recent influenza epidemic could have been prevented by osteopathic treatment.

This statement may seem extravagant or even absurd but it is based upon accurate statistics compiled by the American Osteopathic Association. More than 100,000 cases of epidemic influenza were reported to this organization as having been under the exclusive care of osteopathic physicians. The mortality was less than four-tenths of one per cent., as compared with the medical death rate of eight to ten per cent.

About three-quarters of the deaths from pneumonia could have been saved by osteopathic treatment, according to the same statistics. The American Osteopathic Association has returns from more than 6,000 of these cases. Under osteopathic treatment they show a mortality of ten per cent., while the official army medical statistics show an actual death rate of about thirty-five per cent. in the army camps in this country.

Requests for information as to the number of cases of influenza, the number of cases of pneumonia, and the number of deaths from each, were sent to every State Health Commissioner and every City Health Commissioner in cities of 40,000 population and over. One hundred and forty-eight replies were received.



Sufficient data has been received in the replies of those 148 Health Commissioners, together with the estimates of the National Census Bureau and the several Insurance Companies, to warrant the ultra conservative estimate of five per cent. to six per cent. of fatalities in influenza cases under medicinal care. In Boston the influenza fatalities amounted to twenty-seven per cent., as reported by the Health Commissioner of that city.

These reports also show a conservative estimate of thirty-three per cent. of fatalities in pneumonia cases under medicinal care, and in some large centers it ran as high as sixty-eight to seventy-three per cent. As officially compiled to date, the fatalities in epidemic pneumonia in our army camps amount to thirty-four and one-half per cent.

All told 2,445 osteopathic physicians have reported. Those 2,445 osteopathic physicians, representing every section of the country, report having treated 110,122 cases of influenza with only 257 deaths, or a mortality of only one-quarter of one per cent. They also reported having cared for 6,258 cases of epidemic pneumonia with only 635 deaths, or a pneumonia mortality of only ten per cent.

In other words, if you had influenza, there were 400 chances to one in favor of your recovery if you were treated by osteopathy; but only nineteen to one in favor of your recovery if treated by medicine.

#### **Pneumonia Also**

Now, if you had epidemic pneumonia and were being treated by osteopathy, you would, according to the above statistics, have had nine chances to one in favor of your recovery, but if living in Chicago and being treated by medicine, your chances would have been only three to one, while in New York there

would have been two chances in your favor and three chances against your recovery.

Startling facts? They certainly are when you realize that more than six million lives were lost in the few months of this epidemic.

Yet, this is not a whit more startling than the primary fact of the general curative value of osteopathy itself; only a more vivid, timely, and appealing illustration.

Osteopathy is one of the most startling innovations in all modern science. It is simply stupendous to realize that in a decade or two there has suddenly appeared out of a clear sky a new method of treating disease by strictly scientific methods, yet minus all the dangers of surgery and poisonous drugs. Never before in the history of the world has such an event occurred. For osteopathy, it must be distinctly understood, is a complete school of practice, and its practitioners are examined and licensed in every State in the Union. Its colleges comply with the highest educational standards, and no graduates receive degrees until they have completed the same four-year course required in all medical schools. In other words, osteopaths are physicians. Osteopathy is not a cult, a fad, or an "ism," but a recognized and legally regulated school of healing.

Not a cure-all. That is not the idea. Osteopathy is not a patent medicine, neither is it a religion. It is not a thing, an entity, nor a foreign substance. It is not a medicine, nor a cure. It is a school of practice, the physicians of which treat the patient instead of the disease.

### **The Blind Cured**

Speaking of startling things, what could be more startling than the complete cure of the famous blind Anzac Signaller

Skeyhill, who lost his sight going "over the top" at Gallipoli two years before, and was restored to vision by a single osteopathic treatment after having been condemned to life-long darkness by the "old school" specialists? Or the miraculous cure of the deaf and dumb idiot, condemned by the alienists and specialists in the Philadelphia courts to a life of confinement in an institution, yet cured by osteopathy, set at liberty by the court and exhibited by the Judge himself at the national osteopathic convention in Boston? Or the fact that the Juvenile Court of Philadelphia has established the routine practice of giving delinquents the opportunity of osteopathic relief before being sent to institutions? Or the cure of many cases of so-called incurable insanity in an osteopathic institution for these special cases where no drugs are used? Or the remarkable decrease of suffering in childbirth under this treatment?

So you see it is not only in influenza and in pneumonia that osteopathy has startled the world, but in all acute and chronic conditions, in every department of the healing art. Not that osteopathy can cure everything, but that it is applicable to every condition, as surgery, antiseptics, anesthetics and antidotes are a part of the practice of this new art.

One of the most obvious and hopeful evidences of the great wave of reconstruction now sweeping over the country is the awakening of the health-conscience of the lay public. Nothing like it has ever been known before. The people are beginning to think, to decide, to judge—not only on political matters, not only on peace and war and internationalism—but they are discovering that the underlying military strength of a country depends primarily upon the health of its individual citizens! This is a new awakening. It required noth-

ing less than a world-crisis and national conscription to bring it about.

### The Public Decides

The people have also discovered to their amazement that they have a right, yes, even a duty, to form opinions on medical matters and to dare to question the heretofore undisputed autocracy of the self-constituted dominant school of practice. The drug fetish has been unseated from its aged throne and the public has found that it is not only quite possible to get well without pills, but that Oliver Wendell Holmes—who was not only a poet but a professor in Harvard Medical School—was quite right when he dared to declare that mankind would be better off if all the drugs were dumped into the sea, but that it would be a bit rough on the fishes!

If it took the greatest of wars to teach the first lesson it required the most terrible epidemic in the world's history to teach the second lesson. At the very moment when the marvelous achievements of modern medicine were being loudly heralded, at the climax of the world's scientific development, at the very period when preventive medicine had reached its highest pinnacle and when the governments of the world for the first time in all history had complete control of all physicians, and at the instant when serum and vaccine had been boastfully announced as the panacea for all ills—yes, at this very time—six million lives were snuffed out under the treatment of the leading old school physicians of the world.

The public was dazed. When it awoke it had seen the light. Old school medicine, upon which it had relied, had not made good. Explanations, no matter how scientific, could not bring back those six million lives. Neither could argument, no matter how much supported by the precedent of the

past, divert the public intelligence from the comparative death rate under medical and osteopathic treatment. Facts are stubborn.

Officials of organized medicine may declare until they are black in the face that it is better to have patients die under their practice than live under osteopathic care, but the patients do not believe it!

So the revolution is on. The public has decided to get well and has determined to exercise its own judgment in the selection of the method by which it will get well.

### **Army Bars Osteopaths**

Another evidence of this public attitude is the storm of indignation which denounced the action of the War Department in refusing to examine osteopathic surgeons to see if they were competent to hold commissions in the army, and in throwing into the trenches as privates a half a thousand registered osteopathic physicians at the very time when thousands of our soldiers were dying of influenza because of an inadequate number of doctors to care for them. Congress was inundated with letters demanding the enactment of a law to compel the department to examine osteopathic physicians and give them commissions in the army medical corps when found competent.

When the epidemic was raging and the boys were literally dying by the thousands, were not these 500 licensed osteopathic physicians with their professional training, ordered to help care for the afflicted? They were not. Why not? Because their degree was D. O. instead of M. D. When the boys out at the Great Lakes and out at Camp Grant, and Camp Benjamin Harrison, and Camp Sherman, and Camp Devens,

and Camp Upton, and Camp Dix, and Camp Mead, and all the other Camps, when those boys were coming down by the thousands with pneumonia and dying at the rate of thirty-four out of every hundred, and the medical staffs at the various camps were being worked to death, and were wholly inadequate to handle the large number of pneumonia cases, were not those licensed osteopathic physicians called to aid in saving those dying boys? They were not. Why? Because Surgeon-General Gorgas said that only physicians with the degree M. D. were eligible to enter his Medical Department in the U. S. Army.

If 330 or 340 out of every 1,000 pneumonia cases under medical care died and only 100 out of every 1,000 cases under osteopathic care died, who is responsible for those additional 240 deaths in every 1,000, the difference between the two records?

### Highest Academic Standards

The advance of osteopathy has been so rapid that the average citizen who has not had personal experience with it has not had opportunity to keep pace with the progress. That is why this article has been prepared—to acquaint the public with the facts in order that they have a proper sense of proportion in comparing the schools of practice.

Before saying a word about what osteopathy is, let us first consider its legal and academic status, in order that the mind be disabused of any impression of its inferiority in these respects to any other special school of practice. In the first place, every State in this country recognizes osteopathy in its statutes, about half of the States having Board of Registration in osteopathy and about half of them examining the osteo-

paths and medical applicants by a Board made up of medical and osteopathic physicians.

In the second place, the academic standards of osteopathy are no less than those of medicine. Every osteopathic college is chartered by the State and authorized to confer the usual degrees. All require a complete four-year course of personal attendance with as many hours per year as *any* medical school. Every subject in the curriculum of the medical school is taught in the osteopathic colleges, and many subjects are given a greater number of hours than in medical institutions. All the specialties are taught, including surgery, and hospital and clinical work is required of all students. Consequently the criticism of inadequate education cannot, with any regard to truth, be brought against the osteopathic profession.

### What is Osteopathy?

The reader now perceives that he has not been invited to consider a trivial or unauthorized subject, but a school of practice licensed by the State government and taught in colleges chartered to give degrees after the standard four-years course of study. Then what is this new method of treating disease, anyway?

Why the necessity for different schools of practice? people ask. Why should not all physicians use the best of everything for the good of their patients? They should. But they don't. That's the reason for osteopathy.

There is nothing new under the sun. There is nothing new about anatomy and physiology. But it is entirely new to utilize the knowledge of anatomy for the purpose of the treatment of disease. That is what osteopathy is. The facts are not new, but the utilization of them is new. The body is a machine. That has always been taught in all medical schools,

but the conventional philosophy of "regular" medicine never for a moment included the perfectly logical idea that good mechanical action of this machine constituted health; faulty action, disease, and adjustment, the remedy. Curious omission, wasn't it? But for that omission there never would have been any such thing as osteopathy.

Osteopaths, then, are physicians who have graduated after four years' study from osteopathic colleges chartered to give the degree of Doctor of Osteopathy (D. O.) and who have been examined by the State Board and licensed to practice. Osteopaths have their own specialists and surgeons, just as the homeopaths, for instance, do. Surgery is quite osteopathic, when it is rational surgery, because it is mechanical, but everybody knows that a very large percentage of surgery is denounced by the old school leaders themselves as being not only unnecessary, but rank profiteering.

#### **Founded by a Surgeon**

"Bloodless Surgery" indeed is the term frequently used to indicate osteopathy, as it makes a mechanical change inside of the body without cutting through the skin. It should be remembered that this system of practice was not created anew out of whole cloth. It was not the fanciful dream of an unlearned person. It was not mysteriously discovered inscribed on golden tablets. It was the result of the mature deliberations, experiments, elaboration and life work of an old school physician, who was a surgeon in the Civil War, by name, Andrew Taylor Still. Modern science culminates today in a focus on the one admitted fact that disease is no longer regarded as a thing in itself, but merely a negative phase of health or body action. Consequently, osteopathy is purely and simply the natural result of the scientific progress of the



day, the ultimate outcome of rational therapeutic philosophy, the treatment of the body of the patient instead of the traditional mysticism of hunting for some medical will-o'-the-wisp, some potent charm, or some strange poison which might be supposed to be deadly to some particular disease.

Nothing that is scientifically proved is opposed to the principles of osteopathy. Nothing which is osteopathic has been scientifically disapproved. Osteopathy is common-sense reasoning applied to the treatment of diseased body action. All of the knowledge of all the ages regarding the body, all the research, all the lore of all the medical schools of all time are accepted as the fundamental details with which the osteopathic physician exercises his artistry in his attempt to adjust the human machinery so that its gears, pistons, plumbing, pumps, and dynamos will work in co-ordinated harmony. This achieved means health. It means resistance against disease. It means the conquest and destruction of germs.

All the anatomy, physiology, chemistry, hygiene, and all other sciences relating to the body itself, as studied in all other medical schools, are utilized in the preliminary education of the osteopathic student who is taught to utilize these facts in the fine re-adjustment of disordered human mechanisms. All the diagnostic instruments and methods known to all other schools are at the disposal of the osteopath in his investigation.

### **Adjusting the Body**

But here is the parting of the ways. Utilizing the fundamental sciences of body construction and the diagnostic instruments of precision, the osteopath then proceeds to a structural diagnosis of the mechanical cause of the disturbed body action. Finding this, his treatment instead of consisting of

pills and potions is simply a correction or adjustment with his hands of the crooked, twisted, or distorted portion of the machinery. The osteopath does not cure. Nature does that. The osteopath simply twists the body into shape thereby eliminating the handicap which had prevented nature from accomplishing the cure before.

This cannot always be done. If it could be, osteopathy would be magic or witchcraft, or divine healing. But it can be done and is being done much more often than by the old-fashioned methods. There are still incurable diseases. Osteopaths do not claim to cure these. There are still surgical conditions which should be operated upon surgically. Rational surgery is osteopathic, as it is the mechanical removal of obstructions to health. There are still cases of poisoning. Osteopaths will not cure these. Chemical antidotes are not any less indicated because of the success of osteopathy. Anesthetics are still necessary just as is anything else which is of proved scientific value. No one appreciates antiseptics more than the osteopath. Any critic who imputes to osteopathy the denial of the proper place of any of these things is making himself more ridiculous than he is injuring the new school of practice.

The only patients osteopaths had the opportunity of treating were those whom the practitioners of other schools had failed to relieve. Consequently, if osteopathy was not curative, and if it was not more curative than medicine, it would have died of starvation years ago instead of increasing more rapidly than any other school of practice ever did before. Its innumerable cures of so-called incurable cases, and its phenomenally rapid progress constitute obvious evidence of its merit.

### The Only Mechanical Doctors

Still more startling, perhaps, to the average reader than the epidemic statistics, may be the fact heretofore unpublished that osteopathy has grown so rapidly that it now leads all of the special schools of medicine in this country. The public is yet unaware of the fact that osteopathy is second only to the so-called "old school" of practice. There are now more osteopathic colleges in the United States than homeopathic. More osteopathic physicians are being licensed every year than homeopathic. This constitutes an amazing change in the status of the practice of medicine in America.

Never before in the history of the world has there been a complete school of practice the basic principles of which have been the treatment of disease by mechanical adjustment. For a full understanding of this statement the reader must realize the meaning of the expression "complete school of practice." A complete school of practice means a system of treatment, the graduates of which are legally recognized and registered physicians. Therefore, osteopathy is the only system of mechanical treatment whose practitioners are legally physicians. The masseur, for instance, is not a physician but an attendant with or without education who administers massage with or without a physician's orders, but is forbidden by law to diagnose disease or to assume charge of a patient. The same definition applies to a Swedish gymnast or a physical culturist or a person who administers any other mechanical treatment. The osteopath is the mechanical physician and the only mechanical physician there is.

There is no fact better established in all science, declares the author of one of the best known old school text books on materia medica in his preface, than that the human body

contains within itself all the substances necessary for the cure of disease. The osteopath just naturally goes ahead and uses them instead of sending down to the drug store and perhaps getting the wrong one. The reader of this text book might naturally wonder why the old school chap kept on and wrote hundreds of pages about thousands of drugs used for treating disease.

### Not Antagonistic to Drugs

It must not be assumed that osteopathic physicians take a position antagonistic to drug therapy. They merely demonstrate by their progressive succession of thousands of cures of patients ~~who failed to find relief in bottles, that they have something so very much better than drugs that they do not need to bother with such antiquated and discredited agents.~~ Osteopaths do not have to denounce drug medication. That is much more ably done by the leading authorities of the old school themselves. The physician of the late King Edward of England said, that the best physician was the one who knew the worthlessness of the most drugs. The famous Col. Richard Cabot, M.D., publishing the statistics of the Massachusetts General Hospital, shows that the majority of medical diagnoses there are proved incorrect by autopsy. He also proved that the majority of prescriptions by the most fashionable physicians of Boston were for proprietary preparations (patent medicines) the formulae of which they admitted they were ignorant. The Carnegie Foundation's survey of the medical profession of America summed up the situation by declaring that the majority of physicians are uneducated and incompetent to practice. Understanding that these and countless similar charges are made by medical authority and not by osteopaths, we may fairly acquit the latter of any charge of such

relentless, bitter prejudice and persecution as has always been openly conducted by all organized medicine against this new school of practice. The osteopath only asks that his work be judged on its merits instead of by medical sneers, and that he be given opportunity to keep on curing the cases that drugs and surgery leave uncured.

Not only is the osteopathic physician trained for the treatment of disease, but he is prepared for the more important duty of preventing disease. Preventive medicine will be the chief care of the conscientious physician of the future, and no system is so efficient in this field as osteopathy. For example, it is an established fact that children who are having osteopathic treatment are not as subject to epidemic diseases as other children are, because proper osteopathic treatment raises body resistance to germ infection. Body resistance spells health, and the system which increases this is preventing disease. That is what osteopathic physicians can do. Many osteopathic physicians in the recent epidemic reported that their patients who were having regular treatment escaped the disease.





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