

Nature and Evidence Based Science of Dr. Still's Philosophy

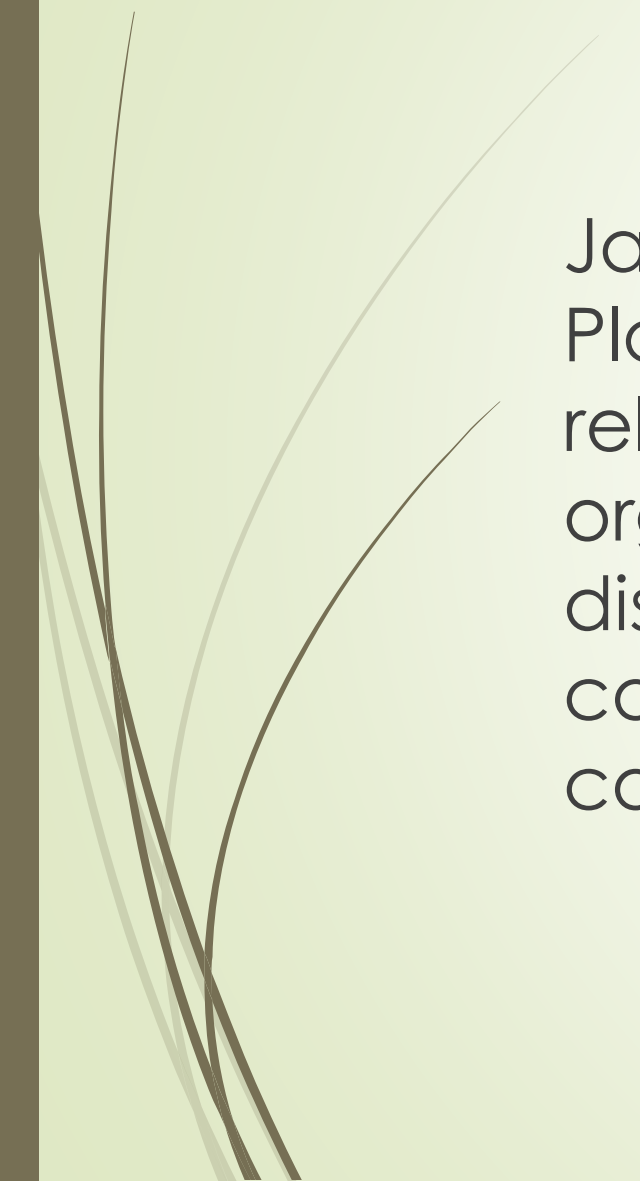
Considering Dr. A.T. Still's observation of nature in developing his original ideas of Osteopathic Healthcare. How well does his original principles hold up to the current Evidence Based Practice Model? At odds? Or, remarkably adaptable like nature. Let's take a look!

Presented By:

Jason Haxton - Museum of Osteopathic Medicine Director



Disclosures



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Presentation Objectives

Discuss the historical perspectives of A.T. Still and how this perspective influences healthcare education.

Discuss quotes and facts related to the development of osteopathy from Dr. Still's observations in nature and research by early followers in the field.

Review information that is subject to analysis and synthesis of material presented to deduce the growth of osteopathy as a healthcare profession focused on evidence based medicine.

Dr. A.T. Still had observed that in nature – the biological principles of blood flow with good or nutrition carried in and the bad – or waste carried out, had more to do with **health and the body's ability to heal than anything** else of the time.

Dr. Still believed that the body was a biological system every part inter-connected.

Any disruption within the body would lead to a break down of one's health.

Dr. Still's philosophy was on achieving health and focused on the whole person (mind, body, and spirit). This health approach to patient care regards the body as an integrated whole rather than treating specific symptoms or illness. He found that manual medicine could treat medical cases with the least amount of harm to the body. He was open to medication and surgery as last resorts.



American Alliance of Museum Accreditation Achieved



AMM Accreditation

On behalf of the Accreditation Commission, it is my great pleasure to tell you that the Museum of Osteopathic Medicine was awarded accreditation at our June 16-17, 2022 meeting. This means the museum meets National Standards and Best Practices for U.S. Museums and joins a community of institutions that have chosen to hold themselves publicly accountable to excellence.

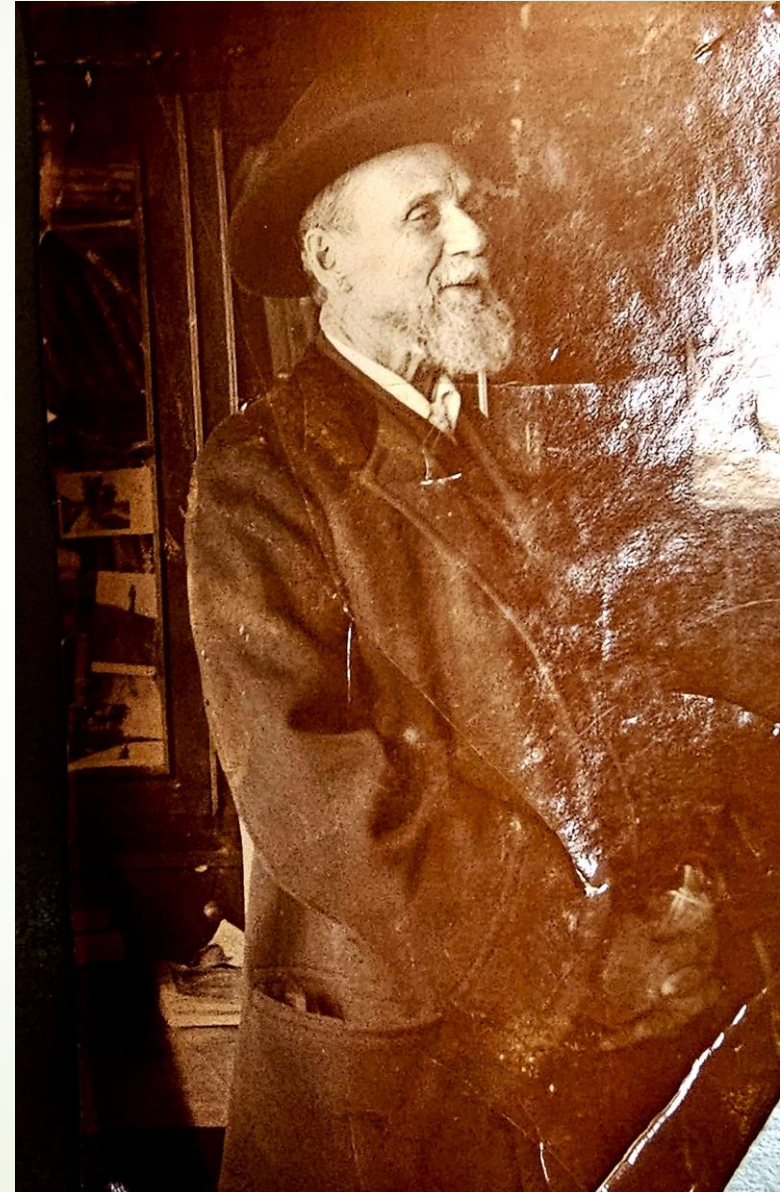
Through a rigorous process of self-assessment and review by its peers, the museum has shown itself to be a good steward of its resources held in the public trust and committed to a philosophy of continual institutional growth.

The Commission and Visiting Committee found the museum demonstrates extremely high levels of professionalism, is an integral part of the fabric of the University, and is held in high regard by the national and international audiences it serves. The university is also commended for its full and enthusiastic support of the museum, allowing it to flourish and provide a much appreciated academic resource for students, doctors, and other professionals, as well as area schools and general visitors. The museum can serve as a model for other health institutions with museums on how to use collections and train students.

Recent gift of photographs from an older D.O.



Formal photo of Dr. A.T. Still



Letter from Mark Twain to Dr. A.T. Still

30, Wellington Court,
Albert Gate.
London, Feb. 23, 1900.

Dear Sir:

By argument of two experiences of mine I suspect that your secretary is afflicted with the several infirmities usual to his guild: indifference, unfaithfulness, incapacity, discourtesy, & chronic fatigue. To one letter which was written to you by my desire he returned an answer whose curtness, vapidity & inadequacy would have discredited the house-cat. To another, which was signed by my wife (Mrs. Olivia L. Clemens) he has furnished no answer at all. As you distinctly

invite correspondence upon business, this was a quite indefensible offence, as you will yourself admit. As you do not give notice that applicants for information must forward stamps, I take it that his dereliction was not based upon economy — except perhaps of labor, & courtesy.

It is not supposable that he kept my wife's letter, or that he keeps anything that intrudes upon him but the Sabbath; & I don't believe he would keep that if it weren't a day of rest. Wherefore I will repeat the questions that were asked in the letter, & will also try to see that my letter reaches your hands:

1. When does your school-year begin?
2. What are the tuition-expenses?
3. What is about the usual cost of living, in the town — for a young man?

The young man is a Swede; is of fine character & capacities; has studied & worked four years with Kellgren; and (under Kellgren) is now head of the establishment. While the principles underlying your system & Kellgren's are the same, there are differences in the application of them: Wherefore ~~this~~ gentleman wishes to take your course & acquire your diploma as his purpose is to practice in America.

Very truly yours
Mark Twain

If a speedy reply to this can be had I shall like it, as the young man cannot throw up his important position without having a little time in which to make plans.

Recently discovered letters from a patient

R. J. RAILSBACK,
REAL ESTATE
AND INSURANCE.
NOTARY PUBLIC.

HOPEDALE, ILLINOIS, 1-13 09

Dear Roy,

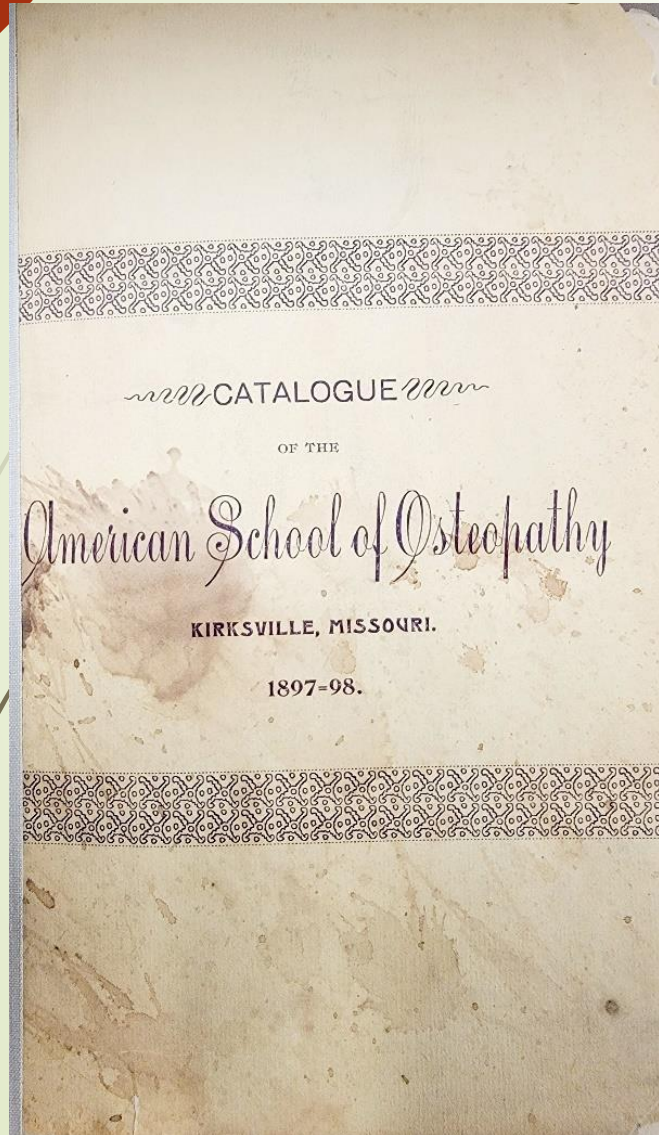
We had arranged to start home Tuesday morning packed trunk paid Bill & So. Ed & Annie in Monday evening. Let Mom's hip and asked why we couldn't stay another day he wanted to see how it done. Told him we could. I waited until 3 o'clock for him to come round and then went to the office to wire you we would start tomorrow. While I was gone he came and wanted me to stay a few days and he would take charge of the case himself. When I came back I went over to see Dr. Charley and told him what his father said. He said Pa was here and told me Mrs. Railsback

he thought was better. "Pa has taken a great interest in her case and he thinks that he can cure her. I am coming over myself pretty soon and see and we will talk the matter over." Now this is all out of the common and we are certainly favored to get the old man enlisted in the case as people have been here months and have never had more than a soda do to him and have tried all kinds of ways to get him to gain. Then the old man told your Ma this afternoon I had to have you go home on those things her crutches. We will stay a while longer unless Charley thinks she will do as well at home. Has been cold here & below to day it is nice have the mat salted with dry salt. Hope you will get cars will write again soon.
Your father & mother

We know from various accounts that after 1899, Dr. Still rarely taught class and only treated patients as he wanted... it was not a regular occurrence or expected. These early letters from 1903 confirm this as fact. In this case it was a hip issue - one of Dr. A.T. Still's specialty areas... Dr. A.T. Still he did not want her (Mrs. Railsback) to go home on crutches. I guess she didn't.



World Renown Discoverers Science and Medicine from Dr. A.T. Still's Era



From 18 students in 8 years 1900 the American School of Osteopathy was graduating about 600 physicians each year. The catalogue identifies the current ideas that would be taught. Today over 25% of all USA Student Doctors are DO.

Swedenborg – Sweden

Charles Darwin – England

Herbert Spencer – England

Rudolf Virchow – German

Louis Pasteur - French

Emanuel Swedenborg: 1688 -1772

Anatomy and Physiology

Osteopathy AND Swedenborg



**The Influence of
Emanuel Swedenborg
on the Genesis and
Development of
Osteopathy, Specifically on
Andrew Taylor Still and
William Garner Sutherland**



David B. Fuller, D.O., F.A.A.O.

Biography of Swedenborg



OVERVIEW

✦ Emanuel Swedenborg (1688–1772) was an eighteenth century Swedish scientist and philosopher who later developed into a theologian. He lived a long and productive life, writing, and publishing from the age of twelve until his death at eighty four. He wrote more than forty thousand pages on a wide range of topics, ranging from the natural sciences such as physics and anatomy, to religion, cosmology, and theology.¹

Swedenborg had a wide influence in the European intellectual circles of his day. After his death, his ideas traveled across the Atlantic and became very influential in America during the early and middle 1800s.²

Today, Swedenborg is most remembered for his theological writings. However, many of his pre-theological writings were far ahead of their time and contained concepts not recognized by the scientific community until centuries later. His scientific and philosophical writings, particularly his works relating to anatomy and physiology, also contained ideas that later became fundamental to his theological works as he developed his comprehensive organic theology.³

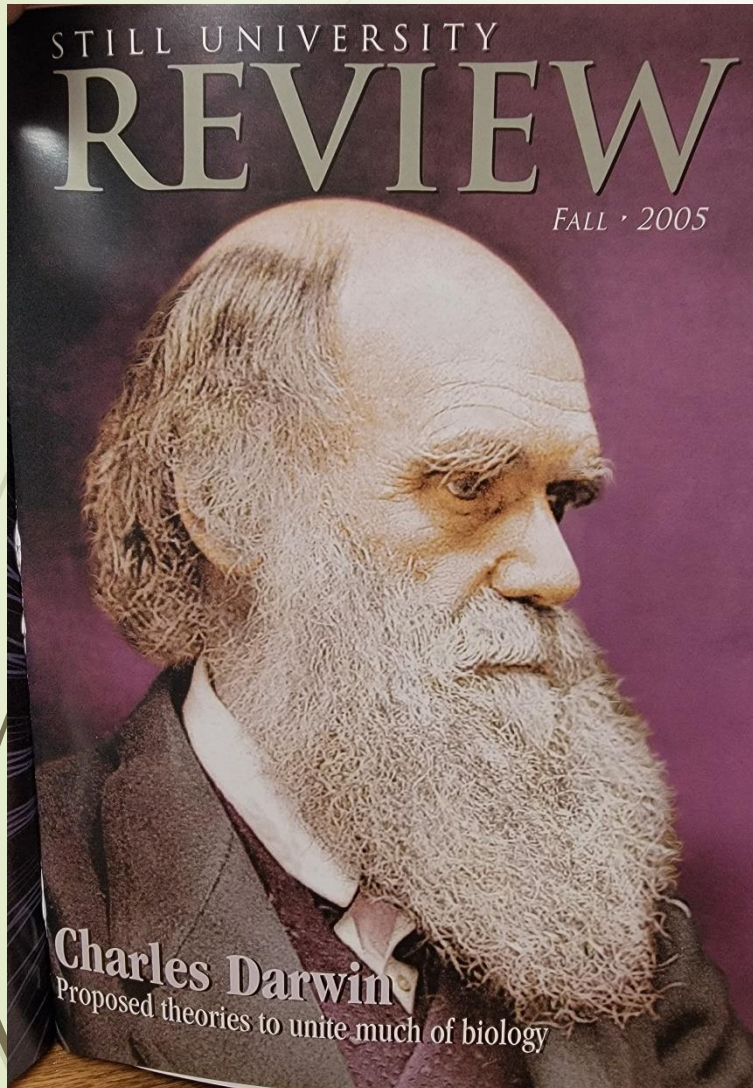
Swedenborg wrote the vast majority of his works in Latin, the scholar's language of his day. They have since been translated into English and many other languages. Some English translations are current and on-going. Others (especially of his scientific works) are over one hundred years old and so sound formal and Latinate to the modern reader.

A. T. Still first developed osteopathy in 1874 and founded the American School of Osteopathy in 1892, which would become the first and very influential school of an entirely new medical profession. Osteopathic medicine has grown into a broad profession covering many specialties, but they all have grown out of the osteopathic tradition that recognizes each patient as more than the sum of the body parts, treating with a “whole person” approach, including recognizing the important role that the musculoskeletal system plays in disease and health as well as recognizing the triune existence of body, mind, and spirit.

Many of Still's anatomical, metaphysical, and spiritual ideas share a great similarity with those of Swedenborg. These ideas include the concepts of body, mind, and spirit, fluid aspects of health contained in cerebrospinal fluid, blood and lymphatics, fascial interconnections uniting the body, the ability of the body for self-regulation and self-healing following an inherent wisdom contained within it, and much more.

Charles Darwin: 1809 - 1882

Change and growth - Evolution



Charles Darwin actually proposed five interrelated theories: Evolution, Common Descent, Multiplication of Species, Gradualism and Natural Selection.

Origin of Species 1859 demonstrated his theories –fossil records; Anatomic similarities; Embryo stages; Bio-geographic distribution and Genetic Similarities.

Herbert Spencer: 1820 -1903

God as Mind – over all motion in matter – Natural Selection

passage throughout the organism, some of this matter enters into the living state, and lingers for a time as part of the bodily substance; but sooner or later it dies, and is then for the most part cast out of the body. The living body is like a whirlpool into which, and out of which, matter is constantly streaming; while the whirlpool maintains its characteristic form and individuality. To put the matter in the most general shape, the body of an organism is a sort of focus to which certain material particles converge, in which they move for a time, and from which they are afterward expelled in new combinations. As Mr. Huxley, the great physiologist says,

"If we could get near the mysteries of the living organism, we should see that it was nothing but the constant form of a turmoil of material molecules, which are constantly flowing into the organism on the one side and streaming out on the other."

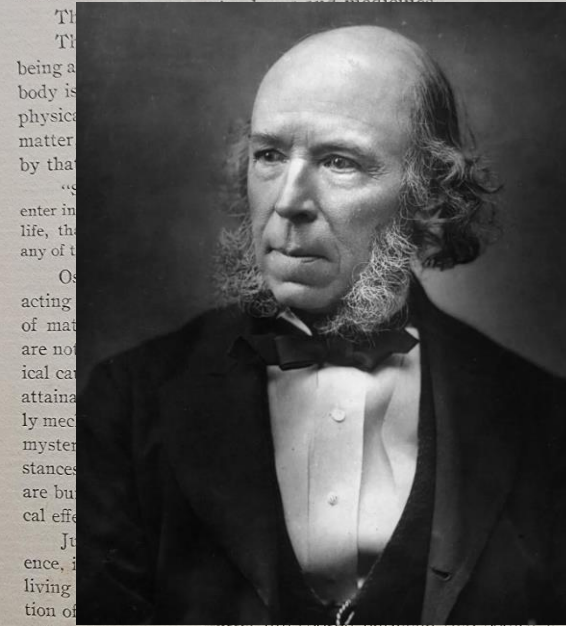
The position of Osteopathy is that all life in matter is a form of motion; and this can be established from the principles of universal science. Thus we arrive at two of the constructive ideas of this science—matter and motion. The study of these two terms will unfold the superstructure that Osteopathy builds upon the substratum of these two elements.

It appears from Chemical Analyses that living matter is a tolerably definite compound of a number of the chemical elements, and it is probably too low an estimate to say that at least six elements must unite in order that life may exist. Living matter invariably contains substances known as proteids, which are believed to constitute its essential material basis. Proteids are complex compounds of carbon, oxygen, hydrogen, nitrogen, sulphur, and, in some cases at least, phosphorus. It may be pointed out that each of these six elements is remarkable in some way; oxygen, for its vigorous combining powers; nitrogen for its chemical inertia; hydrogen for its great molecular mobility; carbon, sulphur, and phosphorus for their allotropic properties. Herbert Spencer in his *Principles of Biology*, Vol. 1, says:

"All these peculiarities may be shown to be of significance when considered as attributes of living matter."

We may, indeed, say that the material substratum of the bodily organism is proteids, and that it is through the agency of structures essentially proteid in nature that the chemical and mechanical processes of the body are effected.

rived from living matter exhibit the properties peculiar to the living matter of the body, and are, consequently, not fitted to be co-materials for its assimilation."



attract them; and so, a thinker is compelled to admit an invisible force which cannot be resolved into molecules.

Mr. Herbert Spencer in the recent twelfth volume of his series on "*Synthetic Philosophy*," says:

"But one truth must grow ever clearer—the truth that there is an inscrutable existence everywhere manifested to which he (the thoughtful observer) can neither find nor conceive either beginning or end. Amid the mysteries which become the more mysterious the more they are thought about, there will remain the one absolute certainty—that he is ever in presence of an infinite and eternal energy from which all things proceed."

Mind, then, which is not a property of matter, and cannot be

identified with motion, governs all the molecular combinations of the human body.

"That which characterizes the living machine,"

says the great physiologist, Claude Bernard, in his "*Introduction à l'Etude de la Médecine Expérimentale*,"

"is not the nature of its physico-chemical properties, however complicated, but the creation of the machine itself which goes on before our eyes, etc., under conditions proper to it, and according to a definite idea which expresses the nature of the living being and the very essence of life. That which is peculiar to the domain of life, which does not belong to Physics or Chemistry, is this ruling principle of vital evolution. In every living germ there is a creative idea which develops and manifests itself in the organization. Through all its existence, the living being remains under the influence of this same vital creative force. Here, as elsewhere, this is the originating and governing principle of the whole."

Aristotle has set the seal of his genius on this theory of potentiality, and draws from it, with rigorous logic, the reasonable conclusion that this ruling, formative principle of the living being, this potentiality, which develops itself in his organism, implies mind, thought, as its origin and antecedent.—"*Metaphysics*," Book 8, chapter 8.

Osteopathy applies these reasonings in its science. It goes back to the first cause, perfect and eternal, which has imparted to every germ, to every molecular existence, the vital energy capable of developing it according to its proper plan. We find a design, a thought in a preparatory state, in every bodily organ. But this design requires as its formal and final cause a perfect, complete, living mind, in a word—GOD.

God, as mind, is resident in and president over all motion in matter. The principles of "Natural Selection," so conspicuous and wonderful in the operations of protoplasm and the cell, are referable to the presence of this immanent and transcendent mind. In all the mechanism of the body, those actions which appear to be "automatic," as so many physiologists would say, are not really so. They work "of themselves;" but then, they can work as they do only because those "selves" are adjusted to do certain things. There are many so called automatic movements in our own bodies, which are a perfect illustration of this principle; for example, the apparatus which watches against the introduction of food into the wrong passage in the throat, and shuts it off, or

Rudolf Virchow: 1821-1902

Cellular Theory

Cellular Pathology was published in 1858 (with an English translation in 1860).

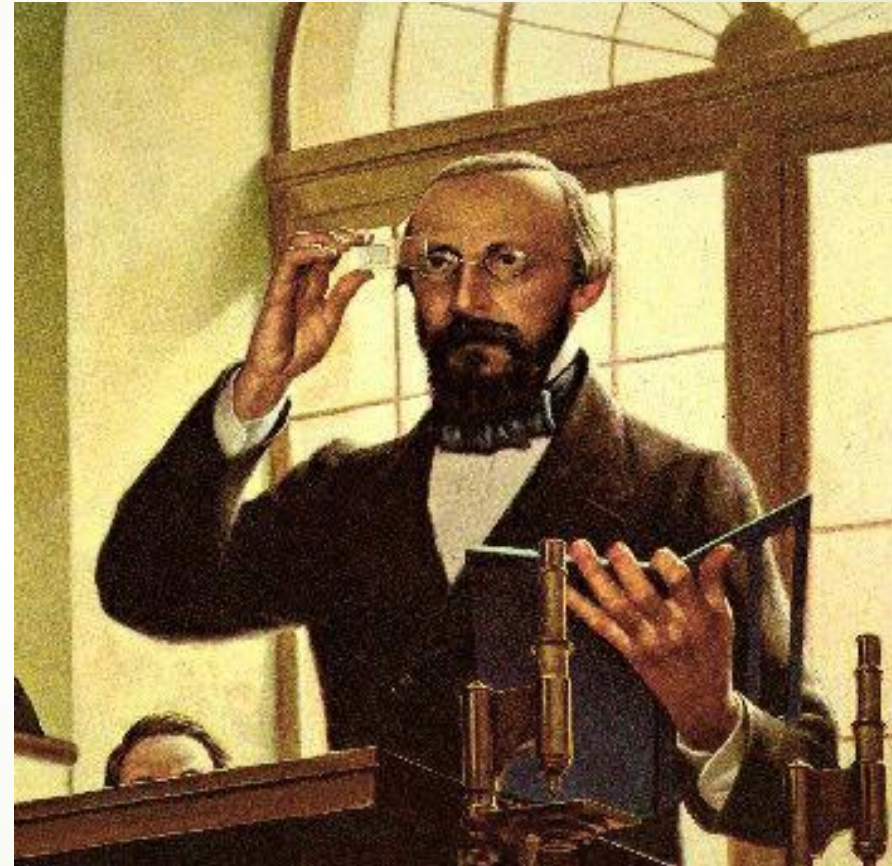
In his work, Virchow encapsulated in the epigram *Omnis cellula e cellula* "Every cell originates from another existing cell like it."

It is a rejection of the concept of spontaneous generation, which held that organisms could arise from nonliving matter.

Virchow (and his predecessors) extended this to state that the only source for a living cell was another living cell.

His work in essence showed that the drug culture medicine of the 1800's did not apply to biology.

Dr. A.T. Still had also concluded this about drugs.



Louis Pasteur: 1822 - 1895

Natural eco-systems of life-death-life.

Louis Pasteur – ideas on fermentation, ecological structures or environments



Pasteur ideas

I will try to assist the inquirer to fully comprehend what we mean by germs which are universally the offspring of dead bodies. When a tree dies in a forest it ceases to produce leaves, flowers and fruit. It begins to live a new life which is just as active as the life it lived when producing the tree. The second life or condition is ordinarily known as decomposition. It goes on and on until complete disintegration of all atoms is accomplished. After the tree has been dead twelve months we see that it is not dead but actively producing another form of being commonly known as frog-stool. Under the microscope we see a perfect system in the preparation of nature to produce this spongy growth. We see finely formed fibers and we see a difference in the different parts of this spongy growth. Some of it is as coarse as the fibers of red muscle in the animal, some has the appearance of liver, kidney, lung, secretion, excretion, arterial, venous and all of the systems in the animal life except locomotion. The philosopher will see at once that he has before him the system of a general living action, whose business it is to collect and conduct a chemical manufacturing process which prepares the elements and conducts them to their proper position and adjusts them under the most scrutinizing laws of construction.

But I want to draw the attention of the observer of this process to the fact that the dead condition of the tree or log had to be complete before the process of the new life could go on and on and start the work of forming those tumors. This I think should be very valuable to the osteopath who is taught to dread the germs which I think he should dread until he learns how to proceed and keep the tree in a healthy condition and keep it out of all chances of local and general death. If you wound a tree in the forest it goes on through all of the steps from the wound to gangrene and death which in the body the osteopath shall overcome by adjusting the parts in the locality of an organ injured. He is warned to keep the blood or sap in a condition to be delivered and appropriated. He must do this by first attaining a correct knowledge of form, force, supply and function and then by his skill he can maintain a normal condition of the human body. Then he will have no tumors or unnatural deposits to be turned off to the surgeon's knife to be followed by a funeral procession with this hint you should dig out the remainder.

GERMS AND PARASITES.

We can analyze the blood or sputum and tell whether we ate negro babies, pups or turkeys for Thanksgiving dinner three months ago. We find germs, fat, lean, round, long, short and all shapes. We spend too much time in that kind of work. We "had ort" to analyze the doctor's brains and see why he didn't clean the germs out before with the blood. To see why he failed to let the blood in to do its deadly work on the bugs and snakes of contagion. Don't the doctor know that man is the greatest parasite and nature's highest known germicide and can kill germs faster than "Ma" can paddle a bad boy? God is no fool. We "had ort" to keep every bone in its place. You must remember that the pill doctor is not a fool but an old ass of tradition and keeps the faith of his forefathers. We "shouldn't ort" to go to sleep if we are osteopaths.

We have no controversy with scientists on the fact that germs are found in the system. This has been scientifically proven many years ago. The germs must have right conditions or they fail to appear in dangerous numbers. First, they must have dead flesh to eat or they will die. It has been satisfactorily proven that germs of different kinds have been found in lung diseases, kidney diseases, and in other organs and parts of the system. They appear in great numbers in parts of the system that have given way after a long continuation of fevers or in prostration that accompanies the disease in which it is found. A few germs have been reported to have been found in healthy persons which we have reason to doubt. We are very well satisfied that there was some failure of the blood, nature's reliable germicide, to reach and repair and hold healthy possession of that part of the body in which the germ has been found. We will stick to the belief that nature's chemistry can produce and apply the substance that will destroy any germ that appears in the various kinds of disease in which it is claimed they are found. Not only to destroy the germs but to disorganize and pass away unnatural accumulations of lime in diseases of the liver, kidney, thyroid gland and many other organs which accumulate only when the activity of sensation, motion and nutrition is suspended by some obstruction from the heart and nervous system to the accumulated local excrement. Thus we have unbounded faith that nature's chemistry is the doctor and the only one on whom we can depend for relief. Nature abounds with remedies necessary for its use in all conditions.

I will try to assist the inquirer to fully comprehend what we mean by germs which are universally the offspring of dead bodies. When a tree dies in a forest it ceases to produce leaves, flowers and fruit. It begins to live a new life which is just as active as the life it lived when producing the tree. The second life or condition is ordinarily known as decomposition. It goes on and on until complete disintegration of all atoms is accomplished. After the tree has been dead twelve months we see that it is not dead but actively producing another form of being commonly known as frog-stool. Under the microscope we see a perfect system in the preparation of nature to produce this spongy growth. We see finely formed fibers and we see a difference in the different parts of this spongy growth. Some of it is as coarse as the fibers of red muscle in the animal, some has the appearance of liver, kidney, lung, secretion, excretion, arterial, venous and all of the systems in the animal life except locomotion. The philosopher will see at once that he has before him the system of a general living action, whose business it is to collect and conduct a chemical manufacturing process which prepares the elements and conducts them to their proper position and adjusts them under the most scrutinizing laws of construction.

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Nature comes to Dr. Still when he shuts out the background static of life and personal mind noise!

Man should never fail to listen to the music of nature; no notes ever jar the attentive listener's ears, the more he hears the better he likes it. Pap

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A.T. Still used a phrase – “Taking an Indian look” at something. Forgetting what you know and just to quietly observe with no thoughts.

“Through all the darksome night I lay enchained by slumber's thrall, but with the first faint flushing of the dewy morn I arose and wandered forth. All Nature seemed to wait in hushed expectancy. With the iron hand of will I barred the gates of memory, shut out the past with all its old ideas. My soul took on a receptive attitude, my ear was tuned to Nature's rhythmic harmony.

Afar o'er billows of the briny deep I saw faint shafts of light arise, enriching with rosy tint the pallor of the dawn. I saw the red disc of the sun peep forth, then spring—full orb'd and fiery—from night's embrace, and kiss the world to waking beauty. My spirit was o'erwhelmed with the unmeasurable magnitude of the Deific plan on which the universe is constructed.”—*Autobiography*, p.378.



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Thus all Nature is kind enough to willingly exhibit specimens of its work as vindication witnesses of its ability to prove its assertions by its work.

Without that tangible proof, Nature would belong to the gods of chance. Philosophy of Osteopathy,



Still National Osteopathic Museum, Kirksville, Missouri [PH 446]



When Health Fails

“We, as engineers, have but one question to ask—What has the body failed to do? If it is a failure in vision, hearing, smelling, tasting, or motion of any part, then it is the duty of the inspector to hunt for the cause that has produced the failure.

In searching for the cause, he should inquire of three witnesses, the nerve of sensation, motion and nutrition, for one or more has failed to perform its part in functioning.”—
Research and Practice, p. 37.

Influential Historical Perspectives of Dr. A.T. Still

Dr. Still also witnessed a form of bone-setting from his experience among the Shawnee Indians 1853-1855.

In a 1901 lecture he once mentioned, "When an Indian dislocated his hip, the limb was tied to the pony's tail, the Indian was placed astride of a young sapling, and the pony driven away with whips; ...'Mebby-so leg come off, mebbby-so hip get set. Frontier surgery with a vengeance!'. "

It would seem that his ability at "setting" hips possibly stems from his interest in the Indian's approach. Ernest Tucker, D.O. tells us. "But certain it is that he would set a hip on a sidewalk, or a front door step, or on a chair - I have seen him do that - 'All you have to do is to picture the Y ligament and the notch of the socket', said he."

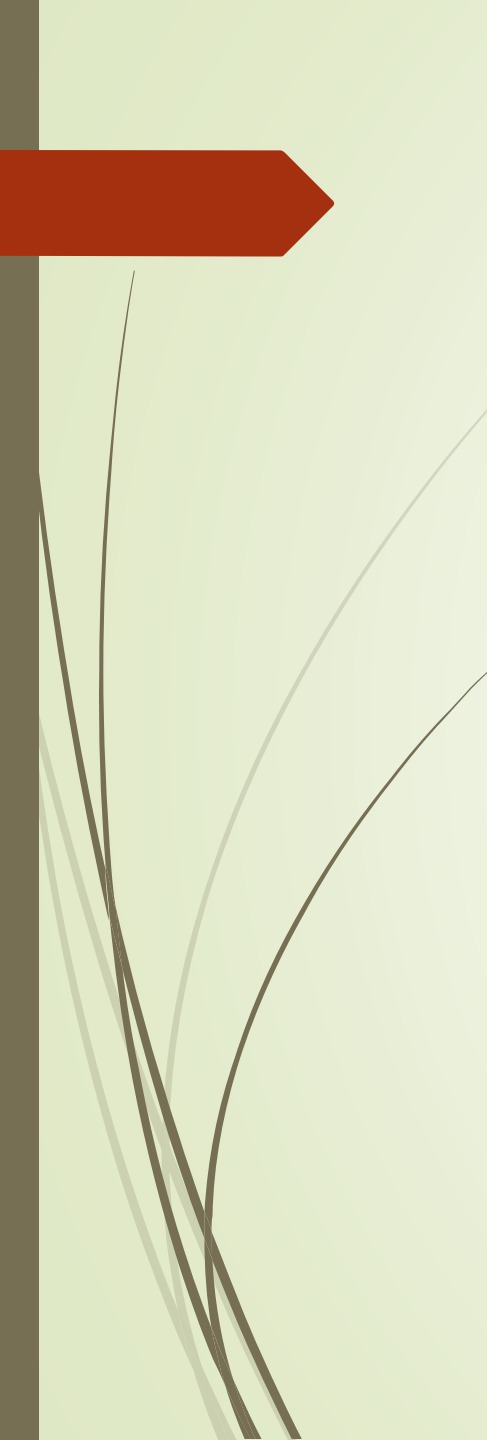


The Pregnant Woman who was not...

Pig story: The final incident that pulled all the previous ones together to form a new understanding about health and disease was told before a class in the amphitheater of the A.S.O. in 1901.

Dr. Still told a riveted group of students, how a lad rode up to his home on a mule in a great haste - lickety-split and seeing Dr. Still shouted: "Doc Still come quick, ma's sick"; and the boy put his heels to his mule and took out back for home. The lad had not been very explicit as to the trouble, so as a matter of course the doctor grabbed up his obstetrical outfit and got to his horse and took out after the boy - riding to a farm about 25 miles away.

"He [the osteopath] should never dally with effects but ever go back to the cause, which when corrected results in a disappearance of the effect."—Research and Practice, p.10.



I soon learned that to have health of body, all bones must stay where nature had placed them, or health would fail in proportion to the variation of any bone from perfect articulation in its own limited space. I found I must seek a new, and get not only better knowledge of form and place of the bones, but compare the differences in health and disease. Thus a rib slipped from transverse process of the spine would cause pressure on the structures of the intervertebral foramen, derange blood and nerve action to spaces, Soon resulting in veinous congestion and inflammation of pleura, followed by pneumonia in some division of the lung or of the whole pulmonary system.

Dr. Still realized that abnormal structure could create the same symptoms and problems that are associated with bacteria and viruses within the body. How many times had he treated an abnormal structure problem incorrectly by a mis-diagnosis of it being some invading disease? Addressing the symptoms he saw and not the underlying cause.

This is why Dr. Still wanted his students and doctors of his school to check the patient's physical structure first and if something is not correct – put it in the correct placement and health should be restored. This is why today our medical students have 200-300 hours of work in osteopathic manipulation and therefore a greater understanding of the human body to know what is normal and what is not. Attending to the structure first and all other disease possibilities – after the determining it is not a structure related health problem.

Man the Perfect Machine of Nature

“The first step in osteopathy is a belief in our own body.” A.T. Still

Dr. Still then states: “I began to look at man. What did I find? I found myself in the presence of an engine—the greatest engine that mind could conceive.”—*Autobiography*, p. 324.

“Man, the most complex, intricate and delicately constructed machine of all creation, is the one with which the osteopath must become familiar.
--*Autobiography*, p. 357.

Dr. Still being raised working with grist mills, and steam engines used to run saw mills took that knowledge to understand the inner workings of the human body.

“The most sublime thought I ever had in my life is concerning the machinery and the works as I found them in the human construction, faithfully executing all of the known duties and the beauties of life.”—*Autobiography*, p.405.

“This year 1874 I began a more extended study of the drive-wheels, pinions, cups, arms, and shafts of life, with their forces and supplies, framework, attachments by ligaments, muscles, origin, and insertion. Nerves, origin and supplies, blood supply to and from the heart, and how and where the motor-nerves received their power and motion; how the sensory nerves acted in their functions, voluntary and involuntary nerves in performing their duties, the source of supplies and the work being done in health, in the obstructing parts, places, and principles, through which they passed to perform their part of the functions of life; all awoke a new interest in me.”—*Autobiography*, p.106-107.

**Let's take an Indian Look at all man-made machines! Satellites – antennas-
computers**

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Let's take an Indian Look at all man-made machines! Satellites – antennas-computers



Doctor Still could work the body like a maintenance man in a building.


“As one delves deeper and deeper into the machinery and exacting laws of life, he beholds works and workings of contented laborers of all parts of the common whole—the great shafts and pillars of an engine working to the fullness of the meaning of perfection.”—*Philosophy of Osteopathy*, p. 80.

“We, as engineers, have but one question to ask—What has the body failed to do? If it is a failure in vision, hearing, smelling, tasting, or motion of any part, then it is the duty of the inspector to hunt for the cause that has produced the failure. In searching for the cause, he should inquire of three witnesses, the nerve of sensation, motion and nutrition, for one or more has failed to perform its part in functioning.”—*Research and Practice*, p. 37.



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Build – repair – remove.



Every living organism has within it the power to manufacture and prepare all chemicals and forces needed to build and rebuild itself. No material other than nutritious food taken into the system in proper quantity and quality can be introduced from the outside without detriment. A proper adjustment of the body framework and the soft structure of man's anatomical mechanism means good digestion, nutrition and circulation, health and happiness. Osteopathy is not a theory, but a demonstrated fact."
A.T. Still

"We are warranted to conclude that Nature at will can and does produce the solvents which may be necessary to melt down deposits of fiber, bone, or any fluid or solid found in the human body. If we grant this law, we must acknowledge an infinite and perfect power to plan and execute its designs, compounding and creating any and all kinds of chemical substances to dissolve to the lowest order of fluids, which approach very closely the gaseous conditions of solids, previous to applying the renovating forces which must come in due time and carry away all dead, useless, and obstructing deposits, previous to inviting the corpuscles of construction to take possession."—
Autobiography, p. 251-252.

Dr. Still's Observations of Nature Animals

“We believe the reason of this great absence of disease among animals and fowls of all kinds was a strict adherence to the laws under which they were placed by Nature. When they were tired they would rest, when hungry they would eat, and lived in strict obedience to all the indications of their wants. We believe man is not an exception to this rule.”—*Autobiography*, p. 291.

On The frontier A.T. Still used the opportunity of nature's laboratory to study the muscles, nerves, veins and organs of game that he had hunted for food.

Dr. Still's fascination with nature's animals and their anatomy could be seen in the variety of taxidermy specimens throughout the School.

“All long-lived birds and animals, that live on but few kinds of food, should be a lesson for man not to eat and drink till the body is so full that no blood-vessel can pass in any part of the chest or abdomen. Let me eat quick and trot, and I will have health and strength.”- *Autobiography*, p. 447.

Dr. Still - went on to say food should be treated as fuel and the human body and eat just about anything in moderation. But banquets!

Describing the stomach like a fuel burning chamber – too much – you mess it up.



The greatest stones from foundation to dome are atoms in all superstructures wherein life prevails. Animals, fish, and fowls, angels and worlds are atoms of which you are composed.

“There is not a known atom in the whole human make-up that has not been propelled by the heart through the channels provided for such purpose. Every muscle, bone, hair, and all other parts without an exception have traveled through this system of arteries to their separate destinations.”—*Philosophy of Osteopathy*, p. 98.

Dr. Still's First Attempt at opening a School in 1890 was a failure

Annual Address,
Delivered by A. T. STILL, D. O., to the students of OSTEOPATHY.

OSTEOPATHY.

The first annual address to the pupils of OSTEOPATHY, delivered Jan. 1st 1891 in Kirksville, Mo., by Dr. A. T. Still, discoverer of the New Science of Health.

He said: "Despise not the day of small things," was said long ages ago. That is just as good today as then. You can be counted on the fingers of one hand. One year year ago one thumb was enough, as the writer of this feeble address was all there was of the school and its pupils. Sit still men until I tell you some good news! Since you have entered the school of bones, applications have been legion to become pupils of this grand school. Money is offered to establish a Hospital School to treat the sick and teach the philosophy of health without poisons and drugs, on whose trail at every step you behold death, insanity, idiots, drunkenness, opium eating, morphine habits, chloral eating, whiskey drinking, drug doctors, conjecturers and no conclusions by its advocates. You are now in the pursuit of a study that is as true as mathematics. You can answer yes to all questions as surely as the Astronomer can trace velocity and magnitude of the heavenly bodies, besides you have a truth to reason from and a fact as its voucher. Thus your answer is absolutely yes and no. At an early day you will have to fill the chairs of professors of the greatest institution that ever had a place on earth. Its name is and will be OSTEOPATHY. Now let me say to you in solemn truth, that no grayhaired nor youthful physician has ever answered the question, What is the cause and cure of Asthma? You can, and prove what you say by your work. Can the M. D.'s, do as much, No! not to the present day. The same of Goiter, Heart, Lungs and all other diseases except contagion and infections.

Have you not cause to be proud of the step you have taken? When you are old and all the world can look over your life and say "No man woman or child has been made a drunkard nor addicted to any of the habits of drugs by you" such as morphine eating, pill taking, whiskey drinking, or any of the whole list of habits belonging to drugs caused by your school. Can any one of the one hundred and fifty thousand D's of America say as much? No, but they can safely say we have made two each for every year, which makes three hundred thousand sots, we, the M. D.'s of America have made; and seven out of every ten of us get or are addicted to some drug habit. The big medicine men of America ask legal protection. They ask the legislatures to prohibit and punish by fine and imprisonment any and all treatments for diseases, but the regular old bangwell system of pukes, purges, blisters, skin syringes, poor man's plasters, and so on until the money is gone, then advise the mountains or Florida where Buzzards are plenty. You may be laughed at but the last laugh is the sweetest which will be yours. Should I live twelve months look for more of the same kind.

DR. STILL

Has discovered that many diseases, pronounced incurable, are caused by partial or complete dislocation of the bones of the Neck, Chest, Spine, or Limbs. Following is a partial list. Headache, Weak and sore Eyes, Enlarged Throat, Catarrh, Sore Ears, Dripping Eyes, Loss of Voice, Bleeding of Lungs, Asthma, Pneumonia, Heart Disease, Consumption, Paralysis of Face, Spine or Limbs, Goiter, Piles, Varicose Veins, Sore Limbs, Leucorrhoea and all Female diseases, Constipation, Flux, Diarrhoea, Erysipelas, Cold Feet and Limbs, General Prostration, Dyspepsia, Gout, Rheumatism of all parts of the System, Liver Diseases, Bright's Disease, and all diseases of the Kidneys, etc.

All the diseases above named are seldom cured until the bones at fault are adjusted.

"MAN IS PROBABLY AND WONDERFULLY MADE."

DR. STILL, is, perhaps, the only living Natural Bone Setter in America.

Bones set without drugs.

Enclose \$1.00 with description of disease if you wish an opinion in your case. Work begins with payment.

NOTICE.

All persons who claim "to treat diseases as Dr. A. T. Still does" and cannot show a certificate of proficiency signed by me are not to be trusted with your lives.

DR. A. T. STILL,
LIGHTNING BONE SETTER,
KIRKSVILLE, MO.

WILL BE AT
Independence, Feb. 3 to 14.
Nevada, Feb. 18 to 28.
Butler, March 1 to 15.
Rich Hill, March 17 to 24.

A. T. Still Papers, Museum of Osteopathic Medicine, Kirksville, MO [2009.10.10]



Dr. Still's School of Bones

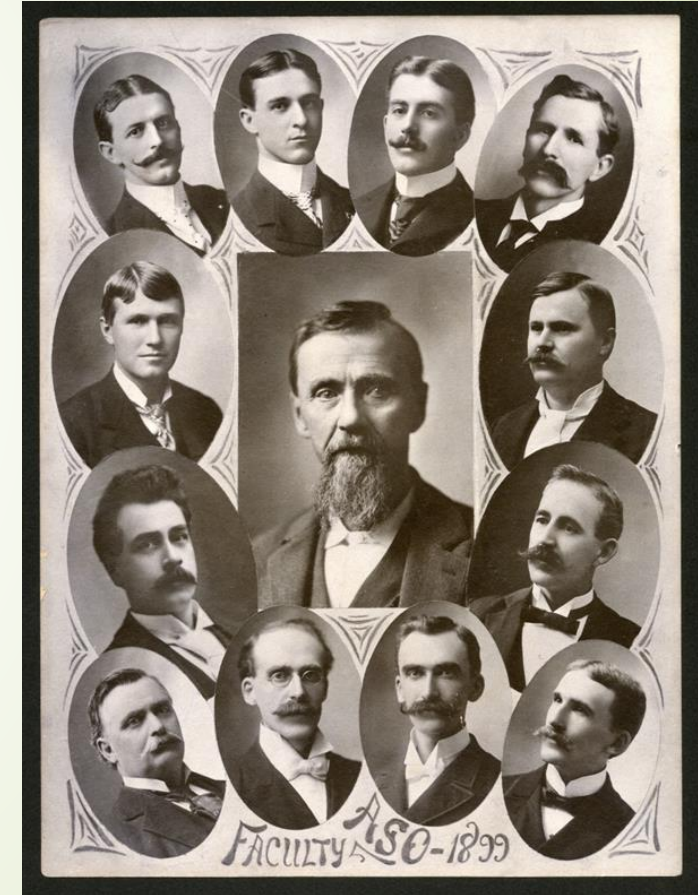
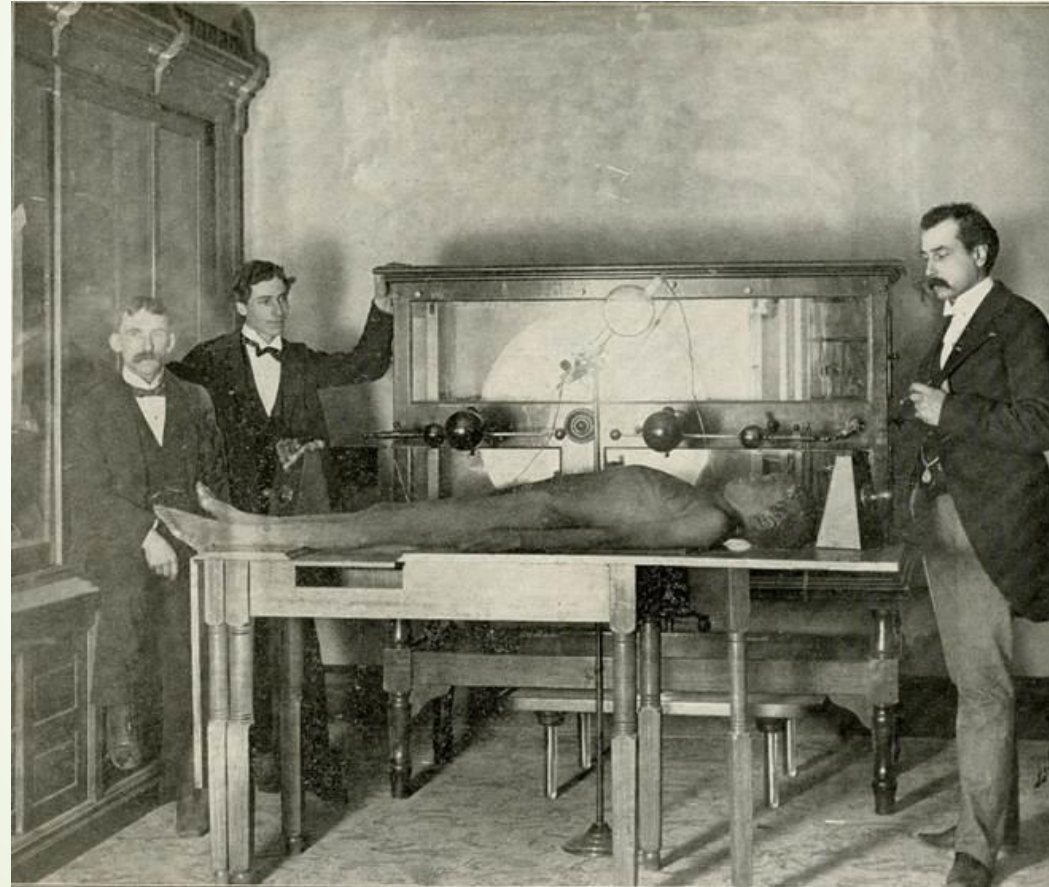
The American School of osteopathy Opened At 10
am on October 3rd 1892



Dr. A.T. Still grows up around smart, strong Frontier women like his mother. When he opens the school, he does the unthinkable of inviting women equally into the first class of students.



Dr. William Smith MD, DO, trained at the Royal College of Surgery in Edinburgh, Scotland.
Hearing of Dr. A.T. Still's miraculous cures...
Dr. Smith comes to Kirksville to debunk Dr. Still and instead he becomes an advocate.
Osteopathy's first instructor & first graduate is European – not American.



Dr. Still always intended Osteopathy to be International and trained students from around the world.

Dr. A.T. Still stated in 1913 - The Flag of scientific progress is accepted as truth and honored as such, not only in America, but other countries.

In 1915 - Dr. Still stated that by compromising with medicine, Osteopathy is doomed as the school that could have incorporated all the natural and biological healing arts.

One of his final statements on the topic in late 1915 - "I hope the faithful will rally around the [osteopathic] flag and we will build an International school that will offer no compromise unless it is the golden truth.

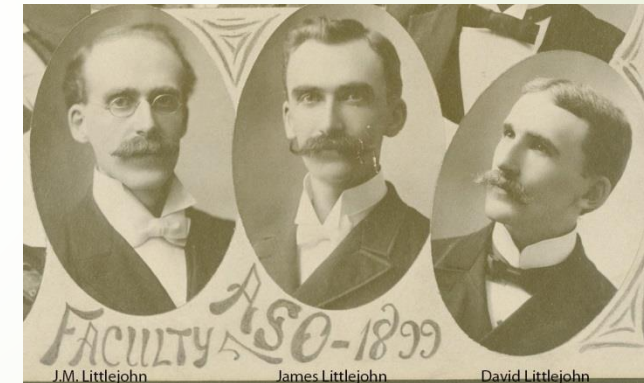


Still National Osteopathic Museum, Kirksville, MO (D779)

Dr. Florence MacGeorge Tasmania



Dr. K. Nemoto
Akita, Japan



ARDESHIR B. IRANI, Yezd, Persia.

The progress of man depends upon faithfulness, wisdom, chastity, intelligence and deeds. He is ever degraded by ignorance, lack of faith, untruth and selfishness.



ANNIS H. JURAGE, Lebanon, Syria.

It is not head merely, but a heart and resolution complete the real philosopher.

A.T. Still University Today – Kirksville, Missouri




What is osteopathy? A philosophy based on HEALTH!

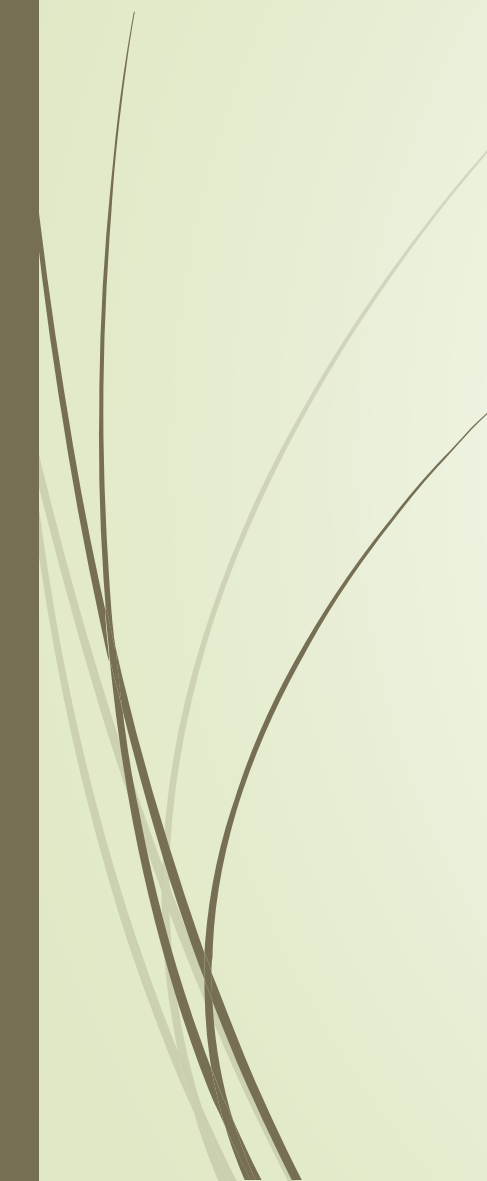
Whole person Healthcare
Body – Mind – Spirit

We bring each person from where they are... toward health using diet, exercise, mental health and OMM.

The body can build and dissolve material as needed



The greatest stones from foundation to dome are atoms in all superstructures wherein life prevails. Animals, fish, and fowls, angels and worlds are atoms of which you are composed.



“There is not a known atom in the whole human make-up that has not been propelled by the heart through the channels provided for such purpose. Every muscle, bone, hair, and all other parts without an exception have traveled through this system of arteries to their separate destinations.”—*Philosophy of Osteopathy*, p. 98.

The stomach is most frequently affected as the first center for digesting food.

If the body is normal there are normal outlets for waste.

But when the body becomes clogged with matter nature must find a dumping ground; hence, waste goes into general circulation, and dumped in parts not actively or continually in use.

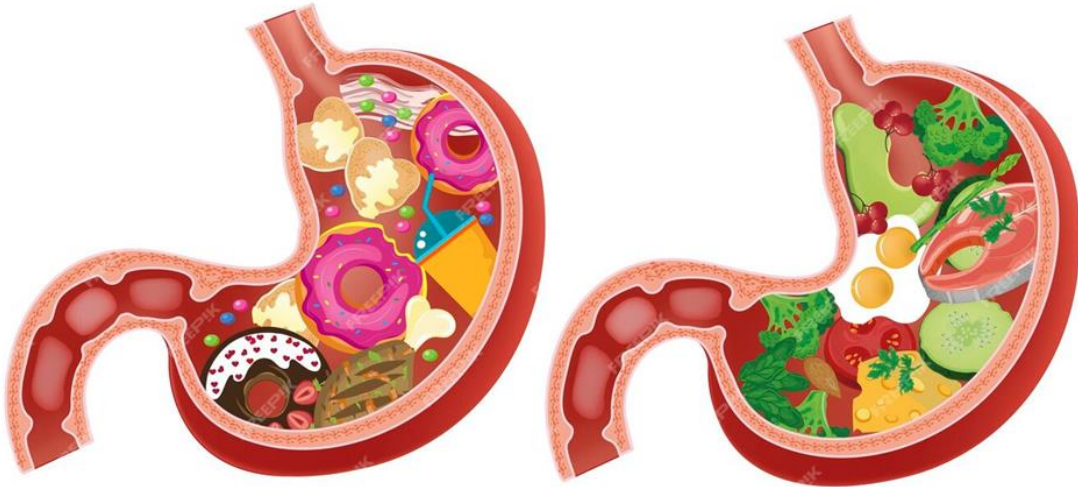



Think of your stomach like a wood stove

I think the deposit of fatty substances is the result of the fuel being brought to the furnace for living force and heat and not being consumed.

Fat should be used as is necessary to run the engine of life and to build the normal, and the over plus should be thrown off.

What would an engineer think or do in case his furnace would not consume and appropriate fuel for the heat and action of his boiler, engine and machinery?





I knew I had the truth and that the truth was immortal and that some day the principles of osteopathy would be hailed with gladness throughout the earth. The principles are in harmony with the great laws of God as seen in Nature. Osteopathy deals with the body as a perfect machine, which, if kept in proper adjustment, nourished and cared for, will run smoothly into ripe and useful old age.

As long as the human machine is in order, like the locomotive or any other mechanical product, it will perform the function that it should. When every part of the machine is properly adjusted and in perfect harmony, health will hold dominion over the human organism by laws as natural and immutable as the laws of gravity.

Every living organism has within it the power to manufacture and prepare all chemicals and forces needed to build and rebuild itself. No material other than nutritious food taken into the system in proper quantity and quality can be introduced from the outside without detriment. A proper adjustment of the body framework and the soft structure of man's anatomical mechanism means good digestion, nutrition and circulation, health and happiness. Osteopathy is not a theory, but a demonstrated fact." A.T. Still

Observe... look for a Condition or Cause... don't treat the Symptoms

When an M.D. treats the symptoms of pain – the condition continues - the problem goes unaddressed. So other symptoms from the problem arise.

“He [the osteopath] should never dally with effects but ever go back to the cause, which when corrected results in a disappearance of the effect.”—*Research and Practice*, p.10.

“The osteopath has his own symptomatology. He seeks the cause, removes the obstruction and lets Nature’s remedy, arterial blood, be the doctor; and when his patient is cured, he has in his system no blindly administered medicine with which he must contend.”—*Research and Practice*, p.9.

“When an osteopath explores the human body for the cause of disease he knows he is dealing with complicated perfection. He must master anatomy and physiology and have a fairly good knowledge of chemistry; then he can reason from the effect to the cause that gives rise to the abnormal condition or disease.”—*Research and Practice*, p. 12.

Story of Boy with infected knee – Still arrives and props up his legs!

LIFE AND ITS ATTRIBUTES

As we find in man and beast a compound of two lives, previous to forming the body of a new being, then we know that the life of one being is not sufficient to form a body to suit the demands of the being, the effect of the union of the two kinds of life that are in the coming emperor. Thus we are prepared to give life the chance to use its attributes, that a body must be formed and the union of living forces is demanded in all cases. In a union of any two elements, a cause is given to form a new being superior to either elements in the compound. Thus we unite hydrogen with oxygen, the result is water, a new being. A union of the male and female elements, the effect follows and we see a child. Thus we unite the male life or substance with the higher life substance of the female, and know the effect by the product. I think life in all animals is dual, because of the difference there is in the parents. To be male, the compound must be different from the female, then a union of their lives, though different in attributes, a cause is given to take from general life and produce a new being of any animal species. Then we have an organized being as a result, which is life's new product in all animals. In this union, we get the mind as the ruling attribute.



"Dr. Still: Soul to Soul"

"[Anatomy] You cannot have too much of it.

It will help you to verify your mental conception of the body structures.

But I want you to remember that...

the structures have an entirely different appearance and feel in death than in life."

-- Before you lay a finger on the BODY understand it houses a Spirit inside!





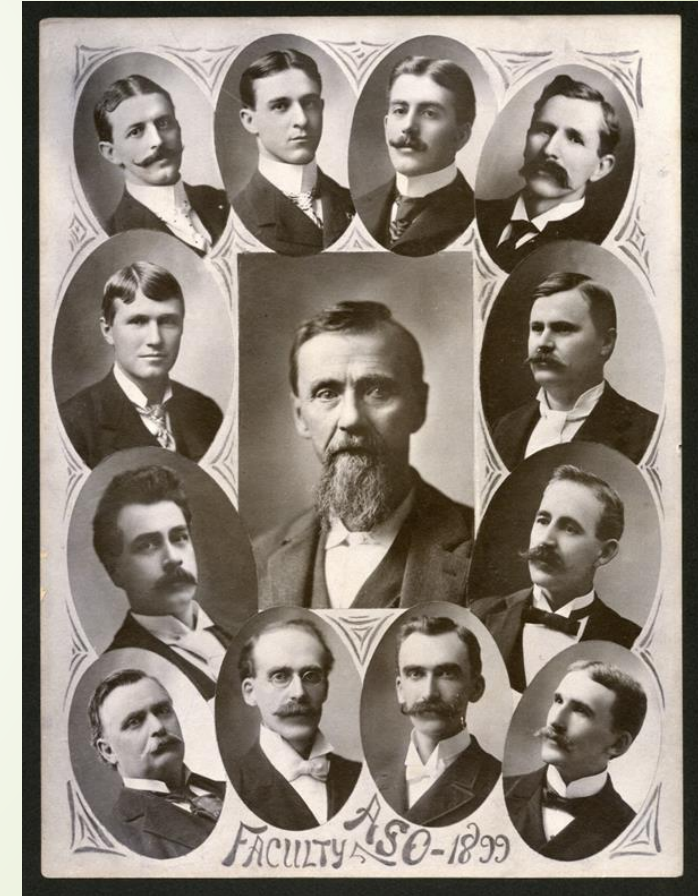
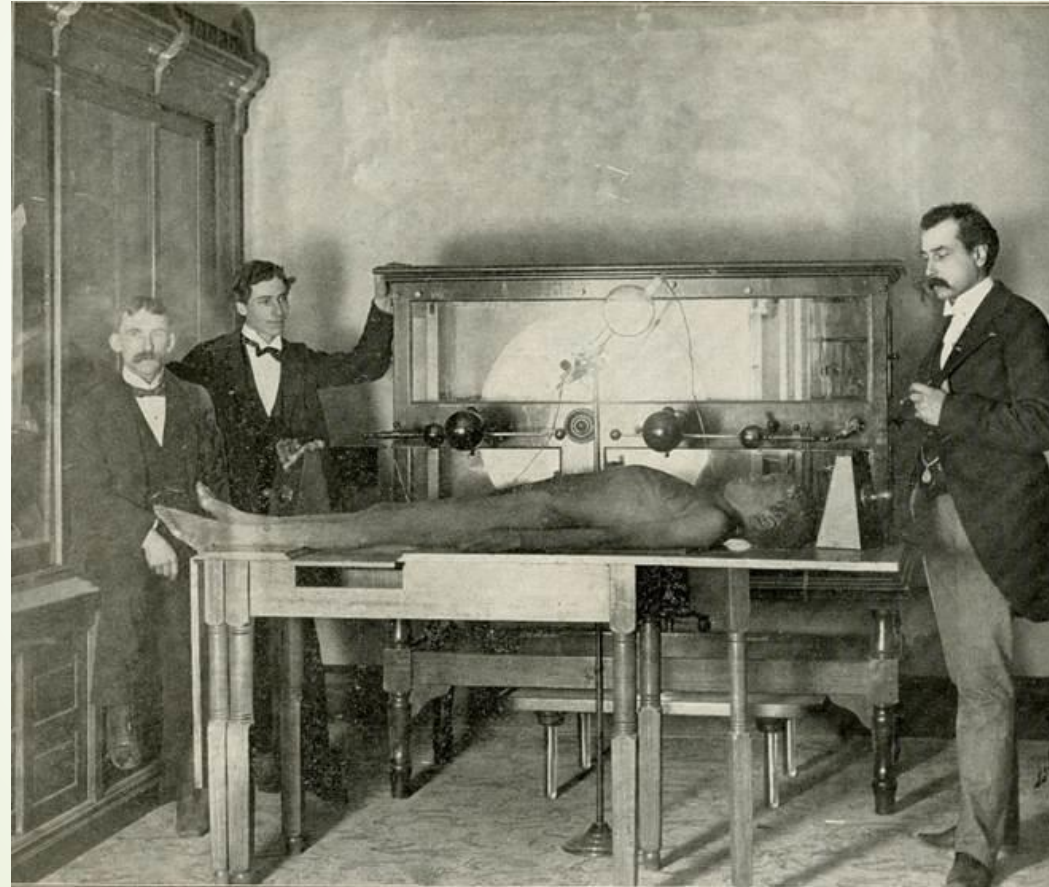
Wilhelm Conrad Röntgen

1845- 1923

Germany makes an important scientific discovery.

Wilhelm Conrad Röntgen, a German physicist, on 8 November 1895, produced and detected electromagnetic radiation in a wavelength range today known as X-rays or Röntgen rays. He worked at the University of Wurzburg. The ability to see through human tissue adds greatly to medicine and confirms that osteopathy is correct in its theories and cures.

Dr. William Smith MD, DO, trained at the Royal College of Surgery in Edinburgh, Scotland.
Hearing of Dr. A.T. Still's miraculous cures...
Dr. Smith comes to Kirksville to debunk Dr. Still and instead he becomes an advocate.
Osteopathy's first instructor & first graduate is European – not American.



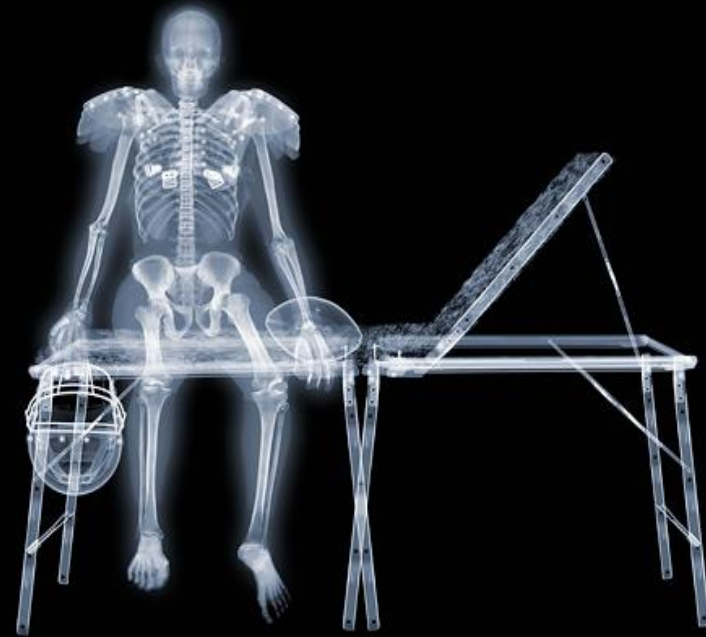
From the Tucker Papers – Who was Ernest E. Tucker?

"The X-ray requires only 30,000,000 vibrations per second to see through and count your bones.

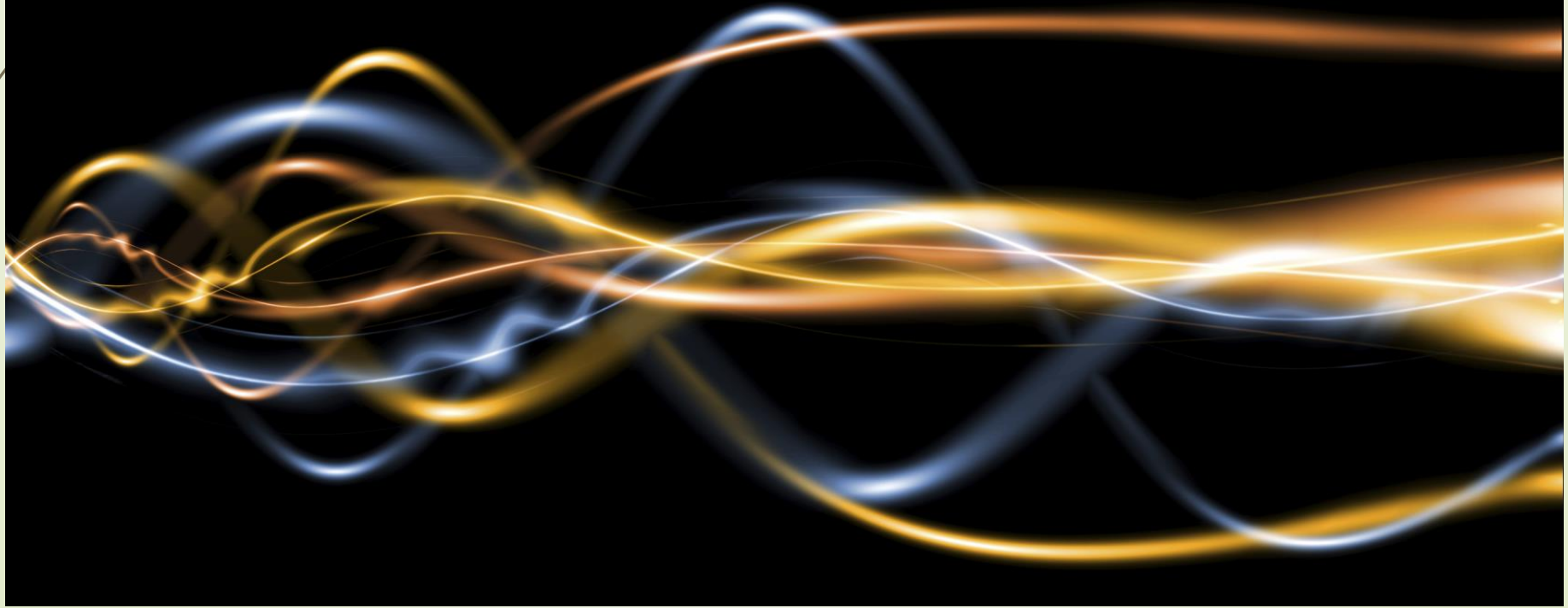
Who shall say that it (the X-ray) is not so?

(Who has measured the vibrations of thought? Who shall say that telepathy and spirit-ism are not; so?)

“You can't disprove it by saying that it's hocus-pocus or not so.



adland.tv

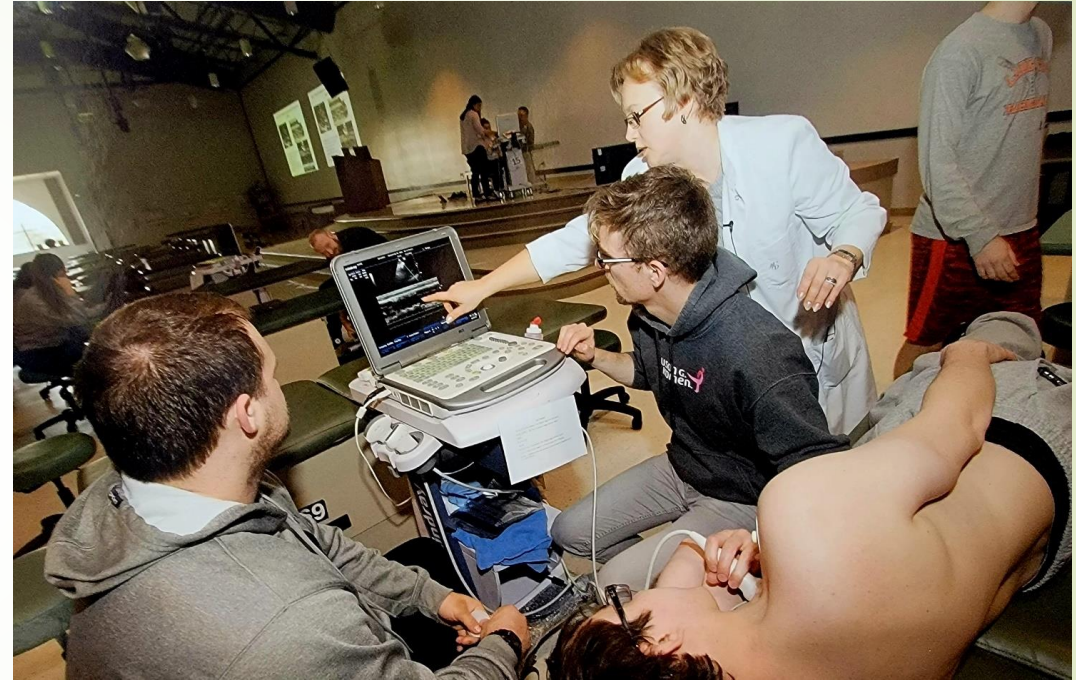


Ultrasound and the Curriculum

Since 1942, advancements in ultrasound and Doppler technology have led to its adoption into the diagnosis and treatment of many different medical conditions. The integration of ultrasound training into preclinical curriculum has become a valuable tool in osteopathic medicine for teaching basic science concepts and clinical disciplines.

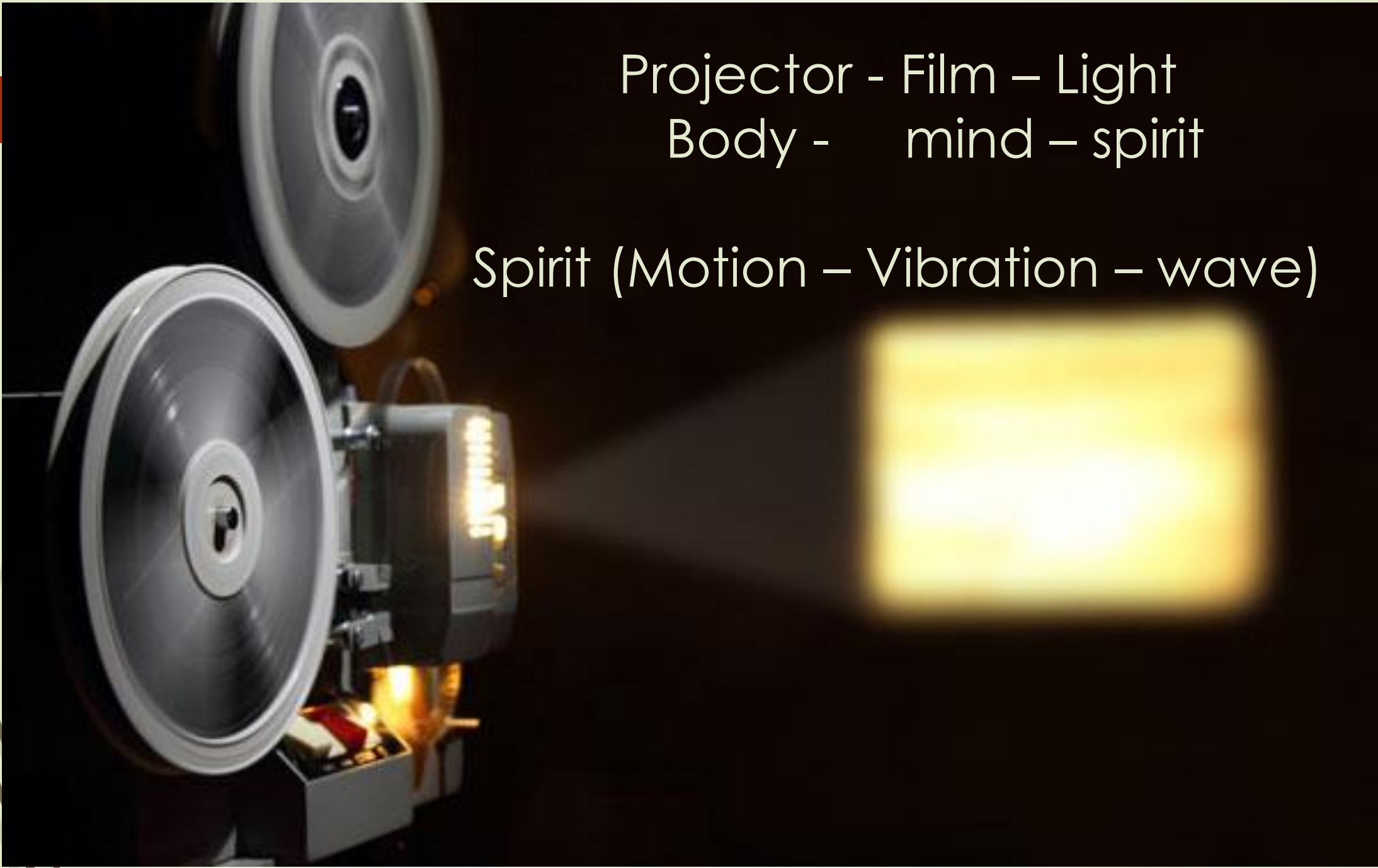
Around 2010, the Kirksville College of Osteopathic Medicine incorporated ultrasound courses into the Doctor of Osteopathic Medicine curriculum. Associated with Gross Anatomy courses, the ultrasound laboratories allowed students to acquire images and interpret findings to visualize living anatomy through ultrasound imaging.

Tatyana Kondrashova and Peter Kondrashov, KCOM faculty members, researched the effectiveness of the ultrasound coursework at the University and the student's ability to master ultrasound skills and their application to anatomy and OMM techniques. Their research found that student's knowledge of anatomy and the location of anatomical structures increased after anatomy classes using ultrasound technology to reinforce their knowledge.



"Ultrasound is the 'stethoscope of the future' and its use will continue to expand so more and more schools will be including ultrasound into their medical curricula."

Tanya Kondrashova, 2019

A vintage film projector is shown from a side-on perspective. It has two large reels of film, one in the foreground and one slightly behind it. The projector is illuminated from within, casting a warm, yellowish glow. A bright beam of light is projected from the front of the machine onto a screen, which is out of focus and shows a bright, rectangular area of light. The background is dark, making the projector and the light beam stand out.

Projector - Film – Light
Body - mind – spirit

Spirit (Motion – Vibration – wave)

A young drown boy was brought to Dr. A.T. Still. They asked can you do something? He said the Everything need for life is here ... every cell, organ, fluid – everything for life is here. But something is gone (Spirit).



We look at his amazing biological machine that self-heals, self repairs, regulates and Modulates... and we create knock offs – like phones.





“If we wish to be governed by reason, we must take a position that is founded on truth and capable of presenting facts, to prove the validity of all truths we present.

Thus all Nature is kind enough to willingly exhibit specimens of its work as vindication witnesses of its ability to prove its assertions by its work. Without that tangible proof, Nature would belong to the gods of chance.

The laws of mother, conception, growth and birth, from atoms to worlds would be a failure, a universe without a head to direct.

But as the beautiful works of Nature stand today, and in all time past, fully able by the evidence it holds before the eye and mind of reason, that all beings great and small came by the law of cause and effect, are we not bound to work by the laws of cause, if we wish an effect?”—*Philosophy of Osteopathy,*



Early Ideas about Cancer from an Osteopathic Perspective

Cancer begins long before recognized symptoms can be detected. When positively diagnosed, it may have spread its seeds in other parts of the body like a brush pile on fire. It will burst forth its sparks too by surgery.

When it becomes general, it is beyond human efforts. Cancer like other diseases does not develop in a normal tissue environment. There must be a stasis lymphatic and venous flow. Treat all new growths with respect.

Eliminate them with good surgery and careful dissection and procure normalcy of human body. *A.T. Still*

Dr. Still's view on cells as seeds

The osteopath who is a competent engineer of the human body should not allow tumors to form and because of his this lack of knowledge of cause and effect say that he does not know the cause of their production. The osteopath is right at home when meeting a tumor – because she/he knows and sees the cause – and enters the combat.

Every atom of blood when sent forth from the lungs is a living seed. As much so as the seed of any shrub, flower or tree in all nature. When those atoms are delivered to the proper soil in the human body they grow – creating real substance.

When these seeds or atoms are not normal they are not appropriate in the human system, but are refused or thrown off by the body tissues and become active agents in disease. The quality of life imparted by the lungs they will grow in a lower stratum – an when they do not find healthful soil or conditions they will grow in diseased soil.

Physical and Mental Shocks to the body.

Explore for the true cause of the deadly effects on the system keep in mind that any organ when injured by atmospheric changes, wounds, bruises, mental shocks etc. very often produces such changes as results in death.



You will grow old and burn up or rot. That is the way of life.

“I am simply trying to teach you what you are;
to get you to realize your right to health,
and when you see the cures wrought here,
after all other means have failed,
you can but know that the foundation of my work is laid.”

What DID Dr. A.T. Still think about Osteopathy?

The journey of osteopathy starting in 1874 was not easy. There were years of struggle against odds - the most unimaginable.

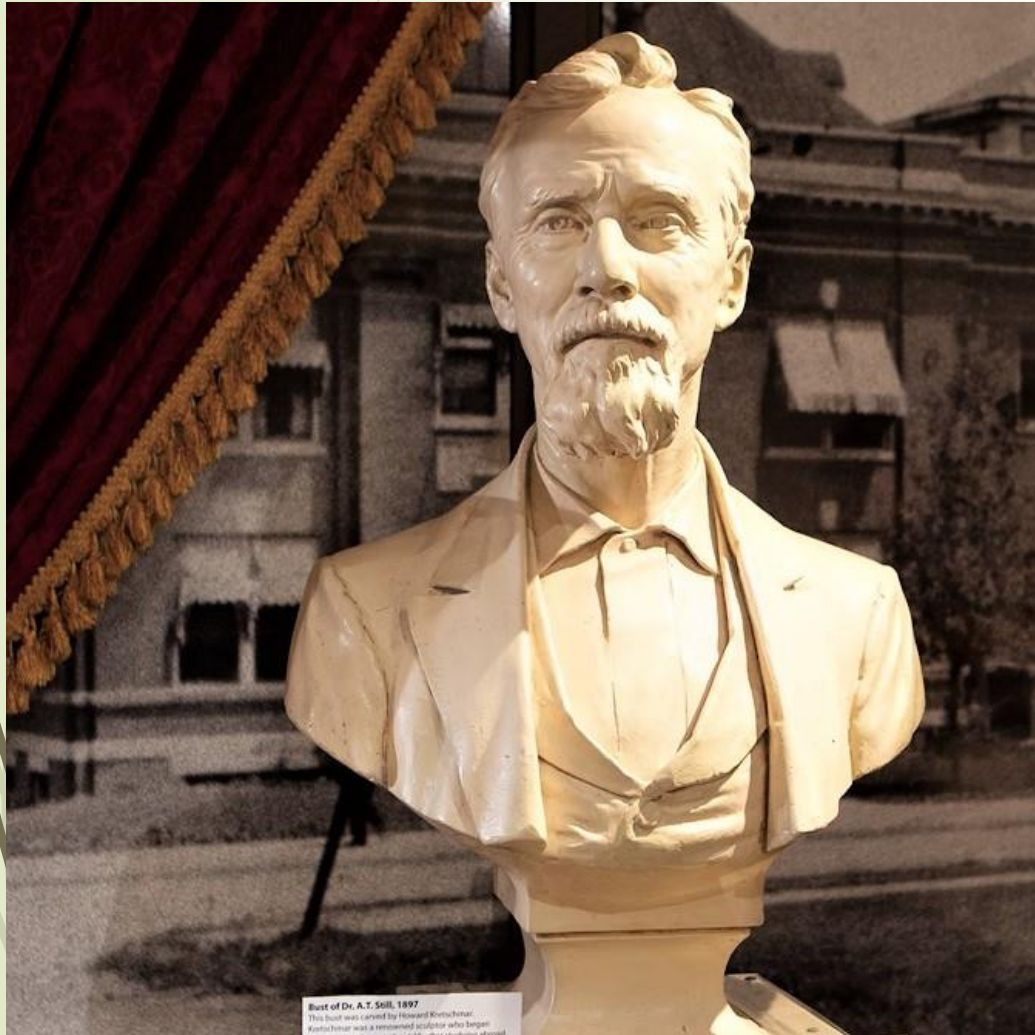
Who, for instance, could now think of launching such a thesis (of health), of developing it, of implementing it with school and profession, in the backwoods of Missouri and Kansas. In the terrible transition years that followed the Civil War. Measured against the odds – it was tremendous.

Still did not think of it as heroic, he did not think it was stupendous: to him it was the ordinary condition of his being. Just a perfectly ordinary following of a real truth, wherever it happened to lead.

Later on, looking back, he saw it with a kind of awe...

Dr. A.T. Still said, “I did not dream - that it would be anything like this!” Looking at the founding school, professionals, staff, a thousand students, other osteopathic schools dotting the land. He humbly said, **“I guess it was sort of wonderful!”** Ernest Tucker, DO Reminiscence of Dr. A.T. Still.

Osteopathy is progressive – each
osteopath will take it further...



It is my hope and wish that every osteopath will go on and on in search for scientific facts as they relate to the human mechanism and health, and to an ever-extended unfolding of Nature's truths and laws.

Osteopathy Research and Practice – A.T. Still Introduction

Final Thoughts on Dr. Still's Understanding of Health

Adipose Tissue – Body Fat

Eat three conservative meals a day. Do not be a glutton! You can poison your system with too much food too often and of the wrong kind.

Food is for energy only. As the body uses same, it should be replaced. When more food is added, you have cinders in your stomach and bowels.

"All long-lived birds and animals, that live on but few kinds of food, should be a lesson for man not to eat and drink till the body is so full that no blood-vessel can pass in any part of the chest or abdomen.

Let me eat quick and trot, and I will have health and strength."-Dr. A.T. Still Autobiography, p. 447.

Inflammaging – Immune response senescent cells

"Man goes into the forest of matter and builds a house. But he began as man, he continues as man, and when the house burns up [inflammaging] or rots he still ends up as man." E.E. Tucker Papers Charles E. Still Sr., D.O. and Charles E. Jr., D.O. Collection

Normal – Abnormal – adjustment – impingement

"An osteopath reasons from his knowledge of anatomy. He compares the work of the abnormal body with the normal body." – Research and Practice, p. 12.

"We may say disease when we should say effect; for disease is the effect of a change in the parts of the physical body. Disease in an abnormal body is just as natural as is health when all parts are in place."—Research and Practice, p. 23.

"You are warranted after a careful exploration in proceeding to adjust from the abnormal to the normal. Then you can expect the normal supply of both blood and nerve to all organs."—Research and Practice, p. 35.

Anatomy – You cannot have too much of it.

It will help you to verify your mental conception of the body structures.

But I want you to remember that... the structures have an entirely different appearance and feel in death than in life."

Now we take up the human body and when we get through with Anatomy, Histology, Physiology, Chemistry and all that part, this question comes up, what is life? I would like a test of it. Take us up a little and analyze it. It is the duty of this school to go as far as we can because we are trying to procrastinate death through victory of life over material causes.

Fascia – the connective network

It gives Nourishment to all parts of the body

It has a network of nerves, cells, and tubes running too and from it; it is crossed and no doubt filled with millions of nerve-centers and fibers which carry on the work of secreting and excreting fluids vital and destructive. By its action we live, and by its failure we shrink, or swell and die.

Immune response - "psychoneuroimmunology" which is devoted to understanding the relationship between psychology, our nervous systems, and our immune function and resistance to disease.

Dr. Still stated, osteopathy is first and foremost a belief in your body.

Never tell a patient it is hopeless.

Body – Mind – Spirit Triune

This health approach to patient care regards the body as an integrated whole rather than treating specific symptoms or illness.

Now we take up the human body and when we get through with Anatomy, Histology, Physiology, Chemistry and all that part, this question comes up, what is life? I would like a test of it. Take up a little and analyze it.

Before you lay a finger on the BODY understand it houses a Spirit inside!



Lecture by Jason Haxton, M.A, DO (h.c.)
Museum of Osteopathic Medicine - Director