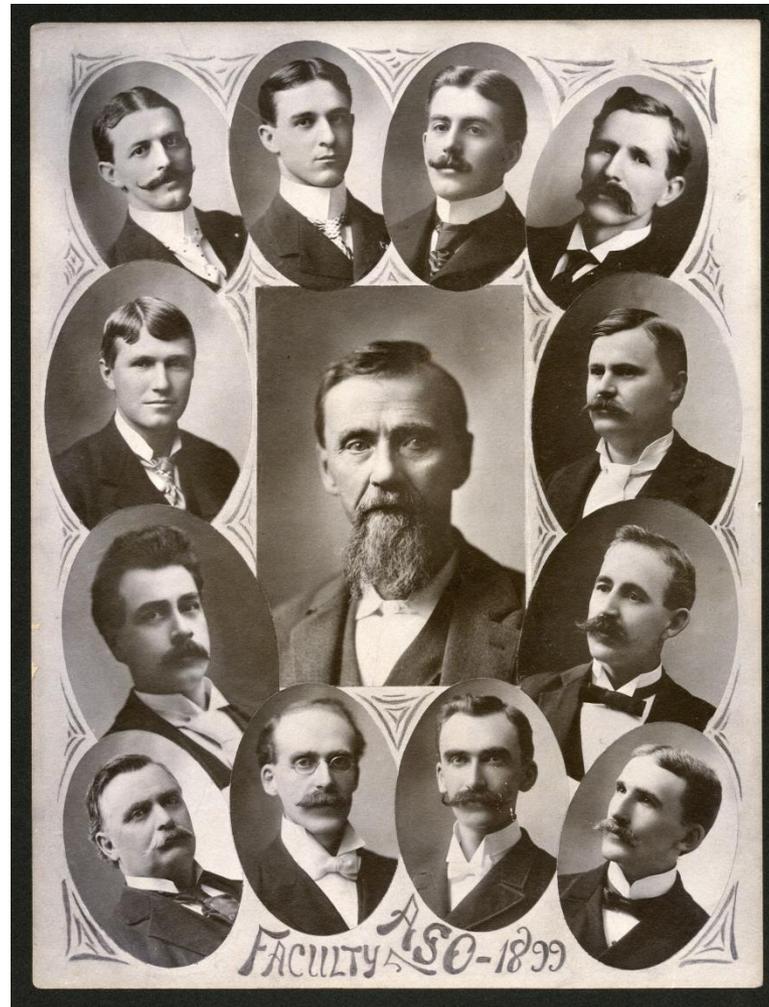


Part I: Dr. Andrew Taylor Still –
And... his Observations About Nature



A heartfelt thank you!

Gail Root, CEO-JWCCO

Paco Toscano, DOS- JWCCO

All involved in this wonderful opportunity to connect countries around the world with osteopathy.

- 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.

Events that formed the basis of Osteopathy

The discovery of Osteopathic Medicine— its ideas and principles to provide natural healthcare by our Founder Dr. Andrew Taylor Still was not quite as spontaneous as his well-known quote might imply: "On June 22, 1874 I flung to the breeze the banner of osteopathy."

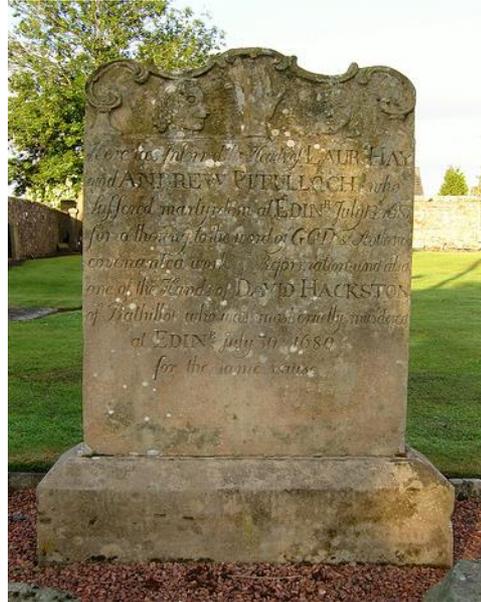
After making this statement, Dr. A.T. Still would never look back to the methods of his earlier allopathic medical training. Dr. Still stood poised for a new direction in healing. He wanted to guide his patients to a path of better health options through teaching them about their body's and its amazing ability to heal.

This new and better way of treating the sick and injured came to our Founder, Dr. A.T. Still, by way of his own daily explorations – not a single discovery, but a long series of discoveries and ideas, spanning decades; growing into a whole territory of revelation; or perhaps a slow accumulation of incidents until at some definite date they were all seen for the first time in a single perspective, and their importance finally understood.

The living body is a collective unit – and the body's structure of bones, muscles, nerves and circulation require correct positioning – in order to have good health.

So what caused Dr. Still to turn from the established mode of treating with poisonous drugs, blistering, bleeding and look at nature? This story begin with his ancestry – in Europe...

Like Dr. A.T. Still my family is of Scottish descent.
David Hackston – my Scottish Ancestor
Jason Haxton (Hackston)



Pursing new ideas David Hackston who sought out the Protestant faith as a Covenanter in a land where loyalty and an oath to the King as spiritual leader was expected or death. An especially grisly execution was ordered. He was sentenced to a barbarous and revengeful death for his personal beliefs and doing his duty.

Where Dr. Still received his interest in Body and Spirit Healing

Oddly, years earlier with true Post- Reformation in full gear due to a woman - Queen Elizabeth I. Her Bishop was John Still.

Dr. A.T. Still's ancestor Bishop John Still was about as high as one could get as a spiritual leader in the English church.

Aside from income for his position in the church – he became wealthy due to investments in lead mines and purchased a fine home – Hutton Manor. He was able to passed his wealth on to his family.

A.T. Still's Great Grandfather Samuel was born in England and came to America.



The Bishop of Bath and Wells – John Still who Served Queen Elizabeth I



EDWARD STILL

60 ST. PETER ST.

Montreal, Nov. 2th, 1908

of the Bishop. This sale was brought to the attention of one of the Photographic Firm, and knowing the interest I took in the Bishop, they bought it for me for one shilling. ⁽²⁵⁾ It was an excellent picture, and I very much appreciate their thoughtfulness in the matter. It is a curious commentary on the transitory nature of human glory that the picture of a man once holding such an important position as the Bishop of Bath and Wells, and one who possessed the friendship of a Queen (Elizabeth) a Monarch second to none in the History of England, should now be valued at such a paltry sum. The picture came to hand in good condition, and I was able to get good copies of it made here. I am including in the parcel a photograph of the Bishop's last resting place, under one of the windows of the Cathedral, also a picture of the Palace which shows the ruins of the Banqueting hall, where no doubt, he frequently entertained in the good old fashioned style, and filled his skin, as he described in the verses which I sent you, with "jolly good ale and old". These pictures I promised to your sister Mrs. Laughlin, and I shall be glad if you will hand them to her, after you have examined them.

My son Wilfrid has been reading your father's Autobiography, also the sketch in the "Cosmopolitan" and he is exceedingly interested in the subject of Osteopathy. He feels considerably drawn to the matter, as his bent is along the lines of scientific research, and he devotes a great deal of his time to such studies. I should have no hesitation in placing him under your care, as a student in your College, but at the present time the question of the outlay for such



Reformation - series of events in 16th-century England by which the Church of England broke away from the authority of the Pope and the Roman Catholic Church.



Post Reformation Bishop John Still (1543-1608), Bishop of Bath & Wells, effigy in Wells Cathedral, east wall of chapel toward the Chapter House.

**Descendant: Andrew Taylor Still, MD,DO (1828-1917), Founder of Osteopathic Healthcare
Bishops of Bath and Wells - heads the Church of England Diocese of Bath and Wells in the Province of Canterbury in England.**

Connection to England – wealth brought to America

Not long after the American Revolution -- A.T. Still's Great Grandfather Samuel a English Tory was shot and killed in a disagreement with and American Whig.

A Tory – the political party that during the period of the American Revolution, favored the British side. Also called a Loyalist.

A Whig - a label of choice for Americans people who identified as opposing tyranny – English rule.

It would seem that the Still family had benefitted and acquired some wealth from their connection to England and their ancestors.

A.T. Still wrote in 1893 that his father Abram Still received medical training from one of the earliest public medical schools in Ohio - “The Cincinnati Medical School founded in 1819.”

A.T. Still's Grandfather Boaz had a plantation in North Carolina and with his family of 13. After becoming a doctor - Abram, the father of A.T. Still, learned about the Methodist faith from a slave owned by the Still family. Abram turned to religion and became a staunch abolitionist – this alienated Abram from his father and brothers.

We hear little about Abram's family after he left. Proof of this is found in a letter A.T. Still wrote to a cousin in 1895 – claiming he knew little since 1845 about his father's bothers – only some of the names – including his own namesake Andrew.

524 - 22nd Street
Paso Robles, Calif
93446
Feb. 28, 1968

Dear Cousin Jane:

You are a daughter of Blanche Still Laughlin (granddaughter of Dr. Andrew Taylor Still) are you not? That was my impression from Allan when he stopped in here to tell of his trip back to Kirksville a while back. My mother used to correspond with Cousin Blanche and Cousin Harrie Still; but when the older generation began dropping out, we sort of lost track of the Kirksville relations. Also, I believe there was a Cousin Charlie Still who wrote occasionally, and who would send clippings of developments in Osteopathy.

Thank you for letting me see the material on the Still and Moore families. I want to read them through a little more carefully, and take down a few notes from them. Then I will return them, for I know they must be valued keepsakes.

You asked if I had certain books. Yes, I do have a copy of Andrew Taylor Still's autobiography which he sent my grandfather many years ago; also a copy of Mary Still Adams' autobiography (In God We Trust). I have a copy of The Captives of Abb's Valley in the reprint edition with the footnotes and family genealogy compiled by R. B. Woodworth (published about 1942); so it won't be necessary to send them. But thanks just the same for your kind offer to let me see them. I do appreciate it.

I only wish now someone could have taken down some of my grandfather's reminiscences of his early life. But so often such records are never made while they are still fresh in people's memories. As I remember my grandfather tell it, his father Abram Still had started out to become a medical doctor, then became interested in Methodism from a slave on his father's plantation in North Carolina; and through that conversion to Methodism became a Methodist Circuit Rider. Having become a Methodist minister, Abram Still became a very outspoken Abolitionist; and this stand seemed to have alienated him somewhat from his father (Boaz Still) and brothers, for my grandfather seemed not to know too much about these kin in later years. One sister (Sarah Still Burgess) of Abram Still, along with her family seemed to have moved to (presumably) Missouri or Kansas about the

John Wesley



Some of Osteopathy's ideas begin not in the United States but in England of the late 1700's. Love God, live a humble life, care for your neighbor as you would your family.

The ideals of John Wesley who wanted Protestant faith reform became the basis for a new religion – the Methodist faith. Dr. A.T. Still's father Abram was trained in these ideals that felt the itinerate preacher would take the word of God to the most needy of faith in the frontier. These preachers would have no church building, but travel by horse to their congregation. John Wesley realizing these frontier families were some of the poorest individuals – they would have little access for money for doctors.

As a result, Wesley's wanted his ministers to be professionally schooled in both medicine and religion to heal both the physical body and the spiritual one too.

Dr. Abram became an abolitionist and left his father's slave owning plantation home for Virginia to become a Methodist Traveling Preacher. Their frontier circuit or route taking the church to the people could take up to 5-weeks to cover with daily preaching.

Young Andrew the future Founder of Osteopathy was exposed as a young boy to medicine and the treatments performed by his father Abram the Doctor-Preacher.

Eventually Abram moved his family to the isolated and poor Frontier of America – first Missouri and then Kansas.

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Dr. Reverend Abram Still who was medically trained at the Cincinnati Medical School of Ohio in 1819, wanted his children to have a solid education – but not with slave owning communities.

Young Andrew said that in spite of his father's pious profession – he only made \$60 a year, Abram had a good farm, good house, grist mill, good grub and good clothes, good stock.

When they left for Missouri, Abram had two wagons full of nice furnishings with six head of fine horses and \$900 in gold & silver – a large sum at that time. After crossing the Mississippi River Abram was asked by a fellow Methodist preacher to borrow \$700 – it was to be repaid in 4-months time at conference meeting. Only a portion was paid 9-years later. The Stills used what little they had left to buy a land claim and two cows. It was hard times with worn clothes and shoes – the family soon learned they needed to scratch out a living in frontier Missouri.

A.T Still makes it clear that until that time in 1839 - he was used to good houses, supplies and a comfortable easy life. Andrew was angry at being poor and trying to get money was on his mind a good amount of time.

As Abram moved his family across the American Plains, he ensured his children received a solid education by paying what little they had or lending them out as workers to help the most educated persons with chores during the day. In the evening hours in return for their work, Young Andrew Taylor Still and his siblings would receive academic lessons.

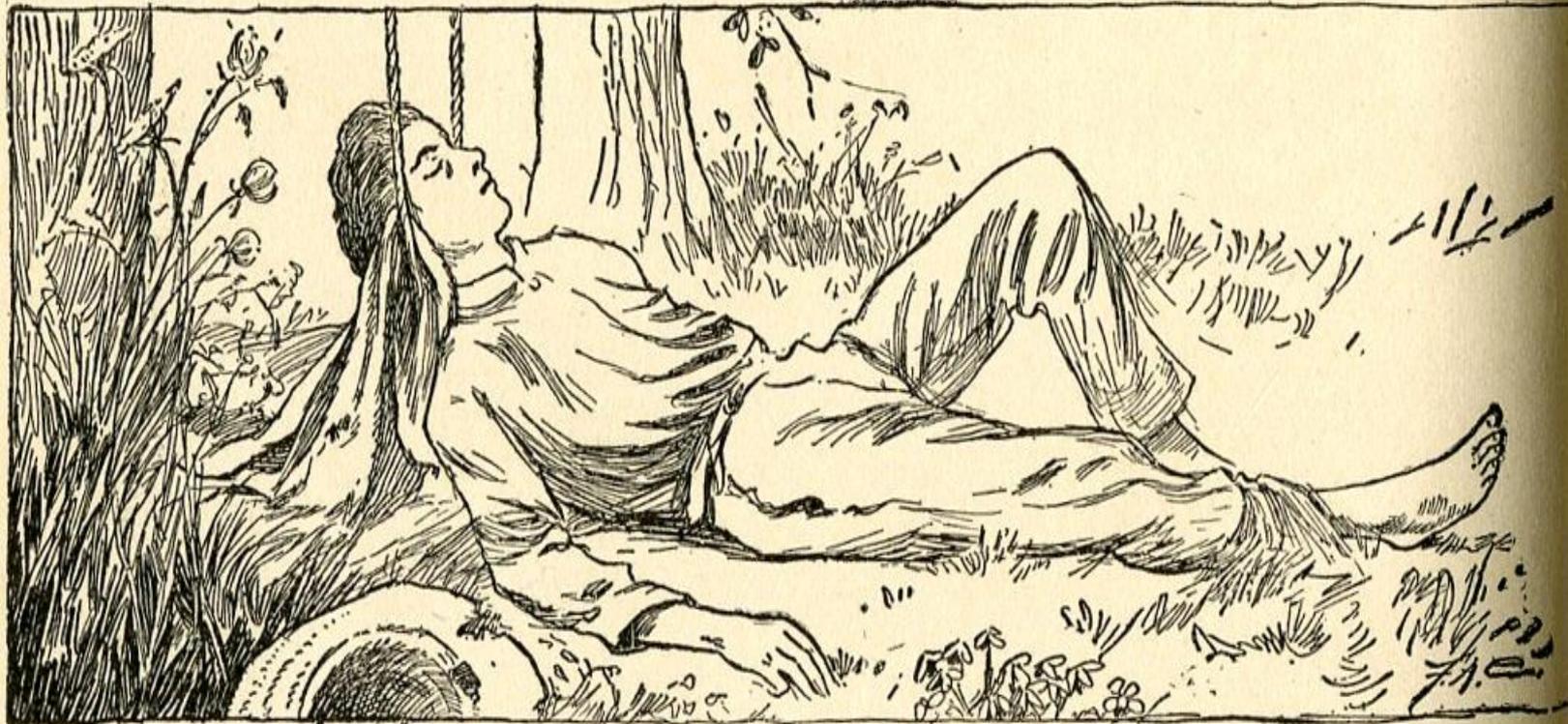
Surviving in the wilderness was new and hunting to eat provided young Andrew Still with exposure to nature's systems, cycles and anatomy from exploring his quarry after the kill.

Dr. Still related an incident from his youth – which was in essence the first osteopathic treatment.

“One day, when about ten years old, I suffered from a headache. I made a swing of my father’s plow-line between two trees; but my head hurt too much to make swinging comfortable, so I let the rope down to about eight or ten inches off the ground, threw the end of a blanket on it, and I lay down on the ground and used the rope for a swinging pillow. Thus I lay stretched on my back, with my neck across the rope. Soon [the relief of pressure and gentle rocking] I became easy and went to sleep, got up in a little while with headache all gone.

As I knew nothing of anatomy, I took no thought of how a rope could stop headache and the sick stomach which accompanied it [Dr. Still is describing actually a migraine headache]. After finding relief from that activity Andrew Still would “roped” his neck whenever he felt one of those spells coming on. In images from his final years at the age of 86 – one can see an iron frame with an adjustable leather belt – a more practical and portable device that mimicked the plow rope invention of his youth. Many years later his understanding of anatomy helped to understand why the rope technique was so successful in alleviating those migraine headaches.

He had suspended the action of the great occipital nerves [these nerves were clinched tight by the muscles they pass through] restoring the natural flow of the blood eased the swelling of the muscles that caused the tightening. The body returned to normal – and gave harmony to the flow of the arterial blood to and through the veins, and ease was the effect.



FIRST LESSON IN OSTEOPATHY.

Andrew Still recalled another incident from his youth that formed a piece of the puzzle. It was fall and he was ill with dysentery, a flu(x)with copious discharges mixed with blood; there were chilly sensations, high fever, backache, and cold abdomen.

“It seemed to me my back would break, the misery was so great. A log was lying in my father's yard. In the effort to get comfort I threw myself across it on the small of my back and made a few twisting motions which probably restored the misplaced bones to their normal position, for soon the pain began to leave, my abdomen began to get warm, the chilly sensation disappeared, and that was the last of the flux. Even a mule has the sense to roll and readjust its spine.” Simple as it might seem, his analogy makes sense and is concise in that one might realign by rolling to and fro in a tucked position.

Dr. Still also witnessed a form of bone-setting from his experience among the Shawnee Indians. 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, mebbly-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.”



Picture of Dr Still

Dr. Still lost his first wife Mary in 1859 and then just before the Civil War he remarried. His new wife Mary Elvira had training as a pharmacist and her father was an MD. Within the year she gave birth to a boy, who died not long after his birth. Mary Elvira had a second child, this time a healthy girl. When her daughter was about 11-months old, Dr. Still's three children from his first marriage to Mary caught Meningitis – each child dying within a week of each other (only the oldest daughter Morovia escaped the disease because she was living with Dr. Still's parents – as she did not like her father's new wife – Mary Elvira).

The young daughter of Mary Elvira took a cold and while husband and she focused on the Meningitis cases of the children – that cold turned to Pneumonia and the infant died too. Four children in one month. It was then that both Dr. A.T. Still and wife Mary Elvira pledge to work together to find a way to provide better healthcare to people – nobody should have to lose wife and children to disease.

Tombstone of first wife Mary and his children



A.T. Still fought in the Civil War against slavery and stated a comrade of his by the name of Major Abbott, who was a close personal, and intimate friend, told him one day during a discussion in that lonely spot... speaking of medicine: “Do you know I have lost all faith in medicine? I am satisfied that it is all wrong, and that the system of drugs as curative agents will someday be practically overturned, and some other system or method for curing the sick without drugs will take its place in healing the sick.” It was Major Abbott that offered the suggestion to Dr. Still in this line, planting a thought that Dr. Still would follow to its end.

In his later days, after he became somewhat famous, Dr. Still shared this important piece of his discovery of osteopathic medicine with the public. He had seen a lady quickly die of Cholera in Kansas. The contraction of her gluteal system of muscles was so strong at the time of her death as to cause a dislocation of her hip, throwing it out at a right angle. The caretaker was unable to get her to fit into the coffin, and Dr. Still was called in to adjust her, so that the dead woman could be placed in her coffin. After that case, Dr. Still heard from other doctors of similar cases caused by Cholera. In his studies, Dr. Still learned that muscular contractions would produce partial dislocation of any bone in the body, and might also produce curvatures or other malformations. This was important to his understanding of abnormal structure being restored back to normal functioning.

I studied anatomy in books – but the Great Book of Nature was my main teacher. The best study of man is man, and the method to pursue this is by dissection. The skinning of wild animals brought Andrew into contact with muscles, nerves, and veins. The bones were deep and interesting for me to study – long before I learned the hard names given them by the scientific world.

The skeletons of the Indians were my next study of bones. I loved the study of anatomy and pursued it with zeal. Dr. Still believed this to be an area of medicine worth pursuing. His own physical ailments and the work with getting the dead woman to fit within her coffin, led him to the idea that the alignment of bones and tissues held answers to recovery from disease. Motivated by this idea Dr. Still sat down to his desk on the Kansas prairie to study the anatomy that he had learned at medical schools in greater detail. He began with the framework that supported the human body, the skeleton. Dr. Still was able to improve his store in anatomical knowledge until quite familiar with every bone in the human body. The study of these bodies of ours has ever been fascinating to me.

To accomplish this study, he returned to the Indian burial ground – the Indians had suffered greater number of death due to the Cholera epidemic. Dr. Still related in his autobiography, “Indian after Indian was exhumed out of the sand heaps of the Indian burial grounds and dissected, - still I was not satisfied. A thousand experiments were made with bones, until I became quite familiar with the use and structure of every bone in the human system.”

Taking this study even further, Dr. Still made a picture -chart of the bones of the whole body, then he stood blindfolded, or with his back to a table. A bone would be handed to him by an assistant. He would take the offered bone in his hands and by just by the "feel" of it - could name it and also direct where it should be placed on the chart (right side of the body or left). He could do this to the extent of even the smallest bones of the hands and feet and those of the spine, until the chart was filled in complete.

Practicing this feel of the bone and memorizing its location – was performed this time and again for about a year. Next, he took up Descriptive Anatomy, because he wanted to know what the bone’s structure had to do with it function. Carrying bones in his pocket he was able to get the feel of them.

Today we call this “structural visualization. Having this knowledge prepared Dr. Still for a new challenge in putting this information into practice – leading to his next great discovery about structure being restored.

Dr. Still related to a magazine that wanted to tell his journey of discovery that,

“In May of 1855 – I lived in Palmyra, Kansas practicing medicine. At about 10 o'clock one morning while riding on the Santa Fe road headed to the West, I had not traveled more than one mile before I came up to a lot of Mexican freighters who had freighted from Kansas City to Old Mexico. I saw before I got to them that there was trouble of some kind. I rode up & halted. Asked the boss what the trouble was. He said that a man was thrown from his horse & had gotten his neck broke. He asked me where he could find a Dr.? I told him he was talking to one. He asked if I could set the man's neck? I said I could try but it might kill his man [as it was a severe neck injury]. He said go ahead, he is worse than a dead man now.

By the aid of 2 picket pins driven 3 or 4 in apart about the width of his neck which held his body from moving any further, I took him by the hair of his head - placed feet against picket pins & pulled his head carefully on a straight line with neck & spine & by this method I readjusted the dislocated bone of his neck - to its proper articulation with his head. He lay a few minutes, and in less than half an hour I had the man on his feet walking. He said, ‘Muchas gracias, Señor’ - Thank you Sir. I was very much gracias myself that I had not killed him. The boss gave me a \$20 gold piece and also his thanks.”



This success provide to be a major turning point for Dr. Still, who was looking for anything that might replace the current medical practices of bleeding, blistering (burning a patient and then popping the blister to release the poisonous fluid – we know today this is only salty water) and dosing typically wit mercury based medicine or morphine. Dr. Still was delighted at the success of this operation and began at once to study a new the mechanical construction of man using Grey’s Anatomy text and the bones dug up from the Indian skeletons.

In his medical practice, for several years, he confined his “manipulation “experiments to the treatment of dislocations and fractures. Dr. Still’s remarkable successes soon gained for him a widespread reputation throughout the frontier settlements. Patients began seeking him out to restore their damaged body to normal once more.

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.

Arriving at the house Dr. Still found not a woman in labor, but a case of pneumonia.

Meanwhile, during the trip to the home, a blizzard had blown up and there was no way for Dr. Still to go back for the needed medicines. He told how after examining the woman's chest he sat there with his fingers mechanically continuing to examine, wondering what he would do not having any of his regular medicines; and he found that his fingers were in an absent-minded way following a certain line on her chest -- as fingers will in abstraction follow the edge of a table or chair.

He gave the rib region his attention, and found that he was feeling the lower edge of a rib. Was it broken? It did not seem to be broken. Dislocated? Yes apparently. Dr. Still thereupon summoned his anatomic knowledge and his back-woods direct approach and managed to set about reducing the rib dislocation – that at least was something he could do and perhaps bring his suffering patient some comfort; and he succeeded. First time in history so far as known. The result was magical and very prompt. Almost immediately the pain was less, and soon left; the fever began to drop and was gone altogether with the embarrassed [stressed] respiration within the hour; and by morning the woman, hardy pioneer that she was, was back at work hog-cleaning. By restoring the structure to its proper place, her body functioned normally almost instantly? Had the woman truly been afflicted with Pneumonia (Dr. Still's first impression of the problem) then the patient recovery would have taken days or weeks – not hours. This baffled Dr. Still.

A new form of healing and treating is conceived

For several months A.T. Still thought about the woman and illness brought on by the pig, other patient cases he had worked on and his own history illnesses. It was on June 22, 1874, that he was sure of his discovery and made his announcement and a decision to never turn back.

“In the year 1874 I proclaimed that a disturbed artery marked the beginning to an hour and a minute when disease began to sow its seeds of destruction in the human body. That in no case could it be done without a broken or suspended current of arterial blood, which by nature was intended to supply and nourish all nerves, ligaments, muscles, skin, bones, and the artery itself. He who wishes to successfully solve the problem of disease or deformities of any kind in all cases without exception would find one or more obstruction in some artery, or some of its branches.” —*Autobiography*, p. 218.

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

ATSP 1.1.79

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.



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 venous 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!

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.

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.

- Insert Taxidermy image from the ASO

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.

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!

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

The Body produces material it needs and dissolves what is not!

“When you have adjusted the human body to the degree of absolute perfection, all parts in place, none excepted, then perfect health is your answer. Nature has no apology to offer. It does the work if you know how to line up the parts; then food and rest are all that is required.” —*Research and Practice*, p. 25.

“Nature can and does successfully compound and combine elements for muscles, blood, teeth and bone.” —*Philosophy of Osteopathy*, p. 18

“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.

“The osteopath’s foundation is that all the blood must move all the time in all parts to and from all organs.” —*Research and Practice*, p. 28.

“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*,

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Lecture By: Jason Haxton, M.A.
Director - Museum of Osteopathic Medicine
A.T. Still University, Kirksville - Missouri