

A MANUAL OF OSTEOPATHY

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A Manual of Osteopathy by Eduard W. Goetz

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EDUARD W. GOETZ

**A MANUAL OF
OSTEOPATHY**

A MANUAL
OF
OSTEOPATHY

WITH THE APPLICATION OF
PHYSICAL CULTURE
BATHS AND DIET

COMPILED BY

DR. EDUARD W. GOETZ

*Graduate of the American School of Osteopathy, under the
Founder of the Science*



CINCINNATI, OHIO

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PREFACE

N THE preparation of this volume for the press, the aim has been to make every page and every sentence plain to all, whether they be physicians or not. The importance of physical culture, baths, and diet is conceded by everybody. But not every one has at hand a compact manual of instruction upon these subjects, in their relation to the cure of particular diseases. This book, from which technical terms have been excluded as far as possible, will, it is believed, supply such instruction to those who study it attentively and follow its suggestions in good faith.

The book, however, claims to be something more than a code of dietetics, baths, and exercise. It is in its way a complete handbook on the treatment of disease, not by faith, but by knowledge based upon careful investigation and on discoveries in the science of healing which are not the less valuable because they happen to be new and strange to some. The principles which it sets forth are, perhaps, less widely known now than they will be in the future. It would take a much larger volume than the present one to enumerate and explain them in all details. Nevertheless, this book, while not an encyclopedia, nor a full technical treatise, is equal to the purpose I had in mind, that of placing in the hands of the unlearned the power of successfully treating the most common ailments, and thus preventing the development of the more dangerous ones, to which the human body is subject. I may even hope that the expert


physician who scans these pages with an open, unprejudiced mind, will see new points of value to be added to his previous study and experience in therapeutics. I hold that Osteopathy has a worthy message to the intelligent medical men of all existing schools.

True, the new science of Osteopathy is only in its beginning. Doctor Still has given us a grand foundation upon which to build. It is labor for the advancement of science, in general, to widen the possibilities of this particular science, and it is the privilege of all who can, to contribute whatever will be of interest and benefit to the practitioner as well as to the public. This new science has no secrets; its methods are human, not supernatural, and it teaches nothing but what all can learn and test for themselves. Wonderful strides have been made in the advancement of this new science, and much knowledge has been gathered in the application of the principles discovered by Doctor Still. It is the intention of this book to embody the most practical lessons which others have taught me or which I have learned from my own experience as to the use of Osteopathy in healing disease.

Neither pains nor expense has been spared to make this a complete work, thoroughly simple, and that any one with ordinary intelligence can understand and apply.

A large, stylized handwritten signature in black ink, reading "D. M. Gutz". The signature is written in a cursive style with a long horizontal flourish at the bottom.

EXPLANATORY

HE science of Osteopathy was founded by Dr. Andrew Taylor Still, who was formerly an allopathic physician and surgeon in the United States army. About forty years ago he realized that the usual remedies employed in the treating of disease were insufficient. He then conceived the idea that the human system is a machine, perfectly framed by its Maker and, if kept in a condition of proper adjustment, capable of keeping pace with time for a lengthened period of existence. He found that manipulation could be made almost at will in connection with the skeletal structure, with the result that all the organs could be stimulated to perform their normal function.

After working at the experimental table of Nature for years, he concluded that he had found a new science, and to this new science and system of healing he gave the name "Osteopathy," not because he regarded all healing as "bone setting," but because he regarded the bones as Nature's medium of manipulating the human system, just as an allopath or a homeopath regards drugs as a means of healing disease.

The basic principle of Osteopathy is, that if the human organism is in perfect order, every body tissue and structure performs its part without interruption; the bony structure representing the framework upon which the other tissues of the body are built and to which they are attached. Osteopathy makes use of the bone framework in establishing