

**PRACTICAL  
VISIONS; A BOOK  
OF INSPIRATION**

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Practical visions; a book of inspiration by F. P. Millard

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**F. P. MILLARD**

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# PRACTICAL VISIONS

*A Book of Inspiration* 7

BY

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Dedicated to My Old Friend  
DR. C. C. REID  
who first introduced Osteopathy to me

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Alfred S. May, D.O. 8-25-54

## PREFACE

Many books have been written along inspirational lines. It would be quite impossible to cover new ground, so to speak, as there is supposedly "nothing new under the sun."

The favorite subjects of some of the greatest writers and speakers in history have been inspirational in character.

The title of this book indicates that we intend to discuss practical phases.

In the study of anatomy in our colleges we consider the human body along the lines of regional anatomy, sectional anatomy, surgical anatomy, and so forth. There is another phase, of vital importance to all practitioners of the therapeutic art, and that is applied anatomy.

We hear much about visions today. The slogan, printed in various magazines, "Where There Is No Vision, The People Perish," is pretty well impressed upon the minds of the majority of people. We have found that it is all well and good to have visions and dreams, and "raise our vibrations" to a point where we feel that we are inspired, and can dream dreams that will materialize; but how many of our dreams really come true, and how many can we use from a practical standpoint in our everyday practice?

This book is directed to graduates of osteopathic colleges; especially to those graduates who have the osteopathic concept; who have studied osteopathy intending to practice it according to the teachings of the great founder, Dr. A. T. Still.

We do not wish, in this book, to consider those who have chosen other than osteopathic methods of treating the human body. In writing of our experience, which cov-

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ers a period of more than twenty-two years, we mean to present things just as we have worked them out in the office and as we have written them in the various journals.

While this book is written for graduates of osteopathy who are entering practice, we trust that there will be points of interest to those who have been practicing for some years. We have also included a few chapter that will be of interest to those who are students; likewise, a chapter to those contemplating the study of osteopathy.

We do not wish to say anything that is not practical in nature, or which cannot be carried out in the office of any osteopathic physician, if he is practicing osteopathy as taught by Dr. Still.

We will leave it to others to write on various methods in the healing art, outside of the specific lesion idea. We consider that this idea is the basic principle in osteopathy, and that it will be as long as osteopathy is practiced as a scientific method of treating human ailments, according to the teachings of the Founder of our Science.

No man is as great as osteopathy, and no man will ever be able to work out all of the principles and practice that is included in the osteopathic concept.

After practicing over twenty-two years, I realize that I have just laid the foundation stone for the real work upon which to build a greater osteopathic structure, and I hope that some day my vision regarding osteopathy, will be much greater from a practical standpoint, than it is at the present time.

There always will be among us those who have visions greater than our own. Doctor Still had a vision, away back in the time when the therapeutic art was confined almost entirely to the older school, and we possibly never will appreciate the great difficulties he encountered in launching a



new school, absolutely opposed in every way to the older school. Yet he stood firm and never weakened in his great effort to present to the world a scientific truth that will live throughout the ages. Doctor Still will go down in history as the greatest original and forcible thinker ever known in therapeutics.

Osteopathy was given to him in the form of a vision. This is a well-known fact, and had it not been of a practical nature, it never could have worked out and changed the ideas of a thinking world. His vision was practical, from a physician's standpoint, or he never could have adapted it to the clinic room, bedside, and other places where human beings suffer. It has stood the test of time, and countless numbers have been relieved by the therapeutic measures he worked out.

This vision was of such a practical nature that it brought conviction in his own mind, and apparently it lingered in his mind in the form of an outline that stood before him day after day, like a program that requires fulfilling in order to be complete and satisfactory.

A vision of this kind could only be realized and appreciated by a great mind. Possibly others had part of the same vision at different times, but only the great mentality of Dr. Still could comprehend the practical vision that was given him. Only a man with great force, tremendous conviction, iron will, and undaunted determination, could work out a program, under such unusual adversity, carrying his ideas forward to a point of satisfactory completion before being called Home.

I dare say that no person ever lived who did not have a vision of some kind, either in the way of a dream or an impression that, at least, stimulated greater thought and activity in some manner. Possibly not a year goes by that

we do not have some form of impression, or dream, or vision, but of what use are these impressions, or dreams, or visions, unless we take hold of them and build upon them a structure that will last throughout the ages?

No two human brains were ever created exactly alike, any more than any two faces. No one mind can comprehend everything. No one mind can handle the visions that are given to it, in their entirety. A great many of these are simply air castles. Apparently, they seem very good, but when thoroughly thought over, they seem either impracticable or too great a task to work out.

Men in this world are selected to do great things, according to the visions that they have. Who could fill the place of a president of the United States without having a broad vision that includes at least a desire to preside over the many states of the Union in a satisfactory manner?

What man could carry out the work of a great statesman, unless he had a practical vision which would lead him on to build a structure that would be international in character?

Men are selected for great tasks according to their ability, and the visions back of this ability.

When we want a tunnel put under the Hudson river, possibly we find but one man who has sufficient vision to carry out the idea.

When we wish a canal dug across the isthmus, we select a man who has a vision sufficiently broad to do that work in a satisfactory manner.

When great dams are to be built, when tunnels are to be bored through the mountains, men are selected who have visions sufficiently strong to enable them to convince those who have charge of the matter that they are capable in every respect of carrying out the vision or dream.

Thus in all forms of work, in all the various branches of science, music, art, we have men with vision.

Only a master can produce an oil painting that will live through the ages and command respect, attention, and a place in a great art salon.

The greatest generals that ever lived were men who had practical visions that enabled them to carry out their great schemes and bring success to the armies over which they had command.

We can train our minds to a point where we may receive impressions and put them to good use. The majority of human beings are timid. They do not appreciate the fact that they have, within their skulls, a varying number of ounces of cerebral matter, the potentiality of which can never be estimated, the capabilities of which will never be understood, and the number of superstructures that could be built upon the impressions received by which, can never be fathomed by the human mind

No man has ever used all of his brain, or any great portion of it, possibly due to lack of training, possibly from illness, or some physical handicap; but, if we only understood the capabilities of the human mind, and could find instructors sufficiently capable to train that mind and bring out all of the phases that are so necessary in order to build, from impressions and visions, there would be no limit to what we might accomplish in every instance.

F. P. MILLARD.

Sept. 4th, 1922.