

Osteopathy

Osteopathy is a system of medicine based on the principles that the normal living body: 1. is a self-protective vital mechanism 2. has the power to produce within itself its own remedies 3.uses the blood to carry these remedies where they are needed 4.requires healthy structural integrity to maximize its healing processesIn addition, there must be corrective living habits, both bodily and mental, and proper sanitation and hygiene. Osteopathy itself is not a specialty, but includes the care of all types of disability and disease—those of women, of children, of the organs of special sense, of the circulatory system, digestive organs, and mental and nervous diseases, etc. Obstetrics and surgery have always been parts of this osteopathy.

The most important primary cause of disease is held to be some fault in the relationships of the tissues or organs of the body—bones, muscles, ligaments, tendons, fasciae, or other. These faults are not so much the congenital variations from average form, though the influence of these is recognized, as they are the results of bad posture, accident, inflammation, or infection. Reflexes from a diseased or damaged part may even pass over the nerves to produce tissue conditions in distant regions which in their turn constitute what the osteopathic physician call "lesions."

These structural faults or "lesions" result in a slowing up of the circulation of the blood and lymph, leading to edema and acidosis. Nerves are irritated and circulation in other parts is affected.

Thus not only are the vital processes of the bodily organs interfered with, but also the body's natural processes of making remedies to fight infection. This is in addition to the more obvious results of mechanical faults, such as crippled joints and muscles, including or related to the conditions so often called rheumatism, neuritis, neuralgia, arthritis, sciatica, lumbago, etc.

In diagnosis, osteopathic physicians employ the recognized scientific methods of physical, chemical, and microscopic examination, including blood chemistry, roentgenology, basal metabolism tests, etc. The distinct thing about it is the study by observation, by the feel of the tissues and sometimes even by careful measurement of the mechanical faults referred to.

In the treatment of the sick, osteopathic physicians major in the specific manipulative correction of these structural abnormalities. They also give attention to the correction of errors in hygiene and sanitation and in habits of thinking, work, and play.

Osteopathy was introduced by Dr. Andrew Taylor Still in 1874. The first college was established at Kirksville, MO in 1892. In 1932 there were six recognized colleges and over 8,000 doctors of osteopathy in the United States, Canada, Great Britain, and a few other countries.

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Microscopic Type

Diamond Type

Looking at fine print with relaxed eyes and blinking and shifting frequently is the way to develop focusing for the near-point.

Start with fine type, holding it seven inches away from the eye.

Measure until you have the distance firmly fixed in your mind.

Blink frequently.

(See illustration of microscopic print.)

Look at the microscopic print for three minutes. Rest one minute by standing and reading the Snellen test card, swaying slowly and smoothly from side to side. Continue to blink after each letter.

Then look at the microscopic type again for three minutes. Advanced conditions require the use of diamond type (see illustration) at first, and as this, gradually becomes clearer, the use of the microscopic type, Feel no pressure of time, for time must be spent looking at these examples of very small print until the eye is able to focus sufficiently to read them.

It is absolutely essential that you relax, that you blink and shift frequently while doing this exercise.

Eyes that have worn strong glasses for a long time will not be released quickly, but progress will be seen as the exercises are continued. When one is able to read the microscopic type, the vision is considered normal.

Look at the diamond type for one minute, then look at the microscopic type for one minute.Repeat three times, then rest the eyes by swaying or swinging and reading the Snellen test card for three minutes. Alternate reading the fine type and reading the Snellen test card.

A perfectly normal eye is able to read the microscopic type held 6 inches from the eyes. The diamond type should be seen clearly at 6 inches and also at 20 inches from the eyes