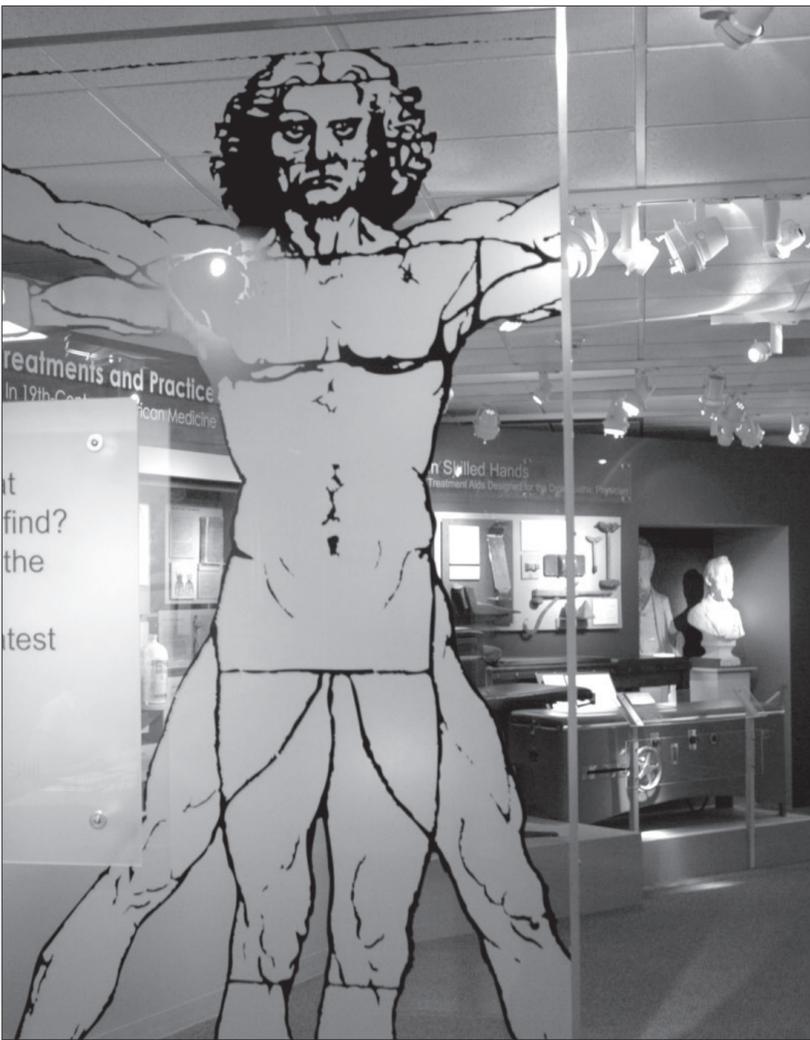


Local museum showcases nerves



Chris Waller/Index

A depiction of the Vitruvian Man sits in the entrance of the Still National Osteopathic Museum.

Medicinal methods of yore

Bloodletting

removing "bad blood" to restore balance to the body

Phrenology

determining personality by analyzing contours of the head

Magnetic healing

passing magnets or the healer's hands over the body to restore the balance of invisible magnetic fluid in the body

Self-treatment

home health guides taught people how to make botanical remedies and treat bone fractures

Source: Still National Osteopathic Museum

Laurie Hahn
for the Index

Visitors to the Still National Osteopathic Museum might find something a bit nerve-wracking.

The museum boasts a completely dissected human nervous system.

Museum director Jason Haxton said two students from the 1926 class of the Kirksville College of Osteopathic Surgery carefully removed muscle and bone from the nerves during a six-month period. The students rolled the nerves in cotton, keeping them moist, and then unrolled the nerves and shellacked them to a board.

Haxton said the nervous system is one of four dissected human nervous systems in the world.

In two months, visitors can learn even more about the human body when the museum unveils a new exhibit.

"We're going to be putting in a complete transparent woman, worth \$80,000," Haxton said. "So you'd be able to see the complete anatomy — blood circulation, bones, lymphatic and nervous system. You literally can see the entire body through transparent skin."

The museum, located on the A.T. Still University of Health and Sciences campus inside the Tinning Education Center, houses many valuable osteopathic artifacts. Haxton said the dissected nervous system is the museum's most valuable piece, worth more than \$1 million. However, its monetary value cannot compare with its educational value.

Jeremy Houser, assistant professor of health and exercise sciences, said he offers extra credit to his Human Anatomy students if they visit the nervous system exhibit.

"I have them go over there to view the entire system as a whole and get a better bearing on the complexity of it and the vastness of it," Houser said. "There are all these little parts. They never realize how vast it is."

Some students might not realize what osteopathy is.

Senior Megan Harney said she did not know anything about osteopathic medicine before visiting the museum last semester for Houser's class.

"[Osteopathy] seems like a great idea because it's more holistic," Harney said. "Where a [medical doctor] would try to fix you physically, [doctors of osteopathy] take your mind and body in one approach and look

at you as a whole."

Although both types of doctors help people, they do it in different ways.

Humble Beginnings

The museum honors the ways of Andrew Taylor Still, the founder of osteopathic medicine.

Upon entering the museum, visitors find themselves walking between the original two-room schoolhouse where Still gave his first lectures on osteopathic medicine and the log cabin where Still was born in 1828.

Growing up, Still apprenticed to be a doctor under his father, who was a preacher as well as a doctor. The family moved from Virginia to Tennessee to Missouri and Kansas for his father's occupation, Haxton said.

Still became disillusioned with medicine. In the late 1800s, 50 percent of people who went to a doctor's office died, Haxton said.

"For 2,000 years, most of medicine focused on bleeding people [and using] chemicals that were not good for people: morphine, alcohol, even mercury-based chemicals," Haxton said.

Haxton said Still did not rely on surgery or medicine to fight off diseases. He relied on the body.

"We think of 'osteo' as bones, but actually it is a higher thinking than just bones themselves," Haxton said. "... The body has a natural ability to heal, and that's what [Still] focused on. The body, the thinking processes and even your beliefs actually affect your healing."

This radical new way of thinking caused problems among Still's contemporaries.

"He actually started completely over and basically suffered because doctors would not give him an opportunity to practice," Haxton said. "He was ridiculed, so he had to move around."

Haxton said that after Still found success with patients in Kirksville, he settled here with his second wife and their children by 1887. In 1892, Still founded the American School of Osteopathy (now A.T. Still University). He remained active at the school until 1914, three years before his death at the age of 89.

"He practiced what he preached," Haxton said. "The life expectancy of that time was 50 [years]."

An International Movement

Looking at some of the surgical instruments on display at the museum could make anyone grateful for the way modern medicine developed.

Tools such as bone saws, bone chisels and dissecting scissors lie side-by-side inside a glass case. Visitors also will find osteopathic treatment tables, an exhibit of small skulls and personal artifacts from Still and his family.

Haxton said the museum opened in 1914 with Still's medical tools and artifacts in several display cases. The collection grew during the years until the museum incorporated with A.T. Still in 1996 and later became part of A.T. Still University.

Museum curator Debra Loguda-Summers said every year Still's family members, friends of the family and alumni from A.T. Still University and other osteopathic schools donate between 1,500 to 2,000 artifacts. Many people also donate monetarily as the museum is not-for-profit.

The museum also serves as a research source for international scholars.

"I work with people all over the world," Loguda-Summers said. "Anything from somebody's genealogy or someone working on a book. Right now I'm working with two PBS stations for documentaries."

Loguda-Summers said students also may utilize the museum for research opportunities. The museum's reading center contains yearbooks, osteopathic journals and books written by D.O.s.

Loguda-Summers said that although other osteopathic schools exist, people tend to turn to the Still National Osteopathic Museum.

"It's kind of a catch-22 because we like having our name out there, but it makes so much more work," Loguda-Summers said. "We are the source, and we are the founding school, so it's a big responsibility."

Museum hours are from 10 a.m. to 4 p.m. Monday through Wednesday, 10 a.m. to 7 p.m. Thursdays and noon to 4 p.m. Saturdays. Admission is free. Students may call or e-mail the museum in advance to schedule research hours. Call 626-2359, e-mail museum@atsu.edu or visit <http://www.kcom.edu/newmuseum/default.htm> for more information.

New Marathon Club trains for upcoming races

Student advisers create organization, set sights on April 9 St. Louis Marathon

Ian Vickers
for the Index

Truman has a support group, but it's not for alcoholics or drug addicts.

It's for runners.

Four student advisers from Centennial and Ryle halls came together last semester to form what is now the Marathon Club.

The primary focus of the Marathon Club is to help its members train for running in either a half or full marathon.

"You definitely need a support system," junior Michelle L. Brown said. "It helps out a lot. Just to know other people are doing it too can help you keep doing it."

This year the members have their eyes and feet set on running in the St. Louis Marathon on April 9. Runners can choose to participate in a race of either 13.1 or 26.2 miles.

The club began when Brown, junior Charlie Toton, sophomore Chris Copley and junior Jill Moeller decided to expand a smaller group of runners led by junior John Dieter, a former SA. The runners in the group at that time were Dieter's residents in Centennial Hall.

Because of the group's increasing popularity, Toton and Copley decided to extend the membership to all students, regardless of their residence hall.

The four students came together shortly before Thanksgiving 2005 to organize and publicize the group. They put up fliers on campus and promoted the group by word-of-mouth, Toton said.

They eventually had about 100 members on their contact list, Brown said. Some had run marathons before while others had little or no running experience, she said.

Between 12 and 15 members come to run on Saturdays, the day of their weekly meetings. The members congregate in the Centennial main lounge at 10 a.m. and then embark on their

runs, Toton said.

Even though the members run many places, Kirksville does not offer many safe places to run, so often they run the same route, Toton said.

"It's hard when you're in the middle of nowhere," she said.

Brown said the group adheres to training schedules devised by Hal Higdon, one of the founders of the Road Runners Club of America.

Training began a week before winter break, Brown said.

Members run individually or in small groups three times during the week and once on Saturday together, Toton said.

The training schedules for both the half and full marathons include running two short distances, one middle distance and one long distance.

The half-marathon schedule in-

cludes short distances of three to four miles, mid-distances of five to eight miles and longer distances of 10 to 11 miles.

For more physically fit runners, the full marathon schedule consists of

"Less than 1 percent of the world's population has run a marathon, so it's just something I can check off the list."

Brett Wiley
Sophomore

three to five miles for the short distance, six to 10 miles for the mid-distance and up to 16 miles for the long distance.

"It probably sounds like a lot, but it's a good training program, and it gets you ready," Brown said.

In addition to running, members participate in the "tightening, enlightening and inspiring" abdominal workout, read information on healthy food for runners and watch movies about

running, Toton said.

As they train, members get that much closer to accomplishing their main goal: running the marathon and

finishing it.

"That's why we're here — to help people reach that goal," Toton said. "Because a marathon is a really cool thing to do but a really hard thing to do on your own."

As members approach the end of their training schedule, they should be fit to run in the race, Brown said.

"Once you have that run, you're ready for it," she said.

Through the training, sophomore Brett Wiley said what he gets most from being in the group is being in shape.

"I can be physically fit after running a marathon," he said.

As the race approaches, members can look forward to spaghetti dinners and possibly T-shirts, Toton said.

Running in the marathon even will help some members like Wiley reach their own levels of personal achievement.

"Less than 1 percent of the world's population has run a marathon, so it's just something I can check off the list," he said.

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Friday Inferno Party! Drink Specials at night Happy hour: 4 to 6 p.m. and 12 to 1 a.m. Live bands from 7 to 10 p.m. coming soon.

Saturday Happy Hour! 1 to 4 p.m. and 12 to 1 a.m. Inferno Party! Drink Specials at night.