

**The Northern Osteopathy**

**Vol. III No. 1**

**February 1899**

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# THE Northern Osteopath.

VOL. III

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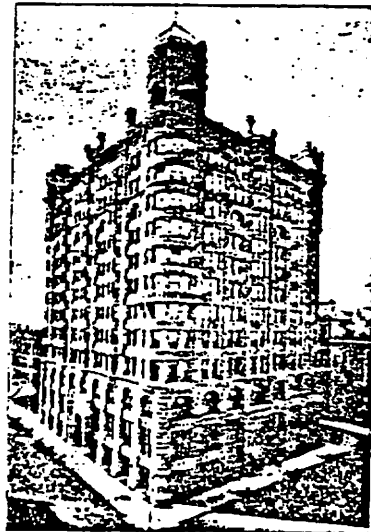
NO. 1.

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### Editorial.

"Paths that divide:—

Allopaths.  
Homeopaths,  
Osteopaths,  
Cycle paths."

The path of Nature and the Osteopath follow the same route and arrive at the same result.

With this issue the NORTHERN OSTEOPATH enters upon its third volume, and in so doing wishes to thank its readers and co workers in the field for the encouragement they have given us in maintaining the highest possible standard of Osteopathic journalism, and trust that we will merit their approval in the future. The top is the aim of our ambition and we trust that our contributors will assist us in attaining it.

Elsewhere we reproduce an editorial from the Minneapolis TIMES on "Minnesota as a Health Resort." The facts therein stated meet with our entire approval, and we would supplement them by calling our readers' attention to the fact that nature's atmospheric restorative is one of the valuable coadjutors of Osteopathic treatment. We are firmly grounded in the opinion that better results are to be secured from Osteopathic treatment, or for that matter from any treatment, if administered in the cold bracing air of Minnesota, laden as it is with the healing fragrance of the trackless pine forests to the North and West of us, charged with an abundance of life giving oxygen, prepared to clear up the sluggish circulation, tone up the nervous system, imparting life and activity to every organ of the human body.

Osteopathy has accomplished more in a given time than any other of the healing arts, and when the material with which it has had to work is considered, the magnitude of its achievements assumes proportions heretofore undreamed of. While diseases which are the accumulation of years cannot be removed in a day, they can usually be removed in less weeks or perhaps months than there were years in its development. The operation of nature's laws is sometimes slow but it is nevertheless certain and will ultimately prevail in its contest with disease, if untrammelled by opposing forces. Osteopathy is the scientific application of these laws as they are illustrated in the human body, and for this reason it accomplishes greater results in a less time than has ever been possible heretofore. We grant you that Osteopathy cannot create such disturbance in the human body in a few moments time, such as can be produced by any one of a large number of drugs. That is just what we would avoid. It does however set up subtle reactions within the system, reactions of nature which work with a precision and a nicety that commands at once the admiration of the logical mind and the confidence of the simple mind which has placed its trust in the efficacy of the treatment.

Osteopathy's most precious claim is that of simplicity. Simplicity not so much of its manner of application, but in its consideration and classification of disease. Too much time has been spent by the curative professions in the past few years in the differentiation of diseases based upon variations in the manifestations of the symptoms. While much of the research along the lines of microscopic pathology and symptomatology has broadened the field of thought of the physician, it has added practically nothing to the science of therapeutics. Osteopathy seeks to establish a new pathology, a new symptomatology, which will endeavor to reduce those sciences to a purely anatomical and physiological basis. The practical diagnosis is not that which differentiates to the degree that it is able to explain the histological changes which are taking place, but to recognize the direction and extent of the variation from the normal of the functioning power of the structures affected. So much of the minutiae of symptomatology, as it is at present recognized, is largely due to a sympathetic relationship, and as a consequence its treatment can have little or no effect upon the ultimate removal of the primal cause of the disturbance. Therefore we contend that the practical diagnosis, and the one which is destined to receive the most careful attention from successful men, is that which recognizes the great underlying factor which is the causative factor of other manifestations, prominent, though they may seem, are really minor in importance. This is

the diagnosis that Osteopathy recognizes as the only true one. It is because its treatment is based on such a diagnosis that it has proved so successful. Common sense in the diagnosis of disease will do much to eliminate from this branch of the healing arts the suares and pitfalls with which its inditesimal division has charged it.

The matter of issuance of licenses to Osteopaths by the state board of medical examiners in Iowa has assumed more definite shape. The board has refused to grant the licenses on the ground that the applicants are not graduates of regularly conducted schools of Osteopathy. The board then proceeds to lay down the minimum requirements for Osteopathic schools, which the board stipulates must be met before graduates of these schools can practice in that state. In the first place we would deny to this board the right to dictate the requirements in Osteopathic schools. The power vested in them by the now famous act of the winter of '97-'98 is purely administrative in character and not judicial, it was evidently not the intention of that law to grant any optional power to that board, but to outline specific rules which they have no choice but to follow. This action on their part shows too plainly on its face that it is simply an effort to shut the Osteopaths from legal recognition. Their action is most presumptuous in character in view of the fact that the law sought to legalize the practice of Osteopathy as exemplified by men, some of whom had not received as extensive educational facilities as some of the gentlemen who have applied to the board for recognition. It sought to legalize the practice as it was taught in the leading institutions in the land, and yet this board presumes to say that there are no "regularly conducted" colleges of Osteopathy in existence. Here is shown the injustice of allowing one class of men to have jurisdiction in any degree over another class towards whom they have shown a decided antipathy. Would it be justice to allow a board of dentists to dictate the qualifications of a doctor of medicine or vice-versa. No more than it is right that a medical board should have the administration of the affairs of the Osteopaths. While many of the requirements that the board lays down are just and equitable in spirit and are observed by the reputable Osteopathic schools, yet there is much that is absolutely absurd. The amount of power this board seems to arrogate to itself almost amounts to the ridiculous. It is our opinion that this board in its supreme effort has over-reached itself and will eventually come face to face with the fact that they have incurred the displeasure of the people of Iowa to such an extent that they will eventually lose more than they thought to gain by this move.

## We Reap What We Sow.

For pleasure or pain, for weal or for woe—  
'Tis the law of our being—we reap what we sow.  
We may try to avoid them—may do what we will;  
But our acts, like our shadows, will follow us still.

The world is a wonderful chemist, most sure,  
And detects in a moment the base or the pure.  
We may boast of our claim to genius or birth,  
But the world takes a man for just what he is worth.

We start in the race for fortune or fame,  
And then when we fall, the world bears the blame:  
But nine times in ten, it is plain to be seen,  
There's a screw loose somewhere in the human ma-

Are you wearied and worn in this hard earthly strife?  
Did you yearn for affection to sweeten your life?  
Remember, this great truth has often been proved:  
We must make ourselves lovable, would we be loved.

Though life may appear as a desolate track,  
Yet the bread that we cast on the water comes back:  
This law was enacted by the Heaven above,  
That like attracts like, and love begets love.

We make ourselves heroes and martyrs for gold,  
Till health becomes broken, and youth becomes old;  
Ah, did we the same for beautiful love,  
Our lives might be music for angels above!

We reap what we sow. Oh! wonderful truth!—  
A truth hard to learn in the days of our youth:  
But it shines out at last, "as the hand on the wall,"  
For the world has its "debit" and "credit" for all.

—Selected.

## OSTEOPATHIC LEGISLATION IN MINNESOTA.

As stated in our last issue a bill to regulate the practice of Osteopathy in this state was introduced in both branches of the legislative assembly. This was of course the signal for a fight. Immediately the state organizations of the allopathic school held a meeting and sought to form an alliance with the Homeopathic school for the purpose of securing their assistance in making more effective their opposition to any osteopathic measure. In this effort they have signally failed and the Homeopaths as an organization have refused to assist their old time enemies in the crushing of a younger science. For this silent expression of good-will from the members of this school we feel truly grateful. Some individual members have gone farther and taken a bold stand for the recognition of Osteopathy.

The Osteopathic bill, after its introduction into the senate, was referred to the committee on Judiciary, where it was considered in open session on January 25th, and the friends and foes of the bill were permitted to present their respective arguments. The defense of the measure was in the hands of Dr. E. C. Pickler, of the Northern Institute, and Mr. H. H. Wadsworth, a leading attorney of Minneapolis: they being assisted by Drs. C. E. Henry, T. K. Smith and Louisa M. Hayes. In the limited time that was allowed an eloquent appeal was made for the passage of the bill.

The opposition was represented by Dr. Arthur Sweeney, of St. Paul, and Dr. Richard Beard, Professor of Physiology in the State University. We are indebted to Dr. Beard for a number of good arguments in favor of Osteopathy and on the whole we are inclined to think that his remarks should have been considered as defending the bill. In the course of his remarks he made the admission that "We are using less medicine as the years go by."

This committee however took no action upon the bill whatever and returned it to the senate without recommendation.

In the judiciary committee of the House to

which the "House bill" had been referred, a public hearing was granted on Tuesday afternoon, January 31st. The defense was conducted by Dr. L. M. Rheem, Dean of the Northern Institute and he was ably assisted by Drs. Bemis, Henry, Mr. Wadsworth and others. The presentation of the question before this committee was an able one, the last few minutes of the hearing being granted to Dr. Rheem, who in a few well chosen words, proved the fallacy of the arguments of the opposition and brought the session to a close with Osteopathic colors flying.

In the mean time the Allopathic organizations had drafted a bill which they introduced, seeking to bring the representatives of all systems of healing before one medical board for examination. This bill, in the senate was also referred to the committee on Judiciary, where it was considered in public session on the evening of February 8th. It fared rather badly for it was defended only by the members of the allopathic school, while it was subject to a galling cross fire from the Homeopaths, Osteopaths and Christian Scientists. This bill was also returned to the senate without recommendation, and together with the Osteopathic bill was considered by that body on the afternoon of the ninth day of February.

Lack of space prohibits us from presenting in full the speeches made at this time. There was an apparent disposition of the senate to dodge the issue and prevent the bill from coming to a vote at that time. Considerable effort was made to amend the bill in various ways without much headway being made. It being apparent that little could be accomplished with the existing conditions, both bills were referred to a committee of five whose duty it should be to frame one bill to take the place of the two before the house.

In the course of the argument the Osteopathic bill was ably supported by Senators Thompson and Greer, while others evinced, by their remarks, a disposition of friendliness toward it.

This is as the matter stands as we go to press. We had hoped to notify our friends in this issue of another Osteopathic victory, but the wheels of the law grind slowly. Of the ultimate success of our struggle for recognition we feel assured, but would urge upon the friends of Osteopathy throughout the state the necessity of their expressing to their senators and representatives their desires upon the subject.

## Practical Knowledge of Physiology.

BY S. L. THOMPSON.

It is indeed a lamentable fact that in these days of great and general enlightenment, so many individuals still are to be found in the pool of ignorance when it concerns their physical body. Upon consulting authorities we learn that tens of thousands of persons annually fall victims to, for instance, typhoid fever originated by causes which are preventable. The result is the same as if these tens of thousands of persons were annually taken out of their dwellings and put to death. We are shocked by the news of murder—by the loss of a single life by physical causes! And yet we hear, almost without a shudder, the reiterated statement of the tens of thousands of lives year-

ly from physical causes in daily operation. The annual slaughter from preventable causes of typhoid fever, says a noted writer, is double the amount of what was suffered by the allied armies at the battle of Waterloo. Just think of it! During our recent war what was the cause of so many a gallant soldier giving up his life, when thousands of miles away from the battlefield. Compare the deaths on the battlefields with those in the "camps" at home and what do you find? Why should it be thus? Thousands of bereaved mothers and heart broken wives and sweethearts take up the cry WHY? By neglect of the ascertained condition and ignorance of healthful living, the great mass of the people lose nearly half the natural periods of their lives.

Some years ago, a French physician upon investigation found that the majority of deaths upon the battlefields arise from the bleeding to death of the wounded while waiting for a surgeon. He then advanced the proposition that each soldier in the army should be taught where the arteries of his body are, and how to correct hemorrhages from them. He thus claimed to have found use for that most useless of arts, tattooing; a small figure should be tattooed over each artery, so that the soldier could see where to apply the ligature.

It would be well if this kind of knowledge could be disseminated among Americans who are not soldiers. How many of the hundreds of thousands of young men, also young women, who graduate from our colleges every year, familiar with all the movements of the heavenly bodies, the campaign of Caesar, of the sayings of Achilles, would know how to restore a drowning man on the beach or how to twist a handkerchief about a leg or arm to check the flow of arterial blood? How many know what treatment and antidote to give in case of sudden poisoning? How many know how to regulate a smoky chimney or a foul drain? How many, in short, are fitted for the emergencies of every day life which must be met with knowledge drawn from books as well as with prompt action?

It is because these things can be taught by books, that we may have a right to expect that our young people shall be taught them. There is a pretense made in nearly every school of teaching anatomy and physiology. This is usually without models or even prints and the pupil of 10 or 12 crams himself with page after page of words, and chatters of flexor and extensor muscles, of ulnar and sciatic nerves, while in nine cases out of ten he could not lay his hand over his stomach or his heart. We do not want the children made into embryo Tom Sawyers; the whole attempt inevitably results in signal failure. But there are a few practical truths about their own bodies, their health and physical necessities, the danger of drugs and poisons, and about the philosophy of common things around them, which an intelligent teacher could in short time make clear and permanent in their minds. It will usually be found that it is the young man who ranks the highest and take all the honor in their classes, who are most deficient in practical ability about ordinary matters. The defect lies in the text book and the teacher, not in the pupils.

No need to tattoo their arteries. The mark ought to be made on their sensorium and brain, to show them how to apply the theories of their books to every day life.

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## GRADUATING EXERCISES.

"Class of February, '99."

ON January 31st, 1899, in the Unitarian church in this city, a class of eighteen young men and women received the degree of "Diplomate in Osteopathy" under conditions which will long remain in their minds as the brightest event in their educational career.

The rostrum was tastefully decorated with palms, while a wreath, symbolic of the laurel wreath, hung from a vase of white flowers. Behind this screen of green the members of the faculty and the speakers of the evening were seated, while the class were seated immediately in front of the platform.

The exercises of the evening were opened with an invocation by Rev. W. E. Gifford. The addresses of the evening were interspersed with music by the Masonic Quartette, one of the finest organizations of its kind in the Northwest. Their contributions to the program were highly commendable and elicited much praise from those present.

The address of welcome and of farewell to the graduates by Dr. E. C. Pickler was full of points of interest to the public and of good advice to the class. Dr. John E. Hodgson, President of the Class, responded first to the remarks of Dr. Pickler, expressing the sentiment of the class toward the Northern Institute and its faculty. He then addressed the audience, outlining the attitude of the class to the public, closing with the quotation

"Truth crushed to earth shall rise again;  
The eternal years of God are hers,  
But error, wounded, writhes in pain,  
And dies among its worshippers."

He then feelingly addressed his classmates, reminding them of the fact that they had met for the last time and expressed the wish that their separation would only be a material one.

The conferring of the degrees and the presentation of the diplomas was done by Dr. L. M. Rheem, Dean of the school. The occasion was an impressive one and as each one listened to the words addressed to them a stronger bond of union, if such a thing were possible, was cemented between them and their Alma Mater than had hitherto existed.

We regret that lack of space prevents the presentation of all of the speeches made on the occasion, each have much of merit and would have been interesting reading to our subscribers. We are however compelled to eliminate all but the address of the evening by Dr. D. B. Macauley, of St. Paul. As a representative of the active profession, Dr. Macauley welcomed the new dedged Osteopaths to the field and extended them a warm greeting as follows:

LADIES AND GENTLEMEN OF THE GRADUATING CLASS:—It is tonight my pleasing duty to welcome you to the ranks of authorized workers in the Osteopathic field and to extend to you the right hand of fellowship and comradeship on behalf of those who have preceded you. This I do most cordially and with great heartiness and sincerity. It is also my privilege secured to me by this programme and now irrevocable, to be the first to congratulate you upon your earning and receipt of the diplomas which have just been presented you. And this I do with all my heart. I know—none better—the thrill of joyous pride in achievement, of self congratulation, of thanks for the past and

resolve for the future, with which the first touch of that parchment electrified you. Were it not that these diplomas in themselves signify your emancipation from the thralldom and tyranny of "Quiz", it might be in order here to ask a leading question as to the nerve-course of this impression from the clasp of the fingers to the brain, and thence to the bounding heart. Science (as here represented) I doubt not would have ready an exact answer to the question and a lucid explanation of the phenomena involved. But this is not an occasion on which Science reigns supreme—her gentle sister Sentiment holds equal sway tonight—and Sentiment

ly and more promptly than many more important events. By that I mean that you will lose recollection of the serious things of your school years,—the hard work done, the discouragements, the difficulties met and vanquished, the growing sense of knowledge and mastery of your profession following persistent effort—nay, even the sorrows and bitterness,—but the lighter and frothier happenings will come to the top and float there, more ready to the hand and eye of Memory. And well it is that it is so! "Sufficient unto the day is the evil thereof"—likewise the work and worry, the successes and failures.



NEW CHEMICAL LABORATORY, NORTHERN INSTITUTE OF OSTEOPATHY.

although at the price of seriously distorting to her own ends both anatomy and Physiology, cannot but believe that upon the attainment of a purpose which has long lain so near the heart there may be a short cut for the joyous sensation straight from hand to heart, without the intervention of the cold and calculating brain.

And I have no doubt that you have all heard advanced in the heat and hurry of recitation and examination equally as great distortions of fact and theory and on no plea of sentiment either. Every class, I judge, has its own highly honored and carefully preserved traditions of ludicrous misinformation vouchsafed at times by its various members. This I know was the case with the class in which I myself graduated. We all remember with gratitude and tender affection the student who told us one day triumphantly and with the security of positive knowledge that the medulla oblongata passed through the parietal foramen. And another is to this day considered a benefactor of the class and a most original searcher after Truth, who on examination confessed that the boundaries of Scarpa's Triangle were the Long Saphenous, Sartorius and Anterior Crural.

These lighter moments of pure fun and enjoyment unintentionally provided for the delectation of the class by probably some of its most serious minded members, you will find in future days, will come to your minds more eas-

A crying need of this day and generation of American business and professional men is what might be called the three "new R's", relaxation, recreation and recuperation, and we dont have time or we dont take time to obtain enough of these soul, brain and body restorers. Therefore well it is that we should be able to readily and quickly skim from the top of the Past the froth of Fun and Pleasure and add it to the insufficient daily quota of the Present. And yet at times it is wise also to stir the depths of this broth of the past—there are lessons to be learned, warnings to be heeded; there is to be found consolation in reverses, courage for renewed struggles; old friendships, class fellowships, perhaps closer ties; victories on the mimetic school stage foreshadowing victories on the World's greater stage; joys shared and mutual sympathy in sorrows; all these may be found and good may come of them for the present and the future.

You stand tonight on the threshold of a new life, and with a great task set before you to carve out success in your profession. Let us glance for a moment at some of the tools with which are provided to make or mar your work. First and foremost the profession itself, Osteopathy. Fashioned upon Nature's laws, helved with broad principles, tempered by close observation and scientific research, edged with Truth itself, none could ask a better tool than this; while all must desire more and greater

skill in the handling of it. Through the officers and faculty of this Northern Institute of Osteopathy, who have all a deep interest in your future welfare, you have been generously provided with a knowledge of the principles and laws of construction of this tool, with the technical information and manual skill necessary to make a good use of it. See to it that you are not satisfied with this! See to it that a noble dissatisfaction with aught but perfection leads you to a more and more exact and accurate mastery of this great instrument. Train your eyes, train your hands, train your brains! you will need the best work of all three added to high ideals and wide experience to achieve the higher possibilities of Osteopathy.

You have other tools not so truly essential perhaps, but most important. Health! preserve it; Strength! conserve it; observation, adaptability, habit of study, morality, good will toward men, worthy ambition, broaden and strengthen all these.

Here are your tools—new, bright, sharp, and ready for work. Let me suggest that at an early opportunity you inspect them one and all and test them. If you find one or other a little duller, a little weaker, a little less adapted to its purpose than the rest, use every effort to put it in condition at once.

And now a word as to the task before you. I have stated it already, "to carve out success in your profession." What is this success for which you are to strive, the aim of your worthy ambition? Money, renown, social position, power and influence in your community? These are all included, and are good things to have, but neither one nor all complete in full, nor insure, the true success. My idea of your best end and aim might be better expressed perhaps by the phrase "success FOR your profession" than success IN your profession. So conduct yourselves, so exalt your profession, that the talk among men may be not so much "Dr. So-and-so did this and that", "cured this bad case" and "helped that other" as "Osteopathy right here in our midst is winning in a most wonderful manner its battles for health; it is becoming an Institution worthy of all praise and confidence. Its exponent here is Dr. So-and-so, modest, dignified, resourceful, and who understands himself and his work." Thus will be made manifest the rightful proportion between profession and operator. Our science, ladies and gentlemen, is destined to a wide-world pre-eminence. We at the most can leave but a shadowy and fleeting reputation, and he will be ennobled the most and remembered the best who the most unselfishly gives of his work and his personality to the undying fame of Osteopathy. And so, too, will be secured the true success for your profession, complete and worthy success, which includes and surely will bring its train to each of you who achieves it all the good things of success in your profession.

Again, ladies and gentlemen, I wish to insure you of a most cordial and sincere welcome by practitioners in the field, and the best of good wishes for your future welfare; and to express the hope that this Class will henceforth stand shoulder to shoulder with all true Osteopaths in an effort for the attainment of the best success for our beloved science.

In conclusion, I must ask your pardon for presuming to give you advice for your future actions, advice is oft times ill service, lightly given and as lightly received, but in this instance the subject I have endeavored to present

to you in brief form is one on which I feel deeply, and the advice is from the heart.

And, too, I shall close with a bit of advice—not mine, but from the Master mind that scaled the heights and sounded the depths of human intelligence.

"To thine own self be true:  
And it must follow, as the night the day,  
Thou canst not then be false to any man."

## THE EYE.

BY NELLE A. PRINDLE

**T**HE eye is the organ of vision. It has also been considered the window of the soul.

First let us consider the eye as an organ of vision. We find it situated in the upper part of the face, protected on all sides, except in front, by the bony walls of the orbit, and cushioned with fat and other soft tissues. In front it is protected by the lids, brow, the malar or cheek bone, and the nose. By means of muscles it is turned in various directions enabling a broad field of vision. The rays of light from external objects passing through the transparent substances of the eye, viz: the cornea, aqueous and vitreous humors, and the lens; and focussed by the lens upon the retina, or inner coat of the eye, are carried as impressions by the optic nerve and tract to the brain, there setting up sensation called visual sensations.

But the eye, constructed as it is in such a delicate and marvelous way as to call forth thoughts of the Infinite Wisdom which planned it, is liable to defects. Probably the most common is "astigmatism." This is usually due to unequal curvature of the corneal meridians and gives rise to indistinct vision. MYOPIA or near-sightedness is due to an abnormal elongation of the eyeball. This causes the parallel rays of light to be focussed in front of the retina and only near objects appear clear and distinct. HYPERMETROPIA is the reverse of myopia and is commonly known as far-sightedness. PRESBYOPIA is a defect found among the old and is due to the loss of the power of accommodation of the eye. How many of us have watched our grandmothers as they sat in their easy chairs with the Book of Books in their hands trying to read, but every now and then moving the book away from their eyes and as often returning it down into their laps with a sigh. In the defect known as CHROMATIC ABERRATION, objects appear to have a colored margin caused by the decomposition of each ray of light into its elementary colors. This defect may be due to the non-adaptation of the eye to the different distances of sight. STRABISMUS is due to a want of concurrence in the visual axes. The eyes either turn in or out. This trouble is usually accompanied by a squint. ALUCO is due to white spots in the eye.

Now let us look at this organ as related to the soul. It is appropriate that this "window of the soul" be situated so near the brain which is the seat of mind—the immortal part of man. Impressions carried to the mind through the medium of the eye help to make us what we are. How important, then, that we gaze only upon those things which uplift and enoble us. The eye, in return, reflects the thoughts of the soul, thus giving to others glimpses of our inner selves.

As we find defects of vision such as astigmatism, myopia, etc., so, also, do we find similar defects of the soul. We often meet people

with astigmatism of the mind. For some reason they fail to comprehend the simplest ideas, and get wrong impressions of nearly every thing under consideration. These wrong impressions make them dissatisfied, and they complain about everything and everybody and the world in general, not seeming to realize that the fault is not with others nor with the world, but with themselves. Upon investigation, you will usually find that people afflicted with this great defect eat pan cakes for breakfast every morning the year round, and sleep in poorly ventilated rooms, or perhaps, they eat hurriedly, or eat improperly cooked food and take but little exercise.

Occasionally we come in contact with a person sorely afflicted with myopia, or near-sightedness, of the brain. This trouble is readily diagnosed after a few minutes talk with the person. He has a non-appreciation of others and of the things pertaining to others, but holds a high estimation of his own family, relatives and all his belongings. Even a ten dollar cow triples in value as soon as it is in his possession. He cares not for the feelings and comforts of others his field of vision is so limited unto himself. His prayer book only contains but one prayer—"O Lord, bless me and my wife, my son John, and his wife—us four—and no more." The cause of myopia of the mind is not yet understood, but is thought by some to be the result of an abnormal diminution of the brain cells. Then there are those troubled with hypermetropia, or far-sightedness, of the mind. Such people are invariably looking into the future, as though out of the future, instead of the present, come the pleasures, opportunities, and wealth of this life; and in so doing they miss all. Our sympathy is always aroused for one afflicted with presbyopia, loss of power of accommodation. Such an one tries so hard to accommodate himself to circumstances, and to do and say just the right thing in just the right place, but he is forever finding an apology appropriate. This disease is undoubtedly due to the non-co-ordination of the volition and the reason of the individual. Many people have chromatic aberrations of the mind everything possesses a colored margin. These sanguine tempered people enter upon all sorts of speculations, each one seeming to them to be surrounded by brilliant prospects of success. By obtaining the exclusive right to peddle patent post holes for fencing farms, their fortune is made in an hour; and each succeeding failure is soon forgotten in the eager pursuit of the next glowing phantasm. Another type of this same affection is found in people given to dreams, visions, and hallucination which they consider as special gifts instead of defects. They will look at you and see about you a panoramic halo of events—past, present and future: these they will read to you if you are foolish enough to let them. This latter class are believed by some to be suffering from brimstone poisoning of the mind. Individuals afflicted by strabismus—cross-eyedness—of the mind are a troublesome class to get along with, for you never know whether they are going your way or the opposite, whether they take the same view of a question as you do or not; and, after hesitating and meditating and watching their dodgings, and assuring yourself that you understand them and can trust them, you are immediately thrown into violent collision with them—you extricate yourself as best you can and for the first time observe the squint which accompanies this defect and wonder



that you had not noticed it before. The cause of this cross-eyedness of the mind is nearly always due to the pressure of an immense Polycy tumor upon the brain. Everyone is troubled more or less with albugo—spots—of the mind. The mind becomes so influenced by prejudice, jealousy, conceit, selfishness, pride, or immortality, that its function is impaired, and it never attains that high state of perfection which the Creator intended it should.

Comparatively few have defects of the eye: every one has more or less of the soul defects. As Osteopaths we have much to do in eradicating the diseases of the eye, and may do a great deal to relieve the disorders of the mind. And, while coming into contact with, and studying all these abnormalities in others, let us not forget to examine ourselves, and see that we do all in our power to free the soul as well as its window from imperfection.

## PURITUS ANI.

BY CLIFFORD E. HENRY.

**P**URITUS ani makes all men who are its victims, brothers. They have a fellow feeling for each other, stronger than any oath could bind, for each knows to what extent the other has suffered and suffering makes all the world akin. All the drugs in the pharmacop.ia and all possible combinations of these drugs, have been resorted to in search for a cure. In some, they have found a temporary relief, in fact, the relief lasts for some time and they cry, "Eureka, I have at last a cure," but it returns and in the return it seems to try and make up for lost time. The itching is intolerable, in some cases the victim even tearing the flesh with his finger nails. All the salves used have as a principal ingredient some local anaesthetic as for example—cocaine, carbolic acid, etc., and relief is only felt as long as the anaesthetic action of the drug lasts. What is the cause? The causes are many, innumerable I might say. In some cases surgery is the only relief. There is a thickening of the skin and mucous membranes, causing a chronic inflammation. The use of a sharp curette, removing all, not leaving the slightest trace of the parchment like membrane, converts the chronic into an acute inflammation and this is very readily cured.

Fissures in ani may be the cause, in this case stretching of the rectum and curetting are the best treatments, by stretching the rectum one is also enabled to find a fissure which is at times difficult to do otherwise.

Stretching of the rectum while under the influence of an anaesthetic in many cases acts as a cure especially if the stretching is used in connection with the curetting: the contracted tissues do not allow the blood to circulate freely in the anal mucous membranes and skin, thus as a consequence chronic inflammation is the result, and the thickened tissues also make a pressure upon the terminal filaments of the nerves. Some causes are redex as for example—stone in the bladder, chronic urethritis, pelvic inflammations of all kinds. In the treatment of these cases the cause must be learned and the treatment given accordingly. When the exciting agent is removed the itching will also stop. Some causes are constitutional as for example,—disorders of the alimentary tract including the liver. Gastro intestinal disorders, especially those due to irregular

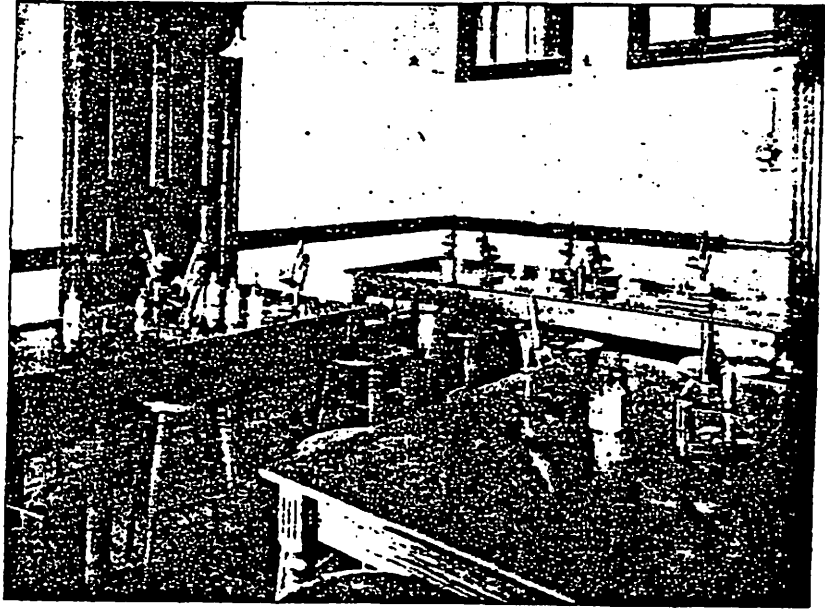
living, irregular hours of sleep, irregularity in the meals, drinking large quantities of liquors at meal times, excessive smoking or chewing, excessive sexual indulgence, in fact any excesses or indulgence. The diet must be looked into very carefully. The "no breakfast system" is splendid. Direct the patient to drink one or two cups of hot water on rising and a cup of hot water before each meal. Have the food plain but nourishing, do not allow any rich foods.

The Osteopathic treatment is varied, if the cause is constitutional find the cause: there can be no better treatment given than Osteopathy,

"An interesting class of cases which the Osteopathic practitioner seldom meets is obstetrical work. In my practice in this city I have had two cases, which I have handled with very marked success.

The most interesting case of these I will give a record of.

During the second month of pregnancy the patient was taken with vomiting spells. The family physician was called and tried every remedy known to the medical profession, but to no avail. He then called a consultation and they decided that nothing more could be done for the patient at that per-



CORNER OF HISTOLOGICAL LABORATORY.

combined with the dietetic in this form, no matter where the cause. In the redex form, some few cases are surgical but the great majority yield to Osteopathy. I do not think that all cases can be cured but there is no doubt that the majority can.

## Osteopathic Obstetrics.

One of the most beneficent fields of Osteopathic practice is in the capacity of the obstetrician. In no other branch of the curative arts is there a broader field, nor one in which so much relief can be afforded as in this one. Painful labor, the heritage of our present civilization contains for the mother more terrors than any of the contagious diseases. That this can be materially alleviated by Osteopathic means has been proven repeatedly, and in some sections where its efficacy in the lying in room have been demonstrated the popularity of the science in that department has been greatly augmented.

It is no uncommon thing now for us to hear of cases of this nature handled by the Osteopath with ease, sometimes with almost phenomenal success. We append hereto the report of a case which came under the care of Dr. T. F. Kirkpatrick, of Columbus, Ohio, that shows very nicely the degree of success that can be attained by the application of Osteopathic principles to obstetrical cases.

She had been vomiting almost continuously for two days and nights and for twenty-four hours had raised blood. Having taken no nourishment, she was very weak and as a last resort sent for the Osteopath—myself, and in an hour and thirty minutes I was able to stop the vomiting, and she took and retained nourishment. She vomited slightly the following morning but I stopped it with a light treatment and she never had another attack. Owing to the success I had at this time she insisted on having me attend her during her confinement. In order to comply with the Ohio laws I was compelled to have an M. D. attend the case with me. We were called at 7:30 a. m. and on arriving found that the labor pains had hardly begun. I made an external examination and found everything normal. The M. D. made an internal examination and said that the neck of the uterus had not relaxed a particle. I said that I could relax the cervix and deliver the child within two hours. He laughed at me and said he would return about ten o'clock that night as there was no possibility of the child being born before that time. I at once went to work and exactly thirty-five minutes from that time he left the patient gave birth to a nine pound child and she had suffered very little pain. By request I have not given the name of the lady, but have permission to furnish her name and address to anyone wishing any further information."



# PRACTICE OF OSTEOPATHY.

THE TREATMENT OF DISEASE BY PRACTICAL METHODS.

**FEVERS:** Continued, Remittent, Pernicious, and Eruptive.

BY CLIFFORD R. HENRY, Ph. G., M. D., D. O.  
Remittent.

**SYNONYMS:** Billous Fever, Billous Remittent Fever, Marsh Fever.

**Definition.** An infectious fever characterized by exacerbations and remissions, but the temperature constantly above normal: moderate cold stage and an intense hot stage, and slight sweating.

**Etiology.** The presence in the blood, some form not definitely settled, of the haematozoa of Laveran and its toxins. They gain access to the body through the alimentary canal, the aseptic and antiseptic agents of the body. The leucocytes and the bile are impaired in their action through anaemia and obstruction of the blood current by slight contraction of the muscles of the body from cold, or the reaction of over exertion. It occurs chiefly in the autumn months.

**Morbid Anatomy.** The blood is dark, due to the breaking up of the red corpuscles. The spleen is enlarged and soft; the liver congested and enlarged; the gastro intestinal canal shows signs of beginning inflammation; the brain is hyperaemic.

**Symptoms.** There is a slight chill only in the cold stage, or it may be absent entirely. Tongue shows internal fever, coated and dry; oppressive feeling over the epigastrium; slight headache.

**Hot Stage:** Full pulse, congestion of the sclera, quickened respiration, high temperature reaching to 105 or 106, violent headache, pain in the limbs. The stools are black and very offensive, showing lack of biliary secretions; urine scanty and high-colored, surface dry and yellowish.

**Sweating Stage:** After six to twenty-four hours there is a slight sweating. The fever falls to 100, the accompanying symptoms subside. This constitutes the remission. After some two to twelve hours the symptoms of the hot stage return, running about the same. This alternating remission and exacerbation may, if interrupted, continue for from seven to fourteen days. Sometimes there is a failure to remit when the fever is continuous for a few days.

**Sequelae.** Persistent headache and vertigo are sometimes left as sequelae, due to intense meningeal hyperaemia that is sometimes present.

**Diagnosis.** In intermittent fever there is a decided chill, typhoid fever, diarrhoea, tympanites and an absence of characteristic temperature range.

**Treatment.** A general treatment should be given at the onset; extension of the vertebral column, and move all the muscles of the back. Pay particular attention to the liver. Give it a thorough treatment and knead the intestines. Give the treatment for constipation with a high flushing of the large gut. The fever is best controlled by holding the vasomotor center, and hold the carotids to decrease the hyperaemic condition of the brain.

The treatment given during remission should greatly reduce the symptoms of the succeeding hot stage, and a treatment during the height of the hot stage should give relief. There should not ever be over three exacerbations after Osteopathic treatment has been instituted.

## Pernicious Fever.

**Synonyms:** Congestive Fever, Malignant Malarial Fever.

**Definition.** Intermittent or remittent malarial fever with a greater intoxication of the haematozoa of Laveran and its toxins, characterized by intense congestion of the internal organs, and a great disturbance of the nervous system.

**Etiology.** The primary cause, producing a suitable soil for the implantation of the micro-organism, is the same as in the remittent and intermittent forms of malarial fever only they have been implanted in larger numbers or developed to a greater force, as either of the other forms of the disease may terminate in the Pernicious type. The varieties depend upon the point of attack of the parasite or its toxins, principally the former, causing the congestion; the latter the fever.

**Symptom:** Generally beginning as intermittent or remittent type. Gastro intestinal variety: Intense nausea and vomiting; passing of thin watery stools mixed with blood; burning heat in stomach; intense thirst; small quick pulse; extremities cold; face drawn as if from cold; paroxysms last from one to six hours. Thoracic variety often accompanies the gastro intestinal, characterized by congestion of the lungs with violent dyspnea respirations, 50 to 80 a minute; sputa streaked with blood; pulse weak. The dyspnea causes the patient to have feeling of impending death. Hemorrhagic variety is characterized by congestion of all internal organs. The skin is cold and pale, when a sudden reaction takes place and the skin becomes yellowish and there is passage of bloody urine. Cerebral congestion usually follows this form. Cerebral variety: Intense congestion of the brain; may have rupture of small vessels or effusion of serum. Cases may resemble apoplexy or acute meningitis. Algid variety characterized by very high internal fever, may be 107 and collapse temperature externally; mind remains clear; pulse slow feeble; intense thirst; cold sweat covers skin.

**Prognosis.** Recovery is rare after the second paroxysm.

**Treatment.** Treatment should be instituted in any form early but if the case does develop into pernicious type give the same treatment as in the other varieties, only with more vigor and during the cold stage apply warm lotions; rub the skin briskly; use warm water, hot water bags. Endeavor to relieve the internal congestion. During the hot stage hold the vasomotor center and give general treatment. After the paroxysm keep up the treatment: get the liver and internal organs into proper working order.

## Eruptive Fevers.

Are fevers characterized by an eruption peculiar to each, due to some specific cause, occurring mostly in childhood, seldom attacking the same person twice.

Osteopathy has come to many a sufferer as a draught of pure water would be to the wanderer dying of thirst on the desert. It has proved the link which bound life to this sphere for a longer space of time than had seemed possible from the very nature of things.

# OSTEOPATHY

A Trinity of Mind, Matter and Force.

BY T. K. SMITH, M. D., D. O.

LET me give you a thought which you may elaborate at your leisure. Have you ever thought how nearly everything that exists is formed and grows on the principle of a trinity? There is an outside an inside and a middle to everything.

In the circle we have a compact example of this truth, and consequently all primitive matter appears to be constructed in globular shapes. Atoms, cells are so constructed, and so are worlds.

But there is the artistic plan of variety, in nature, for the education and delight of intelligence; and so we find cells combine in multiple, by their own methods, ingrowing and producing unnumbered shapes through the curves and graces of the body.

The same law of trinity in unity is ever present, and we have the outside, the inside, and the middle. If we contemplate the creator of all existence, we must be overwhelmed with the possibilities of his attributes, for nature is the sign manual of unapproachable power.

Trinity has been assigned as an attribute of this unapproachable creator, in the tradition of all ages by those who worship him.

The Brahman cult, which is perhaps the most ancient that now exists, represents the supreme power as triune in the figures of Brahma, Siva and Vishnu, and gives to each person of this trinity his special attributes, which may be classified as the outside, the inside and the middle. The same fact holds true in the tradition of Christians of God. Christ may be regarded as the outside, or visible; the Father the inside, or invisible; and the Holy Ghost as the middle or essence. The outside teaches; the inside, the germ, creates; and the middle nourishes.

Man is a unity of head, body and extremities. The head to create, the extremities to execute, and the body to keep alive. From the primordial cell, the germinal vesicle of the simplest blastoderm, which contains the elements of life, seen under the microscope up to man's development complete: the principle of trinity is manifested equally in all parts. Study each part as we may, we find inside, outside and middle. So we know the principle of trinity is established as a law of constructive force, in the development by life.

But let us come in closer touch with this principle in the study of human anatomy. We notice trinity in all reproduction—father, mother and child constituting a family. Or consider the anatomy of man in the abstract; consider him as a living machine, and the harmonic method upon which the human machine is built. The ethics as it were of his anatomy. Cell development on the plan of trinity is everywhere observed. The blastodermic vesicle arranges its three germinal layers, the external or epiblast, the middle or mesoblast, and the internal or hypoblast. These in turn form their plates of development, which are always three in number, outside, inside and middle. Thus are formed bones, muscles, nerves and blood vessels—all the organs, tissues and viscera of the body. Always three proper coats, three parts, a trinity in every individuality—a trinity in unity. In foetal life the three folds of the

decidua: in maturity the skin, the alimentary canal; and between them intervening organs and tissues.

There are three systems of blood vessels; arteries, veins and lymphatics. Three nervous systems proper, cerebral, spinal and sympathetic, carrying volition, sensation and motive power; voluntary, involuntary and special senses.

There are three kinds of muscles, striped, unstriped and mixed. Three kinds of blood, arterial, venous and lymph. Three great lobes in the brain, and three divisions on each side. Three valves in each ventricular opening of the heart. Three principal organs of generation in each sex. Three lenses of vision, the aqueous, chrysaline and vitreous. Three semi-circular canals of equilibrium in the bony labyrinth, and three canals in the cochlea to produce hearing. Three ossicles in the ear to conduct sound. Three principal bones and three joints in each arm and leg; also three joints and three bones in each finger, etc. Three processes in each vertebra. Three vehicles of digestion, by mastication, action of stomach, and intestines. Three methods of distributing life forces, by blood, by absorption and by nerve influence. Three means of eliminating waste by faeces, urine and sweat. Three spaces in both heart and lung action. The nerves and blood vessels each have trunks, branches and capillaries or fibrilla; and so if it were not tedious the trinity may still be traced in the more minute structures of the body, but I have said enough to establish the fact.

## THE OSTEOPATHIC CAT.

BY JOS. H. SULLIVAN, D. O.

**D**R. A. T. STILL relates a very apt story which in a few simple words brings before us Osteopathy in its true light, its proper meaning and its position far in advance of all the old healing arts and sciences. He tells of a cat having its tail stepped upon. Immediately the other end of said cat's anatomy gives vent to terrific cries, in fact gives evidence of pain somewhere.

Now should a learned disciple of the regular school be called he would suggest giving an opiate, a hypodermic injection or perhaps removing the head in order to remove the noise. The Osteopath on the other hand, would examine the cat, and finding a pressure upon its tail, remove the foot, thereby relieving the suffering at once.

This explains Osteopathy as thousands can testify. These thousands had all undergone all the old systems of treatment consisting of opiates, hot baths, massage, magnetism, etc., all in vain, until they came to the Osteopath; and he alone it is who looks for the cause—as simple as was told in the case of the cat. Strange as it may seem in this enlightened 20th century many of these people are as easily relieved Osteopathically as was the feline by the simple removing of the foot.

Where the results are so quickly felt of course the case must be one which presents apt conditions—a vertebra in wrong position, a rib, a muscle or a tendon. The Osteopath, if he is really such, (not a masseur, working by the hour,) will readily adjust such abnormality and immediate relief is the result. But let us suppose now that the patient has fallen into the hands of numerous massuers calling themselves Osteopaths. He would be subjected to a pro-

cess of kneading, rubbing and pinching for forty-five minutes, perhaps an hour; but no relief would be given except accidentally in the kneading process the offending member become normal. If so, well and good. One of the beautiful points in our science however is the fact of the Osteopath being sure of his diagnosis as it presents itself to his sense of touch, or to his eyes as will at times happen. Upon examination he will discover a distinct projection of one vertebra in close relation to that part of the spinal cord controlling the organic life which is in disorder.

What a satisfaction to be sure of one's round; to be able to speak to the patient intelligently on the cause of the trouble. Comparisons are odious; but let us contrast the above with the following extract written by one of the medical fraternity. "Medicine is an incoherent assemblage of incoherent ideas, and is perhaps of all the physical sciences that which best shows the caprice of the human mind. What did I say? It is not a science for a methodical mind: it is a shapeless assemblage of inaccurate ideas, of observations, often purely of despotic remedies and of formulae as fantastically conceived as they are tediously arranged."—(Bichart's General Anat., Vol. 1, pp. 17.)

This extract coming from one of those in the medical camp certainly goes a great way toward discouraging one's faith in drugs as remedial agents. Then again let me quote the following from Dr. Abercrombie, F. R. C. of Physicians of Edinburgh. "Medicine has been called the art of conjuring, the science of guessing" So the world at large must pardon our belief that the use of drugs is powerless for good when employed for curative purposes; in fact in most cases they are worse than useless, they are positively dangerous.

## Points Worth Considering.

BY GEO. J. HELMER, D. O.

**I**N these days when Osteopathic schools are increasing and the number of students enrolled is by no means diminishing, more or less has already been written of advice and of interest to those about to graduate or those who have recently left their Alma Mater to engage in active practice, but I note that little has been written to those contemplating osteopathic study, outside of the regular school advertising. To these I wish first to say a few words and I trust they will not prove idle words as they have been garnered from observation and experience.

Remembering that "Fools rush in where angels fear to tread" one does well to consider the study of Osteopathy seriously and from the standpoint of one's own individuality. Never study Osteopathy because some one has flattered you that you will make an excellent physician, as these former flatterers will only turn to cold critics should you study, practice and not bring forth the laurel of success. If you never have succeeded in anything else do not take up Osteopathy as a means of livelihood. Osteopathy is a young science and while it is a great one, it is not a question but a fact that any science, however grand and beneficial, can be either lost or killed through the medium of mediocre scientists who in our case are to be Osteopathic physicians.

When you have decided that this is to be your life work and profession, you enter a well equipped school and there find plenty of good

advice and instruction from earnest professors and students. Every one's method of study is different but the result must be the same if success is to follow. Be honest with yourself and above all be thorough in your work, remembering that what you can find by opening a text book must now be imprinted upon the brain to guide the fingers successfully when you are a full fledged D. O.

As you emerge from study and enter a practice, a world will open before you which you may never have dreamed of. First of all one must accustom themselves to all sorts, kinds, conditions and classes of men. Men who enter one's office and with a pompous air declares their curiosity to see a place where "they cure while you wait." Men who affirm that they have nothing of this world's goods, quite forgetting the ring on their finger, and when you offer them a place on your charity list they go out, take a turn around a block and return with a full purse, loaned them (they explain) by a prosperous brother. This leads up to the subject of cutting prices, which is so detrimental to a growing practice. Never cut your prices and thus weaken your practice and confidence because you learn that some other practitioner gives treatment for a few dollars less than yourself. Your patients do not want cut prices but value received.

A few words in regard to a major evil which the Osteopath must guard against from start to finish. If one must be proof against the flatterer's tongue before they enter Osteopathic study they must be doubly proof against it when they enter the work as an operator. The poisoned arrow that Paris discharged was not more effective or deadly to Achilles than is the modern poison arrow of flattery to the professional man. The praise of the patient is often sincere and not without value if used in the sense of encouragement, otherwise it is a rock in the professional sea on which many a promising craft has become disabled or lost.

Finally, in your office make no distinction between the rich and the poor. If ill both need your consideration and care and as a physician you have chosen the path where you must be "all things to all men."

## Minnesota as a Health Resort.

**T**HIS old fashioned Minnesota winter that we are having is delightful and healthful. What can be more beautiful than the clear skies, rosy red at morn and eventide, and whitely phosphorescent at midday, with the sparkle of the bright sunshine reflected from the clear crystal of the snow mantle that covers the earth? The air has a resonance which makes the nerves tingle, and a bracing vigor which stimulates body and brain. To those who are comfortably housed and comfortably wrapped, the Minnesota winter, in such a season as this, is one of rare enjoyment, and a person who passes through it comes out in the spring in better condition than from any of the so-called winter health resorts in milder climates. One glance at the billous looking pilgrims who come back from such places of refuge in March, April or May is enough to convince the careful observer of the folly of such migrations. Minnesota is the best winter resort.

David Starr Jordan in an article in the December Atlantic, has a graphic pen picture of the infelicities of the California haunts much

frequented by health seekers. "I know of few things more pitiful," he says, "than the annual migration of nopeless consumptives to Los Angeles, Pasadena, and San Diego. The Pullman cars in the winter are full of sick people, banished from the East by physicians who do not know what else to do with their hopeless patients. They go to the large hotels of Los Angeles or Pasadena and pay a rate they cannot afford. They shiver in half warmed rooms and take cold after cold; their symptoms become alarming; their money wastes away, and finally in utter despair, they are hurried back homeward, perhaps to die on the train. Another class of health seekers receive less sympathy in California, and perhaps deserve less. It is made up of jaundiced hypochondriacs and neurotic wrecks. These people shiver in the California winter boarding houses, torment themselves with ennui at the country ranches, poison themselves with 'nerve foods' and perhaps finally survive to write the sad and squalid 'truth about California.'"

If the doctors would only send these invalids or neurotic wrecks to Minnesota, they would be comfortably housed in steam or hot water domiciles, where the temperature is always kept just right, wrapped in their furs they could take a walk or ride almost every day in our bracing atmosphere, which would speedily restore their shattered nerves, and they would not suffer from ennui, because all Minnesota communities are so full of life, especially in the winter. There is always something going on to amuse or instruct.

We can point out old residents in this state who came here at an early date with only one lung, or with both lungs tubercled, and given up to die by their physicians, who are now husky looking specimens of humanity. Cases of jaundiced and neurotic wrecks restored to health and happiness in our life giving atmosphere can be cited. Why go to California? Come to Minnesota, ye people in search of health, and vigor and long life and be healed.

Many invalids or people suffering from weakness of any kind go to a mild climate for the sake of the supposed ease of living there. What such people need is not lassitude but the stimulus of exertion. This they will find in our Minnesota climate, and if there is any pluck left in them their chances of recovery under the climatic conditions there will be as ten to one compared to the chances of recovery in any of the Southern resorts.—Minneapolis Times.

### Associated Colleges of OSTEOPATHY.

The following is a list of the Associated Colleges of Osteopathy, which have adopted the standard curriculum required by the statutes in the states that have passed Osteopathic laws. This curriculum represents the highest standard of excellence offered by Osteopathic schools, insuring the student of competency and thorough acquaintance with the profession.

- The Northern Institute of Osteopathy,  
Minneapolis, Minn.
- The American School of Osteopathy,  
Kirksville, Mo.
- The Pacific School of Osteopathy,  
Los Angeles, California.
- The S. S. Still College of Osteopathy,  
Des Moines, Iowa.
- The Milwaukee Institute of Osteopathy,  
Milwaukee, Wisconsin.
- The Western Institute of Osteopathy,

### The Educated Finger.

**W**E know that the sense of touch can be so highly developed, so specialized through education of the fingers as to become a reliable substitute for vision. This has been demonstrated in the education of the blind. The vicarious work of the hand can not be distinguished from that performed by an individual possessing all his senses. Science has explained this marvel by pointing out the physiological hypertrophy and specialization of the nerve structures in the fingers. Simple sensibility being the primary root of all the senses, one may be developed at the expense of others, or a limited exchange of function be effected.

The educated finger is of great value to the doctor. Objective diagnosis is steadily assuming more importance. It is the scientific method. Subjective diagnosis is unreliable, because the patient regards his symptoms through the magnifying glass of imagination. Fright, self-pity, ignorance, inexperience make him exaggerate every symptom. The craving for sympathy, the pleasure of posing as a martyr, make him pile on the agony. The patient is unable to exercise any discrimination, and his statement of the case must be compared with the results of the doctor's physical examination and the finding examined in the light of the information extracted regarding the man's previous history, together with the doctor's experience in similar cases. In this way only can facts be sifted out, and a truthful diagnosis rendered.

The scientific basis of such a diagnosis is the physical examination, and for this the educated finger is an absolute pre-requisite. The doctor should learn by repeated practice on the healthy body to map out each organ, following the finger with an outline of blue chalk. Thin individuals with lax abdominal walls are best suited to the novice. After a certain amount of practice the physician will have no difficulty in mapping out an enlarged liver or spleen, a dilated stomach, or an impacted and prolapsed colon.

Along the spine he will find tender points which speak of congested areas in the cord and spinal nerves, which require treatment because of their evil influence on the function of parts to which they are distributed.

The educated finger is of value in diagnosing disease of the lungs, although the ear is our chief dependence in recognizing pulmonary and cardiac affections. The finger is also of service in palpating tumors and dropsical effusions.

In diseases of the uterus and rectum, the educated finger yields its maximum of service. In the vagina the trained finger perceives the exact condition of the uterus. It notes whether it is enlarged, relaxed, succulent, and prolapsed from passive congestion, or whether its tissues are firm and tonically contracted.

It will also detect the presence of lacerations scar tissue, ulceration or new growths. The condition of the vagina and perineal body are then examined to see if they afford sufficient support to the pelvic organs. While yet in the vagina, the educated finger notes whether there is cystocele, or rectocele, or hardened feces in sigmoid flexure or rectum.

On entering the rectum, the condition of the sphincter, whether hypertrophied and tense, or feeble and relaxed, is of great importance,

physical status of the patient, but on his temperament and character as well.

The finger will also look for the little sac-like dilatations, "pockets" which accompany catarrhal inflammation and loss of tone in the walls of the rectum. These same dilatations occur along the course of the colon making it very torturous, almost paralyzing peristalsis, and favoring fecal impaction. The educated finger is also on the look out for atrophy and cicatricial narrowing of the rectal walls, a pathological state which readily takes on malignancy.

Hemorrhoids, sinuses, fissures, ulcers, polyypi, etc., are more common-place conditions, but occasion a great deal of local suffering and reflex disturbance.

Take the trouble to educate your fingers, Doctor, and so make diagnosis something better than more or less successful guessing. The strain of competition must bring the truth to light in every line of human effort, but we shall only achieve it through the more painstaking efforts of the INDIVIDUAL.—Medical Brief.

### When Nearest Death.

A Point During Sleep Where Life Very Nearly  
Ceases. \* \* \*

**V**ERY curious and interesting is the temporary uneasiness of all night sleeping humans and animals at about 3 o'clock every morning, says the Cincinnati Enquirer. At that hour they give little moans, awaken partially or wholly, and then either drop back into slumber or into death. Physical giants among men, and lions among animals, have this experience, just as do the frailest babes or weakest kittens. Viewed in any and every light, the occurrence is remarkable. Why is it not at midnight, at 1 a. m., 2 a. m., or, in the case of late sleepers; why does it not come at 6 or 7 o'clock?

At the hour of about 3 o'clock every morning every night sleeping man, woman, child and animal is nearer to death than at any other moment in all the twenty-four hours. It is then that the more active of the vitals come the nearest to stopping or running down. They come so near it that if they came a breath—an atom—nearer it they would stop.

The machinery of life comes within just a hair's breadth of stopping at some moment near 3 a. m. The way of this is explained as follows. The composure of the body when lying still produces not only rest, but that same element of danger so omnipresent to all machinery left unattended—the absence of a watchful brain.

In welcoming the hours of sleep you unconsciously welcome death's most advantageous time for conquering you. Every moment you are asleep your physical self is running unwatched by the engineer. The supply of coal (food) for the furnace is withheld. The steam (blood) in the pipes runs low. This neglect of the engine-room of the body continues until some moment about 3 a. m., the machinery all but stops. In the healthy or fairly healthy body the coming of this moment produces a mild shock to the system, and this shock causes you to unconsciously throw out your arms and legs, rub your nose violently, moan, take a deep breath and turn over. Your doing all this, or

saved your life. It gives fresh impetus to the almost stopped action of the heart, which in turn restores the well-nigh stopped circulation all through your body.

The moan and deep breath quickened the action of the lungs and roused them to their usual rate of speed. The rest that their organs had received by being allowed to run slow—to run almost down—enabled them, with the restarting administered by the 3 o'clock commotion, to successfully begin another run, carrying you over the death point and allowing you to resume completion of the full period of rest necessary to the brain and to the nerves and muscles of the limbs and other portions of the body.

As to what causes this little shock that carries us over the bridge of death, the wisest of the wise know nothing. Legion are the theories. But they are only theories. At this marvelous moment the percentage of deaths exceed that of any other in the twenty-four hours, while the number of old people who die about 3 o'clock in the morning is apallingly in excess of their death rate for any other time. In all cases at all critical it is said that the physician secretly dreads the hour, 3 a. m., a hundred fold more than scarcely any other incident in practice, while to all that lives and breathes, it brings the most momentous time of all existence.

PERSONAL MENTION.

Dr. Emma A. Lewis, of the class of "Feb. '99" has secured a location in Prairie du Chien, Wis.

Dr. W. A. Crawford of the graduating class will open an office in Buffalo, N. Y. about the twentieth of this month.

Drs. Christensen and Murphy have located in Albert Lea, this state and will open branch offices in Mankato and Wells.

Dr. John R. Hitchings has taken up the practice that had been begun by Dr. Pressly, in Hastings, Minn., where, we understand, he is doing nicely.

Dr. W. O. Blaser has located in Madison, Wis., where under the shadow of the walls of the University of the Badger state he will exemplify the principles of Osteopathy.

Dr. Robt. S. Johnson, formerly of Mason City Iowa, is doing "Post" work in the Northern Institute and is devoting his available time to practising in this city, and has opened an office at Room 410, Masonic Temple.

Dr. Norman B. Atty is Osteopathically engaged in Herman, this state. The people of this place have seen very satisfactory demonstrations of Osteopathy, and there is every indication that the Doctor will meet with a cordial reception.

Dr. J. C. Crowley, of Tracy, made a flying trip to the city the 30th of last month. He reports an excellent practice with fine results. He has been successful in getting train connections so he can spend a Half day three times each week in Balaton and Marshall.

Dr. F. W. Hannah and wife have opened the Indianapolis Institute of Osteopathy at suite

933 of the Stevenson Bldg., which is one of the finest office buildings in that city. The Doctor informs us that we may hope to receive further contributions from his pen in the near future.

Dr. H. R. Fellows, of Duluth, Minn., was a caller on the 10th. His mission seems to have been in connection with legislation as he has spent his time quite religiously in the Saintly city; we trust with effect. He brings reports of good success in Duluth and Superior, with the popularity of Osteopathy growing steadily.

Dr. Abby S. Davis has opened an office in Sleepy Eye, Minn., where she will practice her profession. We are under the impression that on previous occasions this place has had experience with so called Osteopaths, who, we regret to say, were not competent. In Miss Davis the people of Sleepy Eye will find a capable, competent Osteopath and one in whose care they can feel safe.

Dr. Frederic E. Moore, graduate of the Northern Institute of Osteopathy, and member of the Board of Trustees of the American Association for the Advancement of Osteopathy, advises us that he has completed arrangements whereby he will take charge of the Camden, N. J., office of the Philadelphia College and Infirmary of Osteopathy. We unite with Dr. Moore's many friends in wishing him unlimited success in the "Jersey state."

In our last issue we chronicled the removal of Dr. C. C. Bennett from Willow City, N. Dak. and stated that he had opened an office in Fargo in the same state; this was in error and should have read Grand Forks. We regret this error and trust this will set Dr. Bennett's friends right in regard to the matter. We learn that he is meeting with his usual excellent success and has met with a very courteous reception from the representatives of the other curative professions.

The following clipping from a local paper in Tracy, Minn., shows that Dr. J. C. Crowley of that city is doing some good work in cases generally considered hopeless. We trust that the success the Doctor met with while at the Northern Institute in paralysis will be duplicated in this case.

"Dr. Crowley, Tracy's new Osteopath physician, has taken upon himself the task of doing something for George Town, who has been helpless from paralysis for the past two and a half years. The doctor began his treatment something more than a month ago, and those who are familiar with the case, can see already great improvement in George's condition. The doctor don't say much—makes no promises as to what he can do farther than to say: "I think I can help him." At the rate of last months treatment a couple more months of treatment may give George strength enough to enable him to get about the house on crutches. Let us hope that such good fortune may be in store for him, then not only the family, but the entire community will have cause for rejoicing."

Important Notice.

From December 1st, 1898, the tuition for the full twenty months course in the Northern Institute of Osteopathy, including all matriculation and laboratory fees will be \$300 in cash at matriculation, or \$350 in bankable paper. Part cash and the balance in bankable paper will be received in the same proportion.

A Correction.

We wish to correct an impression that seems to prevail that the time spent by an Osteopath in securing his education is much less than that spent by the medical man. As a matter of fact this is not the case. Up to ten years ago six months per year for two years was the maximum of time spent by a student in the study of medicine. Prior to January 1st, 1899 in the state of Minnesota it was only required in order to be eligible before the state board of medical examiners for examination that the applicant show that he had attended three courses of lectures of six months each. The competent Osteopath is required to spend twenty months in study before he can acquire his diploma, which is two months more than has been required of the medical man in this state up to the first of this year.

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The clinical department of the Northern Institute is desirous of securing as large a variety of cases as possible for demonstration before its classes, and invites the attendance of patients who wish to avail themselves of this opportunity to receive Osteopathic treatment free.

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Graduate of the Northern Institute of Osteopathy, Minneapolis.

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**SCHOOL NOTES.**

A letter of condolence from the June '00 class was forwarded to their classmate, Miss Pratt, at Oakkosh, Wis., during her great bereavement in the recent death of her father.

The new February class began their school work the first of this month. It contains an enthusiastic body of young men and women who will win success in their profession.

Miss Covell, the genial secretary of the Infirmary, entertained the graduating class at her home on January 27th. The class, with whom she has been a great favorite, presented her with the class picture, while each one present will bear with them pleasant memories of the smile with which they were greeted each morning, for they carry with them a flash light photo taken on the occasion in which "the little secretary" is a central figure, smile and all.

**Correspondence.**

From a letter from one of our subscribers we quote the following: "I have found more real common sense and solid information in reading the NORTHERN OSTEOPATH during the past year than in all the medical works read in the last twenty-five years. I hope another spring will find a D. O. located in our county seat town." We appreciate very much the compliments to our columns, but would be satisfied if each of our readers had been impressed with one truth during the past year. The desire expressed by the writer that the science might be represented in her vicinity is one which is often received and is indicative of the field open to the Osteopath.

That the science of Osteopathy is receiving serious consideration from the medical profession is well illustrated by the following letter from a prominent physician in one of the Central states. It conclusively proves our oft reiterated statement that when the broad minded progressive men of the curative profession earnestly look into the merits of our science that it cannot but appeal to their reason as a rational means of combating disease. Not having this gentleman's permission to use his name we simply present the substance of the letter and recommend it for the consideration of other men in the same position:

L. M. RHEEM, Secretary;  
Minneapolis, Minn.:

DEAR SIR: I enclose herewith 30 cents for a subscription to the NORTHERN OSTEOPATH for myself, beginning with the current number. Will you kindly send me the catalogue of your college of Osteopathy, or such other matters as will give full information regarding the course of study, etc. I am a graduate in medicine, having received the degree from a regular college in 1883. Osteopathy has had many charms for me from my first acquaintance with it about one year ago. It appeals most strongly to my way of thinking and certainly it is correct and natural. My observation for a long time has been that the medical profession is going mad on drugs and surgical instruments. I do not know how soon I can arrange to take the course of study until I know more of the cost, terms, etc., but it is my firm intention to do so

Gid. E. Johnson, Manager. . . . . Alice Johnson, D. O.  
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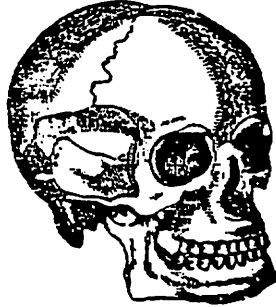
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## Roster of Graduates.

OF THE NORTHERN INSTITUTE OF OSTEOPATHY.

We herewith print an accurate list of all the graduates of the Northern Institute up to this time, together with their addresses.

- |                          |                     |
|--------------------------|---------------------|
| C. E. Achorn,            | Boston, Mass.       |
| Ada A. Achorn,           | " "                 |
| G. S. Archer,            | Litchfield, Minn.   |
| Norman B. Atty,          | Herman, Minn.       |
| Katherine G. Becker,     | Winnebago City, "   |
| Frank H. Baird,          | Battle Creek, Mich  |
| C. C. Bennett,           | Grand Forks, N. D.  |
| Guy W. Burns,            | New York, N. Y.     |
| J. B. Bemis,             | St. Paul, Minn.     |
| Wm. O. Blaser,           | Madison, Wis.       |
| Chas. E. Buckbee,        | Minneapolis.        |
| Edgar W. Christensen,    | Albert Lea, Minn.   |
| S. R. Cooper,            | St. Cloud, Minn.    |
| Anna B. Collins,         | Washington, D. C.   |
| Louise P. Crow,          | Janesville, Wis.    |
| L. E. Cherry,            | Milwaukee, "        |
| Easie S. Cherry,         | " "                 |
| J. C. Crowley,           | Tracy, Minn.        |
| F. A. Clarke,            | Portland, Me.       |
| W. A. Crawford,          | Buffalo, N. Y.      |
| Roger E. Chase,          | St. Paul.           |
| Abbie S. Davis,          | Sleepy Eye, Minn.   |
| Thos. Devereux,          | Independence, Ia.   |
| Lucy A. Dailey,          | Minneapolis.        |
| S. A. Ellis,             | Boston, Mass.       |
| H. R. Fellows,           | Duluth, Minn.       |
| Helen H. Fellows,        | " "                 |
| E. W. Greenough,         | Boston, Mass.       |
| Ermine Z. Gunsul,        | Boston, Mass.       |
| Claire H. Gorman,        | Toledo, O.          |
| Ora L. Gage,             | Oshkosh, Wis.       |
| E. G. Goth,              | Aberdeen, S. D.     |
| H. E. Hjordemacl,        | New York, N. Y.     |
| A. H. Hall,              | Menominee, Wis.     |
| John E. Hodgson,         | Minneapolis.        |
| Louisa M. Hayes,         | Minneapolis, Minn.  |
| John R. Hitchings,       | Hastings, Minn.     |
| Robt. S. Johnson,        | Mason City, Ia.     |
| A. U. Jorris,            | LaCrosse, Wis.      |
| Emma A. Lewis,           | Prairie du Chain. " |
| Geo. D. Kirkpatrick,     | Washington, D. C.   |
| T. F. Kirkpatrick,       | Columbus, O.        |
| Mrs. Mae A. Kirkpatrick, | " "                 |
| Wm. J. Liffing,          | Toledo, O.          |
| Geo. M. Morrison,        | Minneapolis.        |
| Benj. J. McRae,          | Omaha, Neb.         |
| Frederic E. Moore,       | Camden, N. J.       |
| O. E. McFadon,           | Davenport, Ia.      |
| Francis J. Murphy,       | Albert Lea, Minn.   |
| Albert H. Moore,         | Westfield, Mass.    |
| Ada M. Peck,             | Minneapolis, Minn.  |
| E. Anton Peterson,       | Seattle, Wash.      |
| Mason W. Pressly,        | Philadelphia, Pa.   |
| A. H. Potter,            | San Francisco, Cal. |
| J. A. Parker,            | " "                 |
| N. B. Patten,            | Minneapolis.        |
| L. M. Rheem,             | Minneapolis, Minn.  |
| L. W. Roberts,           | Boston, Mass.       |
| Harry F. Simmons,        | Milbank, S. D.      |
| Wm. Snell,               | Tacoma, Wash.       |
| B. P. Shepard,           | Winona, Minn.       |
| Anna C. Towle,           | Evanston, Ill.      |
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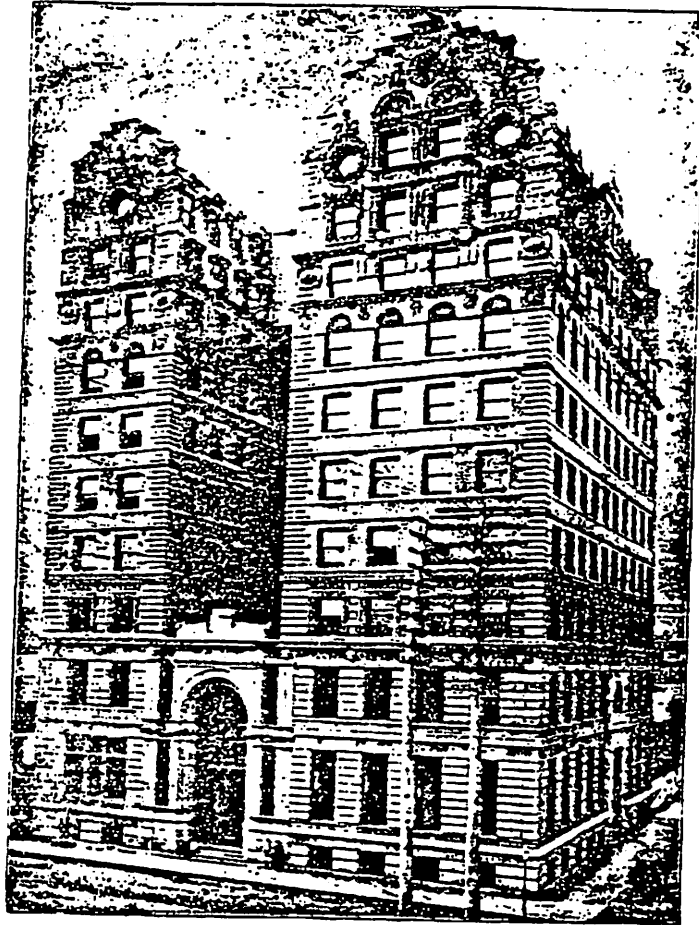
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