Northern Osteopath.

VOL. II. MINNEAPOLIS, MINN., NOVEMBER, 1898. NO. 10.

DEVOTED TO THE ADVANCEMENT OF THE SCIENCE OF OSTEOPATHY.

St. Paul City and the High Bridge.

Still National Osteopathic Museum

ORIGINAL IN THE POSSESSION OF STILL NATIONAL OSTEOPATHIC MUSEUM KIRKSVILLE, MO

PROPER CREDIT MUST BE GIVEN IN ANY USE OF THIS MATERIAL.
The Northern Osteopath.

Circulation 15,000.

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The Northern Osteopath.
7th Floor, Globe Building.
Minneapolis, Minn.

L. M. Rheem, Editor.
Ralph H. Williams, Associate Editor.

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Minneapolis, Minn., November, 1898.

Editorial.

The theories of today will be the facts or traditions of tomorrow.

We strive to excel, and in excelling we elevate the standard of excellence. Perfection itself is none too high.

Osteopathy makes fast friends of its patients, and those in turn acquaint the world with their benefactor in order to do it good.

"Man is a harp of a thousand strings, and he who hath the tactus eruditus to set those strings vibrating in harmony, is, unto humanity, a boon whose worth can scarcely be appreciated by the finite mind."

We are in receipt of the initial number of the Ohio Osteopath, published by T. P. Kirkpatrick, D. O., and Mavis Kirkpatrick, D. O., both of whom are graduates of the Northern Institute of Osteopathy and who are respectively President and Vice President of the Ohio Institute of Osteopathy, which they have organized in the Capitol City of the state. The Northern Osteopath extends to them congratulations on their new enterprise and expresses the hope that they may realize their fondest prophecies.

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Osteopathy is not a synonym for miracles. While many of the results achieved have seemed almost miraculous, yet because this is true in one case, is no reason that it can or is to be anticipated in all. It is hardly to be expected that dislocations which have existed for years can be reduced in a day, or that nerves which have been functioning improperly for years can be restored to their proper rhythm by a single touch of the operators hand; or that spinal curvatures which have been the result of injurious habit or growth can be set right in a moment.

Natura naturis curantur.
The Omaha Osteopathic Institute.

Rooms 604-6-7 Paxton Block,
Omaha, Neb.

Dr. B. J. McRAE.

Office Hours 9:00 a.m. to 12:00 m.; 1:30-5:00 p.m.

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LOUISE P. CROW,

Diplomate in Osteopathy

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Osteopath.

Winneshico City, Minn.

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W. Hannah, M. S. D., D. O.
Mrs. W. Hannah, D. O.

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[The Drugless Science.]

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The Geo. J. Helmer Infirmary.

Office—120 Madison Avenue,
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Formerly one of the staff of operators in the A. T. Still
Infirmary and American School of Osteopathy,
at Kirksville, Mo.

D. B. MACAULEY, D. O.

Diplomate of American School of Osteopathy.

St. Paul, Minn. The "Seville," Kent St. &
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Drs. Still and Sullivan.
THE RELATION OF MIND TO HEALTH.

BY MASON W. PRESSLY, A. B., P.D. D. O.

N EVER has mind received such profound and varied investigation in its relation to health and disease. Both Physiology and Pathology have inseparable connections with Psychology. The trend of thought is, indeed, toward making Mind the basis of all phenomena. Mind is an actual practical force, the intensity and utility of which has been almost undreamed of. The search light of an intelligent and earnest desire for universal law—as a great harmonious unit—is being turned upon many problems which heretofore were regarded as settled, and they are receiving a careful and scientific consideration. We are emerging from a blank and blatanl materialism. Therapeutics has been conspicuously and persistently materialistic. Medicine is based, from first to last, on Matter. There is no mind in medicine. The highest potency in it is the chemical affinity. Osteopathy boldly postulates Mind in its philosophy, and maintains that the movements, molecular and mechanical, of all the matter of the body is under the presidency of Mind. It is not enough that we find phenomena—we wish to find nommen, as well.

Two great forces are contending for mastery—one is matter; the other is mind. Psychological and physiological come into conflict. Mind endows the body with the power to organize itself into a living organism; whereas matter does not have the power to organize itself into anything. If mind is to be all things, the body must have a power to organize itself into a living organism; whereas matter does not have the power to organize itself into anything. Hence the mind must be the controlling factor in all the functions of the body. The body is a mechanical organism that is animated by a mental force. The mind is the driving power and the body is the machinery. This is the fundamental principle of mind and matter that we are trying to prove.

Every conceivable force, when traced back, has for its original bases, MIND IN ORIENTATION: and Mind is the organ of a regular, orderly, and can be relied on. (The activities of the higher centers are just as regular, orderly, rhythmical, invariable, and indeed infallible; and when we master the laws of these activities, as manifested through the body, under the dominance of mind, we can secure, and even predict accurate and invariable results.) If these forces and fluids are normal in their actions, they are an agency of constructive in their workings; but if they are abnormal, they are certainly destructive. The motor cause, therefore, both of health and disease is traceable to the control and operation of mind over the body. Medical history is crowded with examples of the disastrous effects upon the human organism of fear, anger, envy, jealousy, worry, hate and other emotional passions and emotions. No fact is better understood than that these qualities of mind pull down, dissociate and paralyze the physical forces, and nerve centers; and the breaking down, or weakening of the high centers is the inevitable result of lowering and paralyzing power in the nerves. Pride, ambition, self-love, and pessimism or gloominess, depression, tend to the disturbance of many delicate physical processes, which finally result in chronic and even acute disorders. Anger suspends digestion, scalds the blood, and dries up the secretions. Certain qualities of mind change the action of the lungs, the heart, the stomach, the liver, the kidneys, with a metaphysical rapidity and in exact correspondence. The physiology of the feelings is yet an unexplored subject, and it will be found, as we scientifically explore it, that an unsound psychology lies behind much of pathology. The limitations of health are not imposed by mechanical obstructions, but mental, moral, and ritualistic. A railroad wreck may often occur as the result of irregularities in the engineer, rather than in the machinery. This much will suffice to indicate how psychological influences may induce pathological conditions. We wish, now, to suggest that these psychological influences may reduce such pathological conditions to normal physiological, or healthful conditions. This therapeutic force has for generations been neglected.

It is only an unsound psychology that assumes that humanity has no control over its thinking, or that the motor-force of mind must drift helplessly at the currents of mere circumstances. It is only ignorance and weak self-limitation that thus gives the reins to mind, and allows it to carry the body captive into the morbid negations and inventions that open up. Indulgence in improper thought, sensuous mental pictures, inevitably registers itself on the body. Every unhealthy thought, feeling, impulse, leaves an impression on the mind and brain. Every cherished idea is a stage of its own hue and quality. One's real life is that which is built out of one's thoughts, mental states, and imaginations.

Just as disease is primarily a mental spectacle, so health is a mode of conscious, and confident health the most potent medicine that works for health. It is better to study the brain than the heart or the stomach. To advertise and emphasize disease by dividing and sub-dividing and multiplying its symp- toms, and by giving it formidable and so-called scientific names, is a gross mistake. Just here I have some strong words which I shall sometime speak. It is simplicity and scientific-nomenclature of disease that we need. Abnormali-
ties have been introduced by medicine before the public mind, until one can easily imagine that one has every disease as one reads the gruesome symptoms of diseases.

No sculptor or architect would ever make any progress toward perfection were he to spend his whole time in a study of imperfect and deformed models. The quality of mind sent out and impressed upon patients by pathology only adds to the burdens of the sick. It is a well known fact that medical students are often subject to attacks of the special diseases they are studying. A formal diagnosis often stamps its unwholesome verdict upon a patient. (Fever thermometer, feeling the pulse, etc.)

He sees the specification, accepts it, embodies it, and fills out the outline. One may feel an actual palpitation of the heart to be told of "heart failure", which means always and everywhere, "Beware". A current of fear and a pathological ideal is thrown upon the aortal keyboard, and deranges the action of all the nerves. Such a heartless procedure though "regular" and "orthodox" deserves open condemnation.

To announce to a sensitive patient that a fever is likely, at once raises the pulse, and there it is—by appointment! Even to name the disease to an invalid, especially if it be a high sounding, formidable Latin compound, gives it a kind of formidable character and standing. But such is the etiquette and ethics of medicine. It is a total disregard of the principles of humane and helpful practice.

THE SPINAL CORD.

E. A. PETERSON, B. A., D. O.

THE spinal cord is the structure through which Osteopathy accomplishes the greater and more important part of its work. It controls in a sense all of the organs and activities of the body, and is fortunately so situated that it can be reached by manipulation.

The brain, of course, is the controlling power of the whole, but has as yet been reached only indirectly. Still the cord is the medium of communication between and from the brain, and contains numerous centers which have the power of originating impulses. Its centers control the activity as well as the health of the vital organs as long as there is no obstruction to its supply of blood or irritation to its afferent or efferent nerves or pressure upon and derangement of its substance, it will continue to do this until worn out by age. If the cord can be kept in a healthy, active condition, the other parts of the body, muscles, organs of digestion, secretion, respiration, circulation, etc., are quite certain to be healthy. Of course this does not include cases of traumatic injury to the extremities, poisoning, or like.

So the chief business of the Osteopath is to keep the cord in a proper condition of healthy activity. This means a perfectly free and unobstructed blood supply in the first place, a true alignment of its bony covering so that there is no pressure upon it or its nerves, and a proper tone of elasticity and vitality in the spinal muscles. In an article of this length it is possible only to give an outline of the subject, with a few suggestions from an Osteopathic view.

The spinal cord extends from the medulla oblongata to about the second lumbar vertebra. It is within the bony canal formed by the vertebrae, and is hung rather loosely so as to be protected the more effectually from injury. It is further protected by membranes. As is well known, it is composed of white and gray matter, the latter surrounded by the former except at the posterior roots, and is distributed in the form of anterior and posterior columns. The white matter is composed of nerve fibres, passing through the cord, from the brain to the various organs. It is arranged in different tracts and columns, some for motor or efferent fibres, and others for sensory or afferent fibres. The gray matter is largely composed of cells, which, on receiving impressions from one set of fibres, originate impulses and send them out over another set. The cells of the cord are also connected with the fibres of the white matter leading to and from the brain.

The functions of the spinal cord are among the most important considerations of Osteopathic practice. One of them is that of conduction of motor impulses from the brain to the body, and of sensory impulses from the body to the brain. This is done by the white substance, which is a system of nerve filaments can be traced from centers in the brain, through the cord, to definite tracts in the body. The majority of cases in which this function is interfered with, come under the province of surgery, because it is generally the result of severe traumatic injury. Still do meet it in dislocation of the vertebrae, and also in degeneration of certain portions of the cord, especially the posterior columns, which are sensory, the result being locomotor ataxia.

A large number of the so-called surgical cases are within the province of Osteopathy.

Another function of the cord is that of reflex action. A reflex consists of an afferent or sensory nerve, an efferent or motor nerve, and these united in the cord by a more or less complicated center. Thus a muscular act can take place when a spinal center receives an impression from a sensory nerve, and sends out an impulse to a motor nerve without the intervention of any of the higher centers of the brain. Where the connection to the higher center is injured, the reflex action increases as is seen in locomotor ataxia. If the tendo patellae be struck lightly in this disease, there is a very violent reflex in the quadriceps extensor. The influence of the brain has been removed, so the spinal center has more unrestrained freedom of action. An abnormal condition of this function is an important symptom, because it often indicates where we may look for a lesion in certain nervous troubles. If there is loss of reflex action, the reflex arc is broken at some point. The trouble may be in the spinal center, or in either the afferent or efferent nerve. But if the reflex is increased, as it frequently is, we may safely conclude that the trouble is higher up in the cord.

But one of the most important functions of
Another function, important in Osteopathic therapeutics, is that of nutrition. There are centers in the cervical region, the thoracic, to the muscles, as well as the bones and articulations. Wasting of muscles accompanies loss of power, so the function of nutrition is closely associated with that of motor conduction. Vaso-motor centers are also located all along the cord, and send out controlling diaments to the glomus apparatus, the blood vessels. That the symp-

dromes of our work are accomplished through these two sets of centers. Our general treatment up and down the spine is so effective in all cases of debility, weakness and muscular wasting, because the vaso-motor and nutritional centers are aroused to greater activity by the increased nourishment they get from a fresh flow of blood.

Medical works say that the blood supply, though it should be understood in a way, is not a matter of very much importance in treating diseases of the cord. To the Osteopath it is a matter of the first importance, not only in troubles of the cord as such, but in all the pathological states of the body, as he refers so many of them to the cord and its centers. The reason for this difference is apparent. The ordinary therapeutic measures do not reach the vaso-motor and nutritional centers. Our general treatment up and down the spine is so effective in all cases of debility, weakness and muscular wasting, because the vaso-motor and nutritional centers are aroused to greater activity by the increased nourishment they get from a fresh flow of blood.

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The American Ass'n for the Advancement of Osteopathy.

Through the courtesy of Mr. N. F. Murray, Asst. Secretary of the A. A. O., we are enabled to present in this issue the photographs of the officers of the Association for the current year. They consist of active practitioners, in the field, who realize the value to the practitioners of the association, and of Osteopathic students soon to become full-fledged D. O.'s.

As yet this organization has been handicapped in such a way that it has been unable to carry on the work of establishing the science on a firm legal basis, but the outlook for the future in this direction is very bright, and we will look during the coming winter for some beneficial legislation as a result of their labors. This winter is when many of the state legislatures are in session and we trust that no stone is being left unturned to insure the favorable consideration of laws recognizing Osteopathy in the various states in which it is not now legalized practice. In union there is strength and we will urge upon all of our students who have not done so, to become members of the association prior to January 1st, as after that date only graduates will be admitted. The membership fee for the ensuing year is but $1, but that will go far towards assisting in the work that is being undertaken. Mr. Fred E. Moore, of the Senior class, and Mr. Geo. L. Huntington, of the 3d Junior class are officers in the association. They will furnish copies of the constitution of the association for your perusal.

We are pleased to hear encouraging accounts of the association in general. We are pleased to note that the Osteopaths of Colorado, though comparatively few in number, have organized a local organization. That is a hint to some of the other states. Will Minnesota be next?

We would like to impress upon all of the students and graduates with the value of membership. If you can publish the fact that you are a member of this association, it will be an item in your favor. In this connection we would like to impress upon all of the students and graduates the value of membership. If you can publish the fact that you are a member of this association, it will be an item in your favor. In this connection we would urge upon all of our students to send in applications for membership at once. Meantime would urge all of our students to read the operations of the association, and in the meantime would urge all of our students to send in applications for membership at once.

New Literature.

OSTEOPATHIC THERAPEUTICS.

The latest addition to Osteopathic literature is a "Manual of Osteopathic Therapeutics," by Clifford E. Henry, Ph. G., M. D., D. O., now Professor of Anatomy and Minor Surgery in the Northern Institute of Osteopathy.

It is very appropriate that this work should emanate from the mind of the man who was the first to introduce it as an element in Osteopathic curriculum, and in view of this fact it is the product of the best and most scientific work along this line of thought. It is a marked deviation from the beaten path of literature of the science that has hitherto found its way into the hands of the profession and laity. It has sought, not to be a book to be picked up by any one with a superficial knowledge of anatomy and from it endeavor to practice Osteopathy, but is intended as a text book in Osteopathic colleges and for use by active practitioners.

It takes it for granted that its readers are already thoroughly conversant with the finest details of anatomy and the physiological action of the body in health and disease, together with a thorough understanding of the principles of Osteopathy. Thus equipped he will be able to take this work and understandingly apply the therapeutic agencies laid down in the context. The author has paid no attention whatever to the technical side of Osteopathic treatment, confining himself to the physiological action or effect upon the bodily organism.

The introduction contains concise, comprehensive definitions of terms common to Osteopathic practice, forming a guide to a certain extent of what follows.

The main body of the text is devoted to a classification of Osteopathic methods as to their physiological action. For example, he deals with anæsthetics, anti-pyretics, cardiac stimulants, depressants, etc., and with this as a guide, the student or practitioner can outline the treatment for his case after he has diagnosed it. Thus in certain kinds of diseases the diagnosis would indicate the necessity of anti-pyretic, cardiac depression, with perhaps cutáneous or diuretic treatment. In this way the treatment can be outlined for the case in ad-
A Testimonial.

Northern Institute of Osteopathy.

Dear Sirs:—If the experience of one who has been a victim of that prevalent, little understood, and much abused disease, nervous debility, will be of any benefit to Osteopathy or humanity, I wish to put it on record.

For several years I had periods of indigestion, chronic constipation, lack of mental concentration, fatigue at the slightest exertion, nervous irritability, insomnia, and muscular rheumatism. Medication, baths and electricity were alike productive of but temporary relief, and passed by the treatment he has fully recovered and is much brighter and things did not seem so dreary as they always had; and by application a permanent cure. At this point I applied to Osteopathy and two months' treatment brought a change in my condition that I had hardly dared to hope for.

My son at an early age developed an undoubted case of heredity, his condition was as near like mine in the difference in child and adult life would permit, except that he was deaf. The best talent available only gave temporary relief to the effects and passed by the cause. At the age of seven he began to have regular periods once a month when for two or three days he would be completely prostrated. At this time his condition was truly pitiable. At the age of twelve his periods lasted over one half the month, and Osteopathy advancing done so much for me, I took him to Dr. Pickler, and it worked wonders for him. After the second treatment he remarked that the sun seemed so bright and things did not seem so dreary as they always had; and by application to the treatment he has fully recovered and is strong and well in every sense.

His case was perhaps uncommon, but mine has thousands of duplicates in every community, who are wasting their time and money in vain endeavor to get relief by means of medi cine. Hundreds of advertising quacks are getting rich at their expense, and hundreds are being poisoned or driven to despair and suicide by what they consider an incurable malady, when a few treatments at the hands of a competent Osteopath would demonstrate what the science can do, and application would bring about a radical cure. Yours, etc.,

J. Sullivan Howell,

Osteopath.

Sixth Floor, Auditorium Building.

CHICAGO, ILLINOIS.

California College of Osteopathy, Rooms 907-98, Emporium Building, MARKET STREET.

SACRAMENTO, CAL.

To Our Lady Patients.

The Infirmary of the Northern Institute in Minneapolis is the only genuine Osteopathic Institution in the Twin Cities where a competent lady graduate in the science is on the operating staff, to whom cases can be assigned where the patients so desire. Dr. Ada M. Peck has had a very extensive experience in Osteopathic practice, having practised her profession in Toledo, Ohio, and for the past year has been a member of the staff of Infirmary of the Northern Institute. The successful work she has accomplished, both in acute and chronic cases, have given her an excellent reputation as an Osteopath, and assures the patient under her charge of receiving the best possible attention.

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First Class. Opposite Northern Institute of Osteopathy. 21 Fourth St. S. Minneapolis.

Rates—$5.00, 7.50 and 1.00 per day.

Sitting-room, Bed-room and Bath, $1.50 per day.

Cafe at very reasonable prices.

The Northern Osteopath, November, 1898.
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
Ada A. Achorn
G. S. Archer
C. C. Bennett
Frank H. Baird
Katherine G. Becker
Guy W. Burns
J. B. Bonis
Louise P. Crow
S. R. Cooper
Anna B. Collins
L. E. Cherry
Evel S. Cherry
J. C. Crowley
F. A. Clarke
Thos. Devereux
S. A. Ellis
H. R. Fellows
Helen H. Fellows
E. W. Greenough
Erlene Z. Gunard
Clare H. Gorman
Orn L. Gage
E. G. Goth
H. E. Hjardemaul
A. H. Hall
Louisa M. Hayes
Robt. S. Johnson
A. U. Jorris
Geo. D. Kirkpatrick
T. F. Kirkpatrick
MRS. M. A. KIRKPATRICK
C. C. Bennett
Wm. J. Laffing
Benj. J. McRae
O. E. McFadon
Albert H. Moore
Ada M. Peck
E. Anton Peterson
A. H. Potter
J. A. Parker
L. M. Racec
L. W. Roberts
Wm. Snell
B. P. Shepard
L. O. Thompson

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
Denver, Colorado.

The Dr. S. S. Still
College and Infirmary of Osteopathy.

(Member of the Associated Colleges of Osteopathy.)

College Building, No. 1481 and 1483 Locust St.
Infirmary Building, No. 1428 Locust St.
Des Moines, Iowa.

College Opens Sept. 1,

[Students may matriculate a little later. Next Class Feb. 1st, 99. With a faculty of able and experienced Osteopathic instructors. “Our specialty will be Osteopathy.”]

Infirmary Opened July 5,

With efficient and successful operators in charge.

“Osteopathic cures are permanent because they are natural.”

For full information regarding course of study, tuition terms, books, etc., address

A. L. CONGER, Secretary.
Notice to Our Patrons.

The following is a partial list of the so-called diseases that have been successfully treated by this method, and in most cases after many other methods have been tried and failed:

Headache, granulated eyelids, deafness, dripping eyes, dizziness, pterygium, poly-pus of the nose, catarrh, enlarged tonsils, asthma, hay fever, indigestion, lack of assimilation, constipation, torpid liver, gall stones, neuralgia of the stomach and bowels, dysentery, flux, piles, fistula, irregularities of the heart, kidney diseases, female diseases, rheumatism and neuralgia of all parts, atrophy of limbs, paralysis, locomotor ataxia, varicose veins, milk leg, eczema, nervous prostration, hip joint disease, curvature of spine, etc.

TERMS FOR TREATMENT:

$25 per month, (three treatments per week.)

$15 for 2 weeks, (three treatments per week.)

Payable in every case when treatment begins. Please do not ask us to deviate from these prices or terms. As we keep no book accounts, we wish all persons desiring treatment to make their arrangements to pay the fee in advance, receive our Treatment Card, which is their receipt for the cash paid, and is good for the time paid for, when presented at our office as specified thereon. This we require of all our patients.

CONSULTATION FREE.

All inquiries regarding the treatment should be addressed to L. M. Kemp, Sec.

The Northern Institute of Osteopathy.

Globe Bldg., Minneapolis.

AUBORIS, Osteopath.

311 Corning St.,

Red Oak, Iowa.

CONSULTATION FREE.

Washington Institute of Osteopathy.

(Incorporated.)

W. A. Potter, D.O.

L. B. Smith, D.O.

J. B. Baldy, Sec'y.

Sixth Floor, Safe Deposit Building,

Seattle, Wash.

Branch Offices In New Whittier and Everett,

Washington.

Guy Wendell Burns, M. D., D. O.

The New York Institute of Osteopathy.

Presbyterian Bldg., 105 Fifth Ave., NEW YORK CITY.

OFFICE HOURS:—9 to 12 and 1 to 4.

Our equipment for the practice of Osteopathy is complete and our work is of the highest class, being original in some respects and progressive throughout.

Send for the New York Osteopath.

W. J. Connor, D. O.

D. L. Conner, D. O.

Phoenix Infirmary of Osteopathy.

[Open from November to June.] D. L. Conner, Manager.

PHOENIX, ARIZONA.

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