The Omaha Osteopathic Institute.

Rooms 604-5-6-7 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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Osteopaths.

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West Superior, Wis., 311-312 Truax Building Monday, Wednesday and Friday p.m.'s.

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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 hereafter un dreamed 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 their 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 unmanned 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 herebefore. 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 is the Osteopath’s method, 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 current professions in paths that divide:—

Allpathia, Homeopathia, Osteopathia, 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-condutors 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 close up the sluggish circulation, tune up the nervous system, imparting life and activity to every organ of the human body.

The matter of issuance of licenses to Osteopaths by the State Board of Medical Examiners in Iowa has assumed a 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 say 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 the 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 pre-sumptuous 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 never reached the goals which it 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 have to face up to this situation.
We Reap What We Sow.

For pleasures or pain, for weal or for woe—
'Tis the law of our nature—we reap what we sow.
We may try to avoid them—but we will.
But our actions, like our shadows, will follow us still.
The world is a wonderful rheumatic, most sure,
And decides in a moment the base or the pure.
We may hoard our lives in the grave or the birth.
But the world takes a man for just what he is worth.

We start in the race for fortune or fame,
And then we come to walls that make us blame.
But nine times in ten, it is plain to be seen, I think.
There's a screw loose somewhere in the human mas.

Are you weary and worn in this hard earth strife?
Did you years for affection to ease your life?
Remember, this great truth has often been proved:
We must make, we must lose, we would be loved.

Though life may appear as a desolate track,
Yet the bread that we cast on the water comes back.
This law was written more than 2000 years ago.
That like attracts like, and love begets love.

We make ourselves heroes and martyrs for war.
Till health becomes broken, and youth becomes old.
Ah, did we value these simple precepts more?
Our lives might be music for angels above!

We reap what we sow. Oh! wonderful truth—
A truth, but peculiar to the race of our time.
But it shines out at last, "as the hand on the wall,"
For the world has its "debit" and "credit" for all.

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 Homoeopathic school for the purpose of securing their asylum and to make more effectue their opposition to any osteopathic measure. In this effort they have signally failed and the Homoeopathic 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 Louise M. Hayes. In the limited time that was allowed members of the opposition 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 called the attention of the House to the fact 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. Dem- le, Henry, Mr. Wadsworth and others. The presentation of the question before this committee was made by the last few minutes of the hearing being given 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 meantime 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 gallant cross fire from the Homoeopathists, 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 all the arguments made. 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.

T 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 people 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-

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, not in the field, but in hospital, lying ill and wasting away from the battle field. 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 periods of their lives.

Some years ago, a French physician upon touring our country, observed 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 useless art, 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 bandkerchief about a leg or arm to check the flow of arterial blood? How many know what treatment and antidote to give in cases 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 his classes, who are most deficient in practical ability about the little things. 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.

Subscribe for The Northern Osteopath.
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 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 springs of truth are here. But error, wounded, within is paid, and dies among its worshipers.

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. J. M. Rheeem, 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 having 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. Macaulay, of St. Paul. As a representative of the active profession, Dr. Macaulay welcomed the new diplomats 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 shibboleth and tyranny of quackery, 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 and more promptly than many more important events. By that I mean that you will recall 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,—say, 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 not "sufficient unto the day is the evil thereof"—likewise the work and worry, the successes and failures.

NEW CHEMICAL LABORATORY, NORTHERN INSTITUTE OF OSTEOPATHY.
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 squalt 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 brain! 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, broadness 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, I would add, the thought of 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 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 sure, the true success. My idea of your best end and might be better expressed perhaps by the phrase, “progress for your profession” than success in your profession itself. 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 a trusted weapon in the armory of the people.”

This will be made manifest the rightful proportion between profession and operator. Our science, ladies and gentlemen, is destined to a world-wide pre-eminent. We at the most can leave but a shadowy and fleeting reputation, and he who understands himself and his work, will be understood the most and remembered the best. And so modest, dignified, responsible, and who understands himself and his work, will be understood the most and remembered the best.

Again, ladies and gentlemen, I wish to assure you of a most cordial and sincere welcome by the officers in the field, and the best 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 often times lip 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 him own self be true. And it must follow, as the night the day. Those cannot not be false to any man."

THE NORTHERN OSTEOPATH. FEBRUARY, 1899.

THE EYE.

BY NELLE A. PRINZLLE.

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 through 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, 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 focused in front of the retina, and only near objects appear clear and distinct. Hypermctropia 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 grandparents 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 ABBERRATION, 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-adaption of the eye to the different distances of sight. Strabismus is due to a want of concurrence in the visual axes. The eye either turn in or out. This trouble is usually accompanied by a squint. Alacaro 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 near the brain which is the seat of mind—the immortal part of man. Impressions related to the mind through the medium of the eye is what we are. How important, then, that we gaze only upon those things which uplift and enable 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 everything under consideration. These wrong impressions make them dissatisfied, and they complain about everything and everybody and the world in general, not realizing 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 mind. Such people are invariably looking into the future, as though out of the present, come the pleasures, ambitions, necessities, 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 ofaccommodation. Such an one tries so hard to accomodate himself to circumstances, and to do and say just the right thing in just the right place, but he is forever finding an apory appropriate. This is undoubtedly due to the non-co-ordination of the emotions 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 seeming to them to be surrounded by brilliant prospects of success. By obtaining the exclusive right to peddle patent medicines for cleansing farms, their fortune is made in an hour; each succeeding failure is soon forgotten in the eager pursuit of the next glowing phantom. 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. They then will tell you if you are foolish enough to let them. This inability to be controlled is believed by some to be suffering from strabismus—or 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 serious matters as you do or not; and, after bating at them and finding nothing, calling their dodges, and asuring yourself that you understand them and can trust them, you are immediately thrown into violent collision with them—you extract 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 psychic tumor upon the brain. Everyone is troubled more or less with alibeg 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. An Osteopath 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.

PURITUS ANI makes all men who are its victims, brothers. They have a fellow feeling for each other, a stronger than any oath could bind, for each knows to what extent the other has suffered and suffering makes all the world skin. All the drugs in the pharmacopoeia 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 anesthetic as for example—coca, carbolic acid, etc., and relief is only felt as long as the anesthetic action of the drugs lasts. What is the cause? The causes are many, innumerable I might say. In some cases surgery is the only relief. There is a thinning 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 cutting are the best treatments, by stretching the rectum one is also enabled to end a fissure which is at times difficult to do otherwise.

Stretching of the rectum while under the influence of an anesthetic in many cases acts as a cure especially if the stretching is used in connection with the curettage: 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 redes 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 itch thus as a consequence chronic inflammation is the result, and the thickened tissues also make a pressure upon the terminal filaments of the nerves.

The Osteopathic treatment is varied, if the case is constitutional find the cause: there can be no better treatment given than Osteopathy, combined with the dietetic in this form, no matter where the cause. Painful labor, the heritage of our present civilization contains for the mother more terror than any of the contagious diseases. That this can be materially alleviated by Osteopathic means has been proved 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 an 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.
SYMPTOMS: 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 septic and ante-septic agents of the body. The leukocytes 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 hyperemic.

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 face, 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 secretion; 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.

Sequelae. Persistent headache and vertigo are sometimes left as sequelae, due to intense meningial hyperemia 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 once; extension of the vertebral column, and more 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 cardiax to decrease the hyperemic 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.

Symptoms: 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 microorganism, is the same as in the remittent and intermittent forms of malarial fever only they have been implanted in larger numbers or developed further. Just 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: intense 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 dyspepsia respirations, 50 to 60 a minute: spuma streaked with blood: pulse quick: The dyspepsia 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 la 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. Caries may result from acute meningitis. Algid variety characterized by very high internal fever, may be 105 and collapse temperature externally: mind remains clear: pulse slow and 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 not 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 Fever.

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

Osteopathy has come to many a sufferer as a living machine, and the harmonic arrangement of its three germinal layers, the external, the Internal, and a middle to everything. So we know the principle of trinity is all ages by those who worship him.

"A Trinity of Mind, Matter and Force," says Clifton S. Smith, M. D., D. O.

Osteopathy—A Trinity of Mind, Matter and Force.

BY CLIFFORD S. HENRY, M. D., D. D. 0.  OSTEOPATHY.

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

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deciduous: 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.

The case for 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, crystalline and vitreous. Three semi-circular canals of equilibrium in the bony labyrinth, and three canals on the cornets to produce hearing. Three osicles in the ear to conduct sound. Three principle 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 we were not tetchous 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 JOSEPH H. SULLIVAN, D.O.

Dr. 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 goes 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 tail in order to stop 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 be 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 acute 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 masseurs calling themselves Osteopaths. He would be subjected to a process 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 becomes 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 he removes 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 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 incoherent ideas, of observations, often purely of despotic rema- ries and formulae, but mostly concealed as they are tediously arranged."—Bichard'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. Aberrcrombie, F. R. C. of Physicists of Edinburg. "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.

In 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 already in graduate courses 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. This letter therefore is intended to itself be the exactening 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 succeed 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 medical man however great or beneficial, can be either lost or killed through the medium of mediocrer 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 spend 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 textbook must now be imprinted upon the brain. You must work at times, and 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. Who enter ones office and with a pompous air declare 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 never 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 praise of the patient is often 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; neither your consideration and care as a physician you have chosen the path where you must be "all things to all men.""
THE NORTHERN OSTEOPATH, FEBRUARY, 1898.

frequented by health seekers. "I know of few things more pitiful," he says, "than the annual migration of hopeless consumptives to Los Angeles, Pasadena, and San Diego. The Pullman cars in the winter are full of sick people, bashed 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 sleep in half warmed rooms and take cold after cold; their symptoms become alarming; their money wastes away, and daily in utter despair, they are hurried back home-wards, 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 board rooms, torment themselves with envy 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 domes, where the temperature is always kept just right, wrapped in their furs they would take a walk or rest almost every day in our bracewing atmosphere, which would speedily restore their shattered nerves, and they would not suffer from envy, 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 are 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 of 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. Stull College of Osteopathy, Des Moines, Iowa.
The Milwaukee Institute of Osteopathy, Milwaukee, Wisconsin.
The Western Institute of Osteopathy.

The Educated Finger.

We 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 hyper trophy 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 excuses are unanswerable. These points are emphasized 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 curiously deficient in pulmonary and cardiac affections. The finger is also of service in palpat ing tumors and topical emulsions.

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, dependent, increased in capacity from passive congestion, or whether its tis-sues are firm and tonically contracted. It will also detect the presence of ulcerations of the rectum, the condition of the rectal wall, 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 tortuous, almost paralytic, and favoring fecal impaction. The educated finger is also on the look out for atrophy and cicatrical narrowing of the rectal walls, a pathological state which readily takes on malignancy.

Hemorrhoids, sinuses, abscesses, ulcers, poly-ypi, etc., are more common-place conditions, but occasion a great deal of local suffering and refer 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 Cases.

VERY curious and interesting is the temporary uneasiness of all night sleeping humans and animals, the hour 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 other hours, or 1 a.m., or 2 a.m., or, in the case of late sleepers; why does it not come as 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 vials come the nearest to stopping or running down. They come very 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 halting, the body having no 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 slowly—run almost down—enabled them, with the restarting administered by the 3 o'clock commission, to successfully begin another run, carrying you over the death point and allowing you to resume completion of the full rush 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 appallingly in excess of their death rate for any other time. In all cases at 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.

Dr. John R. Hitchings has taken up the practice that had been begun by Dr. Presley, 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. Robert 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. Attty 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 State house; 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. More, 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 Institute 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 to what he can do further 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, 1899, the tuition for the full twenty months course at 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.

Clinical Patients Wanted.

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.

R. S. Johnson, D. O.

Graduate of the Northern Institute of Osteopathy, Minneapolis.

Office suite 410 and 11, Masonic Temple Building.

Minneapolis, Minn.

O. E. McFADON, D. O.

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SCHOOL NOTES.

A letter of condolence from the June '99 class was forwarded to their classmate, Miss Pratt, at Oshkosh, 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 50 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 1888. 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. 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.
Graduate of the American School of Osteopathy, Kalamazoo, etc.
The Johnson Institute of
Osteopathy.
The New York Life Building.
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