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June, 1916 Volume 7, Number 4

Selected Articles and Editorials

THE PREPARATION OF THE EXPECTANT MOTHER.

JANET D. QUINN, M.D., NEWPORT, KY.

This is an interesting subject, and we are finding better methods of taking care of the woman during this expectant period. If it were possible, we should begin educating the young girl from the age of fourteen, in the right manner of living so that she may fulfill the greatest task given to women. As this is one of the much discussed questions of the day, it may be a possibility in the future. As it is, we can only do our duty to the expectant mothers who apply to us for advice.

A normal woman may have very little disturbance and does not come under the physician's care until the end of pregnancy. As for conditions arising during this period that need medication there is not one of you that is unable to cope with them—Study your cases. I am taking a case that applies to you, regarding what they should do to have a healthy baby, as that is the one thing desired.

1. Congenial surroundings, both for health of mother and child are essential. Wealth and luxury are not needful, but comfort and agreeable companionship are desirable, with freedom from excessive physical burdens.

Women to-day are suffering from lack of vitality, caused by overwork of their mothers during gestation. The woman who indulges in excessive gaieties of fashionable life, deprives her child of vitality, as well as the overworked woman.

2. Proper Dressing.—Clothing worn loosely, so there will be no restriction to respiration, no interference with digestion, no obstruction to circulation; during this period there should be no hinderance to the development and elevation of the uterus.

3. Exercise.—Motion is the law of nature, without exercise food can not be assimilated, muscles lose tone and power, nerves become prostrated.

Exercise should not be carried to actual fatigue. Housekeeping interests a woman, and she will have plenty of exercise attending to her home, avoiding the laborious parts.

Walking is one of the best exercises, as it keeps her in open air— deep breathing to oxygenate the blood, expand chest walls and strengthens abdominal muscles. Going up and down stairs, inhale a good deep breath, fill the lungs with fresh air, keep mouth closed, hold the breath until top of stairs is reached then expel slowly. This is important, as many women are careful not to use their lungs—teach them to breathe.

4. Proper food during pregnancy is not more necessary for health and strength of mother than to give normal development to the child, and has much to do with ease or severity of labor.

Her food should consist of articles that are nutritious, but not stimulating, regular time for meals, food to be thoroughly masticated.

Plenty of fluids, milk, butter milk, water between meals and see to it that they attend to the fluids.

Use very little meat—vegetable and fruit diet—especially acid fruits.

This diet will decrease the hardness of bony structure of child and renders labor much easier.

5. Baths.—The processes of nutrition and waste, are more active in the pregnant woman. The sponge bath taken in the morning, three times a week, is stimulating. It should be taken immediately on arising, while the body temperature is warm enough to insure thorough reaction. The colder one can use the water more sure is the reaction. Begin bathing the upper part of the body only, and in a short time you will be able to bathe the entire body, this is to be followed by friction with a Turkish towel. Then take deep inspirations of fresh air for five minutes. This bath has a tonic effect on the body and ten minutes is the time required for it.

Sits Bath.—During the last three months of pregnancy this is most desirable, to be taken just before retiring. Begin using water at a temperature of 90° F., gradually decrease the temperature to 60° F.—remain in this bath for from five to eight minutes, let the water come up well over the hips and abdomen—then use a rough towel and hand friction and your patient will not be troubled with insomnia. If no proper bath tub is at hand use an ordinary wash tub raised on one side on a stick of wood.

And during this last three months, do not neglect the preparation of the breasts. I have had many cases follow these directions and in nearly all of them good results followed.

PAINLESS PARTURITION.

J. M. WELLS, M.D., VANCEBURG, KY.

“Unto the woman he said, I will greatly multiply thy pain, and thy conception; in pain thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee.” Gen. 3-16.

This was a curse inflicted on Mother Eve for disobedience, and we find today that woman is still more or less disobedient, both to God and man, and her desire is so strong for her husband (a man), that she often goes to the bad because of that desire. Up to the time of the curse she had not conceived, but, soon after being driven out of the Garden, conception occurred, and this strange and peculiar phenomena since that time has been occurring at frequent intervals, under the slightest provocation, and nearly always undesired.

The present covenant coming, abrogated the curse (“Old things have passed away, and all things have become new”), but the pains of parturition remain. Therefore, since the passing of the curse with the “old things,” an attempt to remove the pangs of parturition is in no way a violation of God's edict. At once comes the question, is painless parturition possible? We answer without hesitation, yes.

Given a young woman (and we encountered one such this morning while making a call on an old lady), brought up fifteen miles from my place—on the head of a creek where the hills are so steep that to plow

them is impossible, and the cultivation of the crops is done with a hoe— whose facial features and complexion would defy and put to shame the efforts of the best artist to even imitate; her short sleeves revealed a forearm round, plump, firm, larger than my own, and a wrist that would ornament a diamond-bespangled, blue-enameled gold bracelet. We have attended a few of the brought up in the open air, work in the field primipara, and beheld them come down to labor, to the full dilatation of the os without a pain. To be sure, there was some sensation which told them labor was beginning, but no real pain. At the end of full dilatation, three or four expulsive uterine throes and all would be over, and all this without one groan, moan, or murmur. But what shall we do for those brought up in the leisure of city life, fashions and fads, crippled with corsets and other viscera displacing devices, and who know not of the pleasure of being normally well? Ah, this is the case which stubs the toe of medical science, racks our brain, robs our nights of sleep, spreads a mantle of mourning, and brings bereavement to the home. Can nothing be done? Yes, much if false modesty among country folks and fastidiousness of the city kind would but let us.

First, let a woman when she first finds that she is in this way consult her family physician, and he, if he is a sensible one, will go into a close and rigid examination of her case, holding up to the light, as it were, every little ailment, no matter how trivial, giving each one the specific treatment indicated. All the secretions must be carefully looked after, from the mouth, skin, kidneys, bowels and vagina, and proper treatment instituted; and she must be instructed to keep back nothing, but tell it all, making a complete confidant of the consultant. Often a modesty, or diffidence prompts them to refrain from making statements which appear of small moment to them, but which are of much importance to the physician making a careful study of the case, and let us emphasize lest he should forget, that it is the small things in medicine which count for great things in the end.

Having come to a full knowledge of the case thus far, we advise that for the last three months of gestation she refrain from eating any meats. This will insure a plump well-developed babe, but not over-grown, if in addition to this she be directed to live principally on a subacid fruit diet. Then we further advise that every evening at dusk she walk a half mile, and return at a good brisk gait, take a tepid water bath, sponging the privates and lower abdomen for from ten to fifteen minutes, dry them well and give them a thorough rubbing with olive oil, after which

she should retire for the night. Mild means should be used to secure a full and copious evacuation of the bowels every morning, if the fruit diet does not cause the same. For the last two months of her carrying period she should have caulophyllum (spec.) one drachm, water four ounces, mix, S, a teaspoonful every three hours. My word for it if she conforms to and complies with all the advice and directions set forth in this short paper, when the doctor receives the call he will have to hustle if he arrives in time, even if she lives only a few blocks from his office; and if the call is several miles in the country he is nearly sure to be late, and miss a part of the fee; and this becomes one of the cardinal objections to this plan of treatment, because it obviates a long and tedious labor, and lessens the fee by eliminating the use of forceps. No H. M. C. or morphine and scopolamine treatment can be as safe, efficient and satisfactory as the above course, and if we add to this during the few last throes of labor a few whiffs of chloroform the patient will rise up and bless us the remainder of our days.

PITUITARY EXTRACT.

M. S. CANFIELD, M.D., FRANKFORT, IND.

The responsibility of one who assumes the care of the sick has always been regarded serious, and well it should be. We hail with gladness anything that ameliorates the condition of the afflicted. Especially is this true when we consider the untold pain and misery associated with the mother in child-birth.

Therefore, when we were told of pituitrin and its oxytocic power we were not slow in satisfying ourselves if this was true. I do not think any obstetrician can afford to neglect to investigate the literature on the use of the hypophysis as an oxytocic.

Our German friends have done much to work out its practical application, yet much has been developed by the Austrians. Many of our own people (Americans), have written extensively on its use. The surprising part is that almost all reports have been laudatory, when properly used. When we consider that the pituitary hypertrophies during pregnancy, frequently to twice its normal size, we ask ourselves what effect does this secretion of the hypophysis have on the origin of labor pains, etc. Future investigations will develop much in this line that

is unknown to the present age.

The pituitary extract which I have used is one made or prepared by Parke, Davis & Co. It is known as pituitrin. It is put up in ampules for hypodermic use, 1 c.c. each. When given subcutaneously its effect is very quick, often marked in ten to twelve minutes. It is said to be a galactagogue, but I have never noticed this in my own practice. It is non-toxic and non-cumulative, and a prophylactic against vesical atony, and, therefore, catheterization is rarely, if ever, necessary as a post-partum means. The pituitary extract should be given during the second or third stage of labor. Do not give it too soon, for certainly it will have its effect in a very few minutes when given. It is the greatest stimulant to uterine contractions known to me. I think its greatest value is in uterine inertia, and, therefore, it has no place in a normal labor. When used judiciously and with a proper appreciation of the danger of so powerful a remedy it will be a blessing to the child-bearing woman.

PROPHYLAXIS IN GYNECOLOGY.

ELLA MANSFIELD CARYL, M.D., LOS ANGELES, CAL.

Gynecology, the science of diseases of women, is usually divided into medical and surgical gynecology. However, this paper will not attempt to deal with either of the phases of the subject, but will be more particularly concerned with the prophylactic or preventative part of gynecological work.

The time is not so far distant when the major part of the physician's work will be to use his superior knowledge in teaching people how to live to avoid the pitfalls of illness, thus obviating the danger of so many diseases to which womankind is heir. There are a great many reasons for the suffering due to pathological conditions of the female genital organs, and to prevent many of these one should begin with the very young child. The spine and abdominal walls should be manipulated daily, to keep up the circulation and to strengthen the muscles of the back, abdomen and pelvis. As soon as a child is old enough, it should be taught light systematic exercise to take the place of the manipulations. A little later, when the child goes to school, its studies should be varied with manual labor and with exercises done to music in the open air, if possible. The music makes the exercises more enjoyable and the muscles

respond to their fullest extent without breaking down so much tissue and filling the muscles with fatigue products, as would otherwise occur without music.

In 1906, Judge Ben Lindsey, the Father of the Juvenile Court, in addressing the Colorado State Conference of Charities and Corrections, said in part: "I have just returned from a great convention in Chicago, where there were noted doctors and teachers, such as Dr. Butler of Columbia University, Jane Addams, and many others who are wrestling with these great problems of delinquent children. The consensus of opinion seems to be that we need more physical and moral training in our schools, as well as manual training." It was also stated at the same convention that "Chicago and other cities were using their school houses for neighborhood social gatherings, and that they have expert teachers to whom they are paying high salaries to teach the children folk dances, and that Chicago had spent thousands of dollars on play grounds, on which physical culture and dancing were being taught." In this way children work off their surplus energy. By exercising the body properly the muscles and ligaments are strengthened and the bony structures of the body are kept in proper anatomical relations. The blood is kept in general circulation, preventing congestion of the pelvis and genitalia, which is more or less responsible for getting children into bad habits, which later on not only impairs the general health, but makes a fertile field for gynecological work.

No young lady should be permitted to wear corsets or bandages which cripple the muscles and interfere with circulation. Thoroughly exercised muscles should not only hold the framework of the body in proper position, but should protect the internal organs in such a manner that ptosis of the viscera would be prevented, and one organ would not interfere with the functioning of another by crowding upon it.

Prolapsus of the pelvic organs could very often be obviated if every woman would take a rest in the middle of the day by lying on her back and lifting her feet far above her head and making rotary motion alternately with each leg while in that position. This would strengthen the pelvic floor and put the pelvic organs back into position, counteracting the force of gravity. This exercise should also be taken before retiring at night, to replace the organs so that the uterine ligaments would be relieved of the tension to which they are naturally subjected while a woman is on her feet.

Children should be taught that the body is sacred, and that every part is for use and not abuse. Young men should be made to feel that they must treat every young lady with the same respect that they would have shown to their own mother or sister and that woman should be a helpmate and not a slave to the sterner sex. He should be made to realize that when he is dissipating he is not only injuring himself, but may be laying the foundation from which the girl whom he leads to the altar may become a helpless invalid, and his posterity be a curse to his name.

At puberty a young lady should be instructed in regard to the functioning of the female organs. It should be impressed upon her mind that the fate of the nation depends upon the young lady in the social world. She should be taught self-control and self-respect, and that the female reproductive organs are intended by the Creator for the purpose of propagating the race; that marriage should not be an institution of convenience, but should be based upon love and respect, and that a home built upon this foundation is the center of civilization. When woman refuses to sell herself to a man in marriage and lives naturally, she will attract her complement in the opposite sex, and the blending of the masculine with the feminine physically, mentally and psychically, each the complement of the other, will tend to keep a perfect equilibrium in the blood and nerve supply, and the gynecologist would find little to do in such a family, and their posterity would be a blessing to the world.

Of course, the above is a somewhat ideal way of dispensing with the gynecologist. The physician will often be called upon to adjust matters as they exist under present conditions. The economic problem will have to be solved before there are ideal conditions for women.

It is reported that no less a personage than Dr. Locke, an eminent divine of Los Angeles, in a recent sermon on "Love and Marriage," said in part: "During the reign of Charles II, the club house was the Londoner's home. A little later woman began to drift from home, numerous women's clubs were organized, and the care of the home and children were left to nurses and servants. Simultaneously there came also a movement of women in professional and business life. While the women were doing the drudgery, the savage men were spending their time smoking and grunting and adorning their persons. It is certain if women want to work and insist upon doing men's work, there are a lot

of lazy, worthless scamps who will let them do it. The difference between civilization and savagery is largely a matter of deference and respect with which women are treated. The home has lamentably suffered while women have been coquetting with public life, until it has been facetiously but truthfully questioned whether there are enough mothers left to go around. Woman's work is naturally spiritual, social, idealistic, altruistic and domestic. The fireside is her throne, the cradle her coat of arms."

One can readily see from the above what Dr. Locke thought of the present situation in regard to women, although he may not have thought of the increase in gynecological work, he evidently was interested in woman as a mother.

The greater portion of the female population is naturally endowed to be mothers, and there are comparatively few who have the masculine brain and the female qualities so intimately blended that they can raise a family and yet have the force or fortitude to withstand public opinion, and grope with financial and social problems in the masculine fashion, which we observe in Charlotte Perkins Gillman, Emma Goldman, Madam Curie and others. It is folly to suppose that because these women have made more or less success in their various undertakings that every other woman could do the same and preserve the integrity of the nervous system, upon which so much of the health and happiness of the human race depends.

As women are endowed by nature to be the instruments through which the race is propagated, it should be their business to give some intelligent thought to maternal interests, which includes keeping the pelvic organs in a healthy condition by not permitting themselves to become overworked. Men should solve the problems of economics and finance and relieve women of so grave an injustice as the support of a family. A woman who has to earn her living outside of her own home is liable to anatomical lesions from occupational habits. The function of a joint is motion, and when through habit the spinal column is held in a certain position for an abnormal length of time, there is often an alteration in the mobility of the joint. This condition results in morbid anatomy, ligaments are strained and hardened, and by abnormal pressure on the cord or nerve, naturally interferes with the blood and nerve supply to the organs supplied by that particular segment of the cord. In this way all kinds of menstrual diseases arise. Amenorrhea,

dysmenorrhea or profuse menstruation, with their great train of "reflexes," such as headaches, lumbar pains, nervous and gastrointestinal troubles, etc., and if the lesion is not reduced, it will naturally result in more serious pathological conditions of the pelvic organs.

The physician should look into the history of each individual case and give advice in regard to the change of occupation, or at least teach the patient how best to care for herself under existing conditions. In giving medicine it must be ascertained whether the amenorrhea is the result of poor food and unhygienic surroundings. Macrotys and pulsatilla will not take the place of food and sunshine in an anemic patient where there is no blood to send to the organs, but they will help alleviate the pain in a case where the nerve and blood supply are disturbed on account of a spinal lesion by relaxing the parts, but the spinal lesion must usually be corrected by manual manipulation before one can hope for a permanent cure. It is very evident that a great many physicians are beginning to realize the need of manual therapy, as is evidenced by their willingness to have physical therapeutics incorporated in the curriculum of medical colleges.

There are many things in which the doctor can advise the patient to keep her from the many lamentable conditions in which an uneducated patient finds herself. Her general health should be looked after to find the cause of various aches and pains which arise in the other parts of the organism and are felt in the pelvic region. Vulvitis, due to uncleanliness, is often the result of ignorance on the part of the patient. Inattention to nature's call may cause constipation, producing an overloaded rectum, which may result in a mechanical irritation to the uterus and its appendages. The things that a physician could tell a patient which would preclude diseases of the pelvic organs are too numerous to be mentioned in a short paper.

The obstetrician has a great field in applying his art correctly in carrying a woman through pregnancy and delivery without leaving her with some pelvic disturbances.

He should see to it that during gestation her clothes hang from the shoulders, that a lying-in woman does not lie in a sacro-lumbar position too long at a time, as under these conditions a heavy hypertrophic uterus would fall back against the rectum, causing retro-displacement of the uterus, and the stretched uterine ligaments would permit prolapsus

of the organ when the woman gets on her feet. The abdominal bandage should not be so tight as to push the uterus back against the sacrum, thereby disposing to prolapsus of the organs, especially if the pelvic floor has been lacerated by neglect of the physician or other unavoidable causes.

The obstetrician should immediately repair perineal lacerations under aseptic conditions to preclude sepsis and uterine displacements, which are more or less responsible for sub-involution with its long train of symptoms, local and general, evidenced by disturbed menstruation, leucorrhea, lumbo-sacral pains, etc., resulting in endometritis and hypertrophy. The above conditions give the gynecologist quite a lengthy job, including curettage, the performance of a round ligament, ventral, etc., suspension operation, etc., all of which would not have occurred with a little care on the part of the doctor.

The physician might, through his knowledge of the human body, teach that congestive endometritis is often due to sexual excesses, and a mother can not afford to be harrassed by a long train of symptoms that follow over-indulgences.

When men and women free themselves from sex slavery and become engrossed in a purer, higher life, then will unborn generations not only be welcome, but the future posterity will be stronger physically, mentally and morally, and books on gynecology would read like ancient history, and the gynecologist would seek more fertile fields in some other occupation.

DISCUSSION.

DR. H. T. WEBSTER: I was very much pleased with the paper, but there is one little idea I would like to advance here, that is, in regard to taking cold in the pelvic organs. You may take all the care the doctor has recommended, but let a woman get into a street car and sit in a cold seat for fifteen minutes, and she may catch a tremendous cold. I would advise the doctor to suggest to her patients that they carry a folded newspaper and before they sit down in a street car, put the folded newspaper under them.

DR. STOESSER: I agree with the paper that the exercise of the limbs by rotary

motion is not only good for the pelvic organs, but, in strengthening the heart, and as men are supposed to have hearts as well as women, they could use that exercise, too, especially when they get to be my age. The paper may seem a little harsh to the men who listen, but inasmuch as the men had had two thousand years of rule, according to astronomical conditions the women now have two thousand years, and if we make laws that seem unreasonable the men need not be surprised. The greatest injustice from man to man had been the specific ailments that have been propagated among the species. I have never found anything in medicine that has made me feel so aggrieved as these ailments in young girls and women. They are also the foundation for tuberculosis.

DR. TUCHLER: This paper deserves more than a passing glance. It calls attention to the preventive measures. We ought to educate those that come within our sphere of influence as to the value of observing the moral standards and hygiene, especially. There is nothing so disagreeable to a human being as the propagation of these specific infections. An innocent young lady plights her troth to a man whom she looks up to, and behold, in a, short time, to her surprise, she is a subject for the gynecologist, without knowing the why and wherefore. Some infection has been transmitted. It is the greatest injustice from man to woman, it is a criminal act, and, if we can use our influence in educating the people along these lines of preventive measures, we will do a good thing for mankind and our fellow citizens.

DR. JOHNSON: I very much appreciate this paper, and I realize that to prepare a paper of this kind takes a good deal of work. But there was one little exception I want to take, and that is in regard to massaging the abdomen as a prophylactic measure in gynecology. This seems to be an impracticable treatment, for a woman with a half dozen children in the present day and age does not have time to do this kind of prophylactic work.

DR. ROATH : The doctor recommended dancing to work off the surplus energy of children. I think there are other forms of exercise that would be equal to dancing. I do not like the idea of dancing in public school work.

DR. H. V. BROWN (Los Angeles): I wish to say that I never have believed there was any excuse for a double moral standard for men and women. I am not narrow enough to condemn a man who has committed a sin and ignorantly brought this on future generations, but, at the same time, it does no harm in a convention of this kind to have these questions brought forcibly to our minds in a paper such as Dr. Caryl has read, to jog our minds to the fact that we ought to educate our patients as to the

prevention of disease. I think it is a most excellent paper, and we ought to add the weight of our influence along that line.

DR. CARYL (closing): In regard to Dr. Webster's point, I had not thought of having people sit on newspapers. I have advised them to put them under their corsets to keep their liver warm. In regard to the women ruling for two thousand years, I do not know anything about astronomy, and I am not very anxious to rule. I have had woman's rights ever since I was a child and I have had all I wanted. No woman should have to come out and work for the public; she should have a home and children. And every man should have a wife and take care of her properly and there would be no running around.

In regard to massaging the child: If you men had made proper conditions she would have time to massage her children, and they should be massaged until they are old enough to exercise themselves, and they should be taught to exercise their limbs. I was sick all my life until I learned to dance. I was trying to be religious, tried to go to church and do all those things, and my blood did not exercise, but when I began to dance I got well. I believe in it, and do not believe it needs to excite your sex passions at all to dance.

In reference to specific disease—of course, you men think men should have their rights and women should not. That is because women have been suppressed all their lives. They must do as you say, and, of course, men have been educated along these lines, they have had their freedom so long that they think they must indulge themselves—just as they will eat a big beefsteak when they don't need it. But, after my study, I have decided that the sex relation is only for race production. That is my opinion.

COMMON SENSE OBSTETRICS.

G. W. HARVEY, M.D., BIGPINE, CAL.

Accouchement is the natural process by which the human race is multiplied, and, ordinarily, the less it is interfered with by midwives and doctors the better it will be for all concerned. The doctor should know how to lend aid, and to assist nature in her efforts, and be able in any emergency to advise as to the best course to pursue, but always to let well enough alone.

The greatest benefit is in preparing your patient for confinement. This should be done as required all through the period of gestation, but the last three months it is imperative that you keep a close watch on the patient, and if you will give helonias and mitchella, a dram of each one to four ounces of menstruum, and one teaspoonful of that four times a day until the end, your patient will come through the ordeal and get up better than you ever dreamed of. If varicose veins are present or develop, give calcium flour 3 x, two grains, three times a day. If she is nervous and despondent, give kali phosphate 3 x, in the same dose and frequency. If the teeth ache give calcium phosphate 3 x, in same dose and frequency, and provide the lime that the system is taking from the teeth to supply lime for the developing bones of the coming infant.

When called to wait upon the confinement, wash your hands and anoint them with pure olive oil into which a few drops of Lloyd's cinnamon has been dropped. This makes the most fragrant and positive antiseptic that I have ever used. The smell is far more pleasing to your patient than some of the stinking antiseptics that are not half as efficient. Make sure of your position and, if all is right, mix in half a glass of water thirty drops of Lloyd's macrotys and ten drops of gelsemium (red), and give one teaspoonful every half hour. In a normal case the trouble will very soon be over, and when it is give fifteen drops of your erigeron and cinnamon compound on a little sugar, then you are ready to change the linen and bandage the abdomen with a suitable binder, tight and snug, after which she may go to sleep. In the meantime you have had the infant in mind and as soon as opportunity permits it should be oiled freely all over, head and ears, and eyes, with pure olive oil. Not a speck of the vernix caseosa should remain and not a drop of water should touch the infant. As soon as this process has been completed, dress the cord with a small square of oxolint with a slit cut in one side, about an inch deep. Before it is applied saturate it thoroughly with a mixture of equal parts of pure olive oil and glycerine, to which a few drops of Specific Medicine cinnamon has been added. Once applied the cord will need no further attention until it drops off, when a big fat raisin split open endwise and the seeds removed, will do the trick better than anything else in the world. Apply the meaty side to the navel and my word for it you will never use anything else. Don't order any douches if you have the welfare of your patient at heart. If the Almighty had wanted the woman douched after confinement, there would be a fountain syringe with every afterbirth. Let the parturient

canal alone. Nature will cleanse and heal without your help, just as she does in all the animals, who never have any trouble if let alone.

Before you leave the house mix two drams of Specific Medicine black haw and one dram of macrotys in half a glass of water and order one teaspoonful of the mixture every three or four hours, unless there should be after-pains, in which event it is to be given every twenty minutes until they stop. If there is any trouble with the breasts give in half a glass of water two drops of Specific Medicine aconite, and twenty drops of phytolacca, and then of the mixture, one teaspoonful every hour or two, and order them well-rubbed with hot oil of pennyroyal every two or three hours.

If by any chance a septic condition arises echafolta and aconite, or veratrum as indicated, in one glass and kali chlor., ten grains in another, and one teaspoon ful of each alternately every one-half to one hour, will very soon set things right. It has never failed me. Keep the patient on a light or liquid diet for at least four days, and when time for a bowel movement, do not give any of the licorice compounds, or other pesky griping laxative, but a dose of the effervercent phosphate of soda, a bottle of citrate of magnesia or sedlitz powders. Make it as easy as possible and as pleasant.

In over twenty years of practice I have seldom needed anything other than the above, except in placenta previa, where the natural oil of rhodium in ten to fifteen drops doses on a little sugar every half to one, two, or three hours as needed, controlled things, and all came out well.

RECURRENT TERMINATION OF PREGNANCY, ETIOLOGY AND PROPHYLAXIS BEFORE CONCEPTION.

E. L. SMYTHE, M.D., BREMERTON, WASH.

The causes of abortion are many and varied. Much has been written on the subject and yet there is ample room for discussion. The purpose of this article is not to deal with all types, but only with the type that occurs spontaneously. Criminal abortion has no place here, but in passing it may be mentioned that after all literature has been exhausted on the subject the prophylaxis resolves itself into three heads, viz., better economic conditions (politically, financially and socially),

better legislation and better education.

Regardless of cause all cases should have the attention and services of a physician, but the spontaneous recurrent type demands more from a prophylactic standpoint, perhaps, especially from the patient who desires an offspring. The patient placing herself under the physician's care, gives the history of a first abortion or miscarriage following an injury, a fall, railway journey, or perhaps no cause can be ascertained as far as the patient's knowledge is concerned. This in general is the history.

Before any treatment is outlined the cause, if possible, should be found. The patient's history, a physical examination and, in some cases, a laboratory test is required before the physician can arrive at a definite conclusion as to diagnosis.

A chronic pathological condition of the endometrium with all its signs and symptoms is a cause that ranks first as to spontaneous abortion and miscarriage, occurring at regular or irregular intervals. Conservative treatment may be tried and, if successful, a thorough curettage is necessary to remove all the diseased decidua. Lacerations of the cervix is not as common a cause as some writers would have us believe, but the condition may be the primary cause to an existing endometritis. Trachelorrhaphy may be done, especially if the laceration extends to the perimetrium, but if the lacerations are small and there is no disease of the endometrium, direct the search to other sources.

Adhesions resulting from inflammatory deposits in the pelvis may cause the enlarging uterus to expel its contents. Generally there is a history of a pelvic cellulitis or peritonitis. Pain is a symptom to be expected from the onset in the early pregnancy of this type. On examination, the uterus is in malposition, fixed or limited in motion. Celiotomy is to be advised, the adhesions ligated and sectioned, and the uterus restored to its normal position. Malpositions of the uterus may be a factor to be reckoned with; here again the abortion may be the result of an endometritis secondary to the malposition. If the condition does not yield to medical and simple treatment, operation by one of the various methods on the ligaments, to hold the uterus in normal position, is the best procedure. Malformation of the uterus may be a baffling condition to combat. Some of these deformities can be corrected surgically. History of these cases are reported with good results after the deformity had

been wholly or partially removed.

Tumors of the pelvis, whether internal or external to the uterus, may cause irritation by pressure and set up muscular contractions in the pregnant organ. These conditions are all generally indicative of surgery.

When in doubt as to diagnosis a Wassermann test, both paternal and maternal, should be made when the cause is held in the background. "When in doubt play trump," and sometimes the anti-syphilitic treatment is the ace of trump. A physician should always be suspicious of syphilis when there is recurrent miscarriages without apparent cause. Constipation should not be overlooked as a causative factor. A hypersensitive uterus can be stimulated to contraction by straining at stool or by pressure from the accumulation of fecal matter in the lower colon. The bowels should be well regulated before conception and maintained throughout pregnancy.

Of late much stress has been placed on placental enzymes and the toxemias of pregnancy causing hyperemesis, eclampsia and often resulting in miscarriage, either spontaneous or induced physiologically, to prevent fatal results. Although the treatment of these conditions is applied to the pregnant state, much aid, from a prophylactic standpoint, can be given prior to conception by getting the emunctories in good working condition. Obese and anemic patients require treatment to suit the case. In obesity a restricted and regulated diet should be urged with exercise in the open air. In anemic patients the cause, if possible, should be removed, prescribe tonics with iron and a suitable diet until the constitution is brought to par.

An interval of at least nine months, in most cases, should be enjoined on the patient before another conception is permitted. This is not always practicable, but our patients must be warned if the precaution is not observed. Physiological rest aids the uterus to outlive its faulty condition or irritability. If possible, the patient should take a vacation from the environments of home where physiological and sexual rest is assured, especially the patient with endometritis or subinvolution, as neurasthenic symptoms are not uncommon in the chronic form. Uterine tonics and sedatives are given as the case indicates. In endometritis and subinvolution when the musculature or the mucous membrane of the uterus is at fault the tonics are valuable. When the uterus is

hypersensitive, due to reflex causes or otherwise, the sedatives are given as demanded.

Overwork and exhaustion, prolonged exercises, long walks, standing, improper food, alcohol, stimulants, violent purgatives, and all excesses should be avoided during the course of treatment. Occupation plays an important part in the prophylaxis of some cases. Workers in lead, mercury, or badly ventilated workshops, should be advised to discontinue their work or change their occupation.

EDITORIALS¹

THE NATIONAL BOARD OF MEDICAL EXAMINERS

This is a self-constituted board of examiners, who aim to examine applicant's and provide a certificate that will be accepted by all States. It aims to do what is now accomplished by the several boards by means of reciprocity. It is not only self-constituted, but self-perpetuated also.

The examination of applicants for medical licensure has been claimed to be one of the police powers of the sovereign States and not of the general government, hence recognition of certificates from this self-appointed board would be clearly illegal and usurps the powers of the several boards. It is desired by this board that the medical laws of the several States be so amended that their certificates can be recognized. Yet, one of the advocates of this board declared "to H—I with the laws, we could recognize them if we would." This is but an illustration of many other things accomplished by money and influence. It is might that makes right, not equity and justice, and that is spelled M-O-N-E-Y. It is also desired that the certificates shall be recognized and accepted by the Medical Corps of the Army and Navy and Public Health Service. Whilst the examination may be as rigid and exacting as that imposed by

¹ In 1916 there were about 12,000 practicing Eclectic Physicians, perhaps 14,000 predominantly Homeopathic physicians, predominantly trained in private schools. This was rapidly changing. These editorials are all dealing with early ramifications of the "Black Hand" of the Flexner Report (1910), funded by the Carnegies and the Rockefellers, with active assistance from the A.M.A.. Within a decade, all but two of the Negro medical schools, all three women's medical schools, and nearly HALF of the total medical schools in the U.S. had been closed. Within twenty-five years, the remaining Eclectic and Homeopathic medical schools were all gone, and the great richness of medical diversity available to Americans became all but a memory—the "Allopaths" won. Check out the excellent article on the Flexner impact at <http://www.rienstraclinic.com/info/FlexnerPharos.pdf>

these several branches of the government, it is certainly arrogance for a self-constituted and self-appointed group of men to take upon themselves the prerogatives belonging to the general government. If it can be done in this line of work, why not in others? It is positively unwarranted, presumptuous and imprudent. It is doubtful whether any branch of the government has the power to delegate to a self-appointed, unauthorized body of men any of its duties.

Page 1,122 of the Journal of the American Medical Association advises recent graduates and those about to graduate to consider the advisability of taking the examination proposed by this board. It also says it is quite certain the medical departments of the United States Army, Navy and Public Health Service will give recognition to the qualifications and certificates of this board. It is questionable and remains to be seen whether a board of this character can arrogate to themselves the duties of any branch of the government service, or that that service can delegate to them a duty imposed upon them by legislative enactment. It is certainly a dangerous innovation. It is financed by the Carnegie Foundation, a dangerous menace to all independent colleges of any character, and, I feel, a danger to American homes, certainly to all that pertains to Christian homes, character and high ideals. They have but one idea and that is money. M.

CLASSIFICATION OF MEDICAL COLLEGES.

The medical council of the American Medical Association have ten points by which colleges are graded for classification. One of them is the success of the graduates in examination before medical boards. These points, whilst fair, are not always interpreted fairly. In other words, they make their own standards and interpret them to suit themselves so as to accomplish their ends.

The issue of April 8 is called the educational number and classifies colleges from several viewpoints. The journal calls attention to the fact that "the number of States in which a school's graduates have been examined is important. The larger this number the more accurate will be the conclusions." So we have taken the liberty to quote from "Table C."

Graduates of 1915 for Ohio colleges only.

	Graduates	Passed	Failed	%.	States
Eclectic Medical College	23,	23,	0,	0,	4
Ohio State	47,	47,	0,	0,	2
Ohio State Homeopaths	20,	19,	1,	5,	1
University of Cincinnati	19,	0,	0,	0,	1
Western Reserve	33,	33,	0,	0,	2

Turning again to Table B, graduates from 1911 to 1915, appearing before State boards, we find our college credited with one failure before six boards, whilst two of the others are credited with but four States, one, two and one, one. Again turning to Table A, physicians appearing before State boards during 1915, I find our men appeared before eight boards, two schools with five boards each, one with two and one with one.

So it appears our graduates are not local, but come from and appear before more States than any other school in Ohio, surely a good and fair criterion of the preparation for their life's work given by Cincinnati. There are 102 colleges reported. Our school stands thirty-third as to the number of States before which its graduates appear. M.

A WARNING!

Some years ago there came into existence the self-appointed or the "one man" organization known as the American Medical Association. It presumed to set the standard whereby all other medical organizations should be judged, and it was so "broad and liberal" that any M.D. from any school of medicine could unite without losing his identity, providing he would agree to "not practice any special system or sectarian medicine."

This was a very tempting bait, and many Eclectics, as well as Homeopaths, not only swallowed said bait, but took line and all. Not long after the organization of this American Medical Association there came also into existence (self-appointed) the "Carnegie Foundation for the Advancement of Medical Teaching." As the result of these two organizations many of the so-called small schools were legislated out of

existence, and many of the State boards refused to admit to their examinations students who were not graduates from colleges “recognized” by the two above named organizations.

Now comes the third organized effort to complete the work of destruction of the two weaker schools, and how well they will succeed will depend on the State examining boards.

Where there is but one board and that board has a good working majority, then it is reasonable to suppose that that board will vote to recognize the National Board and elimination of the Eclectics and Homeopaths from that State will be complete.

Why should the National Board be recognized?

It is a self-constituted board and has no recognition from the federal government. In fact, the federal government does not know that it exists, only that the regulars from the army and navy, are to be represented by two members from each of these branches of our medical corps.

Should this board come into power there would be but about thirty or thirty-five colleges recognized, and these from the regular school. All other medical colleges and their students would not be recognized; therefore, would not be admitted to examination.

It would not matter what would be the qualifications of the student, or how well prepared he might be if he were not a graduate from one of these so-called recognized colleges he could not be admitted to an examination.

If this so-called National Board wishes to “play fair” let them get the federal government to organize a department of education and then let the government select say ten or fifteen members from the State societies from the different schools, said members to have a fair representation from not only the regulars, but the Eclectics and the Homeopaths, as well.

I am sure that we would gladly welcome a national board, providing that board could receive the recognition of the federal government, and that all schools had a fair representation.

But to recognize a self-appointed board that represents only one branch or school, is too much for me, as a free American citizen, and as long as I remain a member of our State examining board, so long will I protest against the so-called "National Board."

But when there can be fair play and a fair representation of the two lesser schools, which have done so much to place medicine on the high pedestal it now enjoys, then and only then will I consent to a recognition of a national board.

W. E. DANIELS, M.D.,

Member of South Dakota State Board of Health and Medical Examiners.

MISCELLANEOUS.

RURAL SANITATION AND THE UNITED STATES PUBLIC HEALTH SERVICE.—For investigating and encouraging the adoption of approved methods of rural sanitation, and especially for devising and demonstrating effective measures against pellagra and typhoid fever, instructing farmers and others in the prevention and suppression of these diseases, conducting the necessary investigations and surveys and otherwise taking steps in co-operation with State and local authorities to prevent and eradicate these diseases in rural districts in the United States, for use by the United States Public Health Service, it is proposed to appropriate the sum of \$100,000, according to a bill introduced into the house of representatives, February 5. An appropriation of \$75,000 for special studies of, and demonstration work in, rural sanitation was requested by the secretary of the treasury in a letter addressed to the speaker of the house of representatives, February 8, for the use of the United States Public Health Service during the fiscal year ending June 30, 1917. An item of \$50,000 for the same purpose, for use during the present fiscal year, is included in the urgent efficiency bill now being considered in conference. The present request is based on a report of the surgeon-general of the Public Health Service that the results of field investigations conducted by the Public Health Service since July 1, 1914, indicate the urgent need of the extension of these activities in country districts in order that sickness may be prevented, lives saved and local health organization advanced. More than 52 per cent. of the total population of the country is rural and the advancement of

sanitation among this class has not kept pace with the advance in urban communities.

Poverty in the United States of America as a large factor in sanitation was convincingly shown November 26, by Surgeon General Gorgas, in his address before the annual meeting at Washington of the Clinical Society of Surgeons.

* * * * *

Almost simultaneous announcement from two separate sources is just made of a valuable new antiseptic for infected or gangrenous wounds. Dr. Alexis Carrel, of the Rockefeller Institute, New York, and Dr. Henry D. Eakin, of the Lister Institute, London, are quoted by the Paris Matin, of August 5, as follows: "First, the wound is cleaned; then by rubber tubes the new antiseptic solution—a combination of hypochlorite of lime, carbonate of lime and boric acid—is introduced to the innermost parts of the affected tissues. The tubes, whose diameter and length vary according to the nature of the wound, are surrounded with a spongy material, which, by absorbing the solution, keeps the wound properly moist. Thus the worst wounds rapidly improve in eight days to an extent unknown with former antiseptic processes." The researches of Dr. Lorrelin Smith, professor of pathology in the University of Edinburgh, are given in the British Medical Journal, of July 24: Acting for the British Medical Research Committee with Drs. Drennan, Rettis and Campbell, Lorrelin Smith found that hypochlorous acid is a much more potent germicide than hypo-chlorites and after investigation devised a method in which free acid can be safely used as an antiseptic. British observers found the antiseptic is most conveniently prepared by the action of boric acid on bleaching powder, in the presence of a small quantity of water. This is the method which Dr. Carrel, working independently, also arrived at.

* * * * *

There were 25,000 fatal accidents among American wage earners in 1913 and approximately 700,000 workmen injured whose disability was more than four weeks. Accidental deaths not due to industry in 1913 reached 57,250, according to a report issued at Washington by the Bureau of Labor Statistics. The industries which contribute the greatest number of fatal accidents are railroad employments and agricultural

pursuits, each group being responsible for approximately 4,200 fatalities each year. Coal mining contributes more than 2,600, and building and construction work nearly 1,900. General manufacturing, while employing large numbers, produces only about 1,800 accidents.

* * * * *

Eucalyptus as a specific for cerebro-spinal meningitis is announced in a press telegram from Melbourne, Australia, as having been discovered by Dr. Richard Bull, director of the bacteriological laboratory in the university there,

* * * * *

A scarcity of available physicians for the post of interne in hospitals is being felt and large hospitals are now offering as much as \$60 per month to suitable graduates of high-class colleges.

* * * * *

THE MODERN SCHOOL.—Experimentation has become a practice with the John D. Rockefeller Educational Board. When this board was founded, many able educators regarded it with suspicion, because they apprehended that a few untrained or one-sided men would gain much control in the educational world because of the power of money. These fears are being realized to-day. Experimentation in education has its grave dangers. The subjects of experiment here are the minds of children and youth. If the experiment is a failure, the human souls are injured, and many suffer through all their lives. No intelligent parent will consent to have his children made the subject of experiment in education any more than in medicine or surgery. It might be fatal.—*Presbyterian.*

MINUTES OF THE HOMEOPATHIC-ECLECTIC CONFERENCE. ²
CHICAGO, ILL., February 8, 1916.

AUDITORIUM HOTEL.

The fourth annual joint meeting of the committees representing the American Institute of Homeopathy and the National Eclectic Medical Association was called to order by Dr. FitzPatrick, who nominated Dr. Scudder for chairman. Dr. FitzPatrick was nominated for secretary. They were declared elected.

ROLL CALL.

A. I. H.	Eclectic
Stewart	Scudder
Replogle	Thomas
Beebe	Mundy
McCann	Wilmeth
Siemon	Best
FitzPatrick	Spindel
Copeland	Cummins

Chairman Scudder drew attention to the method in vogue for selecting the personnel of the committees—advised enlarging the body and selecting men with care as to their fitness and influence, Dr. Beebe and others concurring.

The Federation of State Medical Examining Boards of the United States received a free and considerable discussion in reference to a National Licensing Board.

Dr. Siemon moved that we recommend to the American Institute of Homeopathy and National Eclectic Medical Association that as nearly as possible in the appointment of the Conference Committees that have to do with the interests of our respective schools as they relate to general medical interests the principle be followed that fitness and willingness to serve rather than geographical and personal reasons obtain. Said committee to be composed of not less than ten from each of the two associations. Discussed by Drs. Mundy, McCann and Stewart. Seconded

² Foreseeing the troubles ahead, these conferences were a unique effort by separate-but-equal Eclectic and Homeopathic physicians to stem the Carnegie and Rockefeller-funded Flexner and "National Board" tide.

and adopted.

Dr. Scudder moved that a copy of the list of members, both Homeopathic and Eclectic, now holding office on the various State Boards be sent to each member of the Conference Committee as well as to the representative State Board members. Seconded and adopted.

Dr. McCann moved that as there are non-members of the National Societies holding positions upon the State Examining Boards as representatives of these two schools, that they be investigated and an effort be made to rectify this deplorable situation. Seconded and adopted.

A resolution proposed by Dr. T. H. Carmichael, Philadelphia, Pa. (absent): Resolved, That as a joint conference of committees representing the American Institute of Homeopathy and the National Eclectic Medical Association, we agree to recommend to these respective National Societies that upon matters brought before this joint conference which have been discussed and adopted, each of the above-named societies shall work in conjunction with the other as a unit. Seconded and adopted.

As a suggestion, it was moved that the Conference Committee draw up a model medical practice act, to be submitted to the Federation of State Medical Examining Boards of the United States in 1917. Adopted.

As a suggestion, it was moved that the American Institute of Homeopathy and the National Eclectic Medical Association in June, 1916, each appoint a committee for the purpose of inspecting, valuing and classifying their own medical colleges and hospitals with a view to manifesting our independence of the American Medical Association Council of Medical Education. Adopted.

Moved that the question of approval of the self-appointed "National Board of Medical Examiners" be referred to our National organizations for consideration.

JOHN K. SCUDDER, M.D., Chairman.
630 W. Sixth St., Cincinnati, O
GILBERT FITZPATRICK,
Secretary. Chicago, Ill.

ECLECTIC MEMBERS OF STATE MEDICAL BOARDS.

* Not members of the National Eclectic Medical Association.

Arizona	* William H. Sargent, Phoenix.
Arkansas (<i>Separate Board.</i>)	*E. M. Jernigan, president, Ector. E. L. Sullivan, Poughkeepsie. Pearl H. Tatman, Eureka Springs C. E. Laws, secretary, Ft. Smith. L. Gardner, Atkins. W. C. Dallenbaugh, Pine Bluff.
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Indiana	M.S. Canfield, Frankfort.
Iowa	G. F. Severs, Centerville.
Kansas	A. S. Ross, Sabetha.
Kentucky	Geo. T. Fuller, Mayfield.
Massachusetts	A. L. Chase, Randolph.
Michigan	*Nelson McLaughlin, Lake Odessa. A. L. Robinson, Allegan.
Missouri	T. A. Son, Bonne Terre.
Nebraska	H. B. Cummins, secretary, Seward.
Nevada	*S. L. Lee, secretary, Carson City.
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New Jersey	D. P. Borden, Paterson.
New York	Earl H. King, Saratoga Springs.
Ohio	S. M. Sherman, Columbus. John K. Scudder, Cincinnati.
Oklahoma	M. Gray, Mountain View. W. T. Bay, Gould.
Oregon	*Urling C. Coe, Bend.
Pennsylvania	C. L. Johnstonbaugh, Bethlehem.
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Tennessee	B. L. Simmons, Granville.
Texas	M. A. Cooper, Childress.

Utah	M. F. Bettencourt, Mart.
Vermont	C. L. Olsen, Murray. F. H. Godfrey, Chelsea.
	*P. L. Templeton, Montpelier.
Wisconsin	*F. C. Haney, Watertown. *R. C. Rodecker, Holcombe.

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* Not members of the American Institute of Homeopathy

Alaska	Harry C. DeVighne, secretary, Juneau.
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Colorado	David A. Strickler, secretary, Empire Building, Denver. Leonard E. Bartz, Windsor.
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	H. S. Corey, 18 W. Grace St., Richmond.
Washington	Elmer D. Olmstead, 1826 Riverside Ave., Spokane.
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	Fay T. Clark, Waupun.

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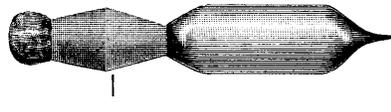
Immunize 4th of July Wounds with Tetanus Antitoxin

The following rules for the prevention of tetanus are from an editorial in the Journal of the American Medical Association, 1909, page 954:

- “1. Freely incise every wound.
- “2. Carefully and thoroughly remove from the wound every particle of foreign matter.
- “3. Cauterize the wound thoroughly with Tincture of Iodine.
- “4. Apply a loose wet boric acid pack.
- “5. Inject subcutaneously 1,500 units antitetanic serum (Tetanus Antitoxin).
- “6. In no case should the wound be closed; it should be allowed to heal by granulation. The dressing and packing should be removed every day.”

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